



InTouch Newsletter 2020

Edition - Summer



Welcome to our Summer edition of our InTouch Newsletter.

Sadly we are saying goodbye to Team Manager Michelle James and Social Worker Tabitha Papai.

We are welcoming back Team Manager Rebecca Coleman who is returning from maternity leave. We are also welcoming Social Worker Timothy Griffith.

If you know of any activities in Camden or our neighbouring boroughs for our children and young people, please feel free to inform us via email on dutydct@camden.gov.uk.

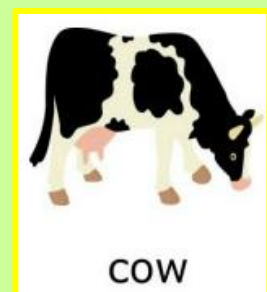
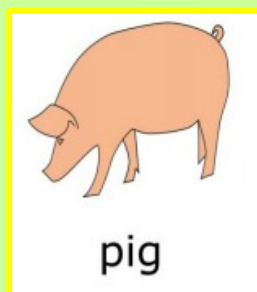
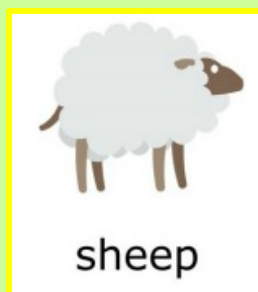
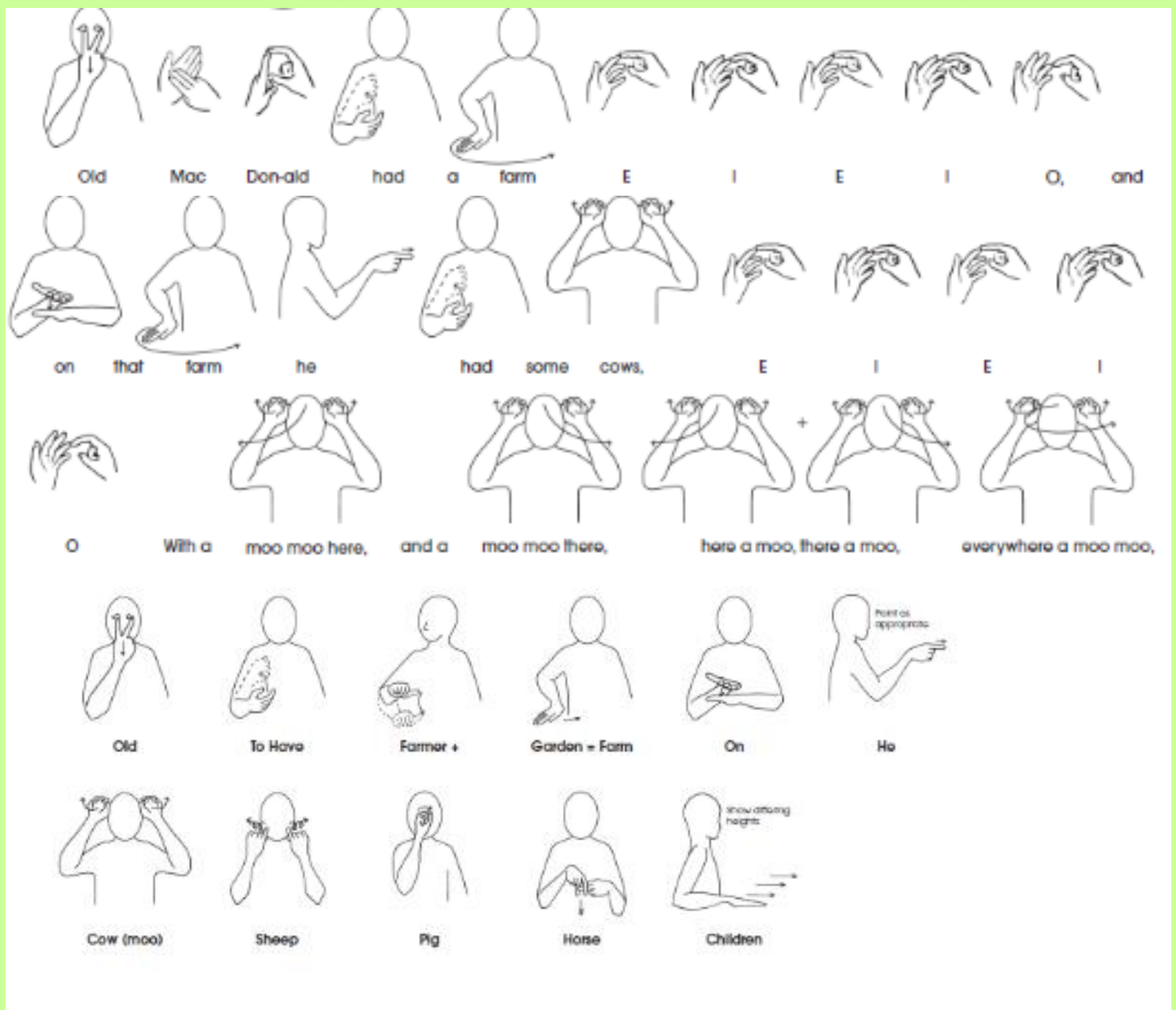
We can add these into the next edition of our newsletter.

This edition of the InTouch Newsletter has information and updates about activities and scheme within our borough that you can access for your child(ren) during the COVID-19 pandemic.

Due to the COVID-19 pandemic, this edition of the InTouch Newsletter will look a bit different to the previous editions.

We know for families of children who have additional needs and disabilities there are many more life challenges and stresses to everyday life. Respite is a huge part of managing this so we will try to support you as best as we can during this time.

Sign A Song



If you wish to learn some more popular songs such as The Lion Sleeps Tonight, Three Little Birds or You've Got a Friend In Me.

Rene Relph, CLDS SLT has set up weekly Zoom/Teams interactive sessions to learn the signs to some great songs, contact Duty if you would like the link to join.

COVID-19 Short Break Questions



Q: Can I use DP to pay a family member living at the same address as my child, if they are providing the care?

A: In some exceptional cases, the care and support you usually receive may need to change given current government guidance and rules around isolation. For example, if the care and support is provided by an agency/ or a personal assistant who cannot continue to come into the family home, this can be replaced with someone else who can provide the essential care required.

For example, someone with whom you created a social bubble and this could be a family member. This applies to essential care and respite required. This will be a short-term emergency change. Families and close friends may be asked to provide support beyond any unpaid care and support they may already be willing and able to provide. They may be willing to provide additional support on a voluntary basis for a short period of time, for example, while your PA recovers from sickness.

If you feel it is necessary for family members to become your paid care and support workers on a permanent or longer-term basis, this needs to be discussed and agreed with social care/ Duty worker. Decisions are made on a case-by-case basis and if the family member has the skills and competence to provide the care needed.

This applies to essential care and respite required and as soon as the Covid 19 lockdown and restrictions end, this will need to be reviewed.

Q: Can I use DP to pay for PPE, or can I get it without having to use the DP budget?

A: This is a new situation for everyone, including you as a family, the carers you employ and the Local Authority. Getting appropriate PPE is very important, and LAs have overall responsibility to ensure that you get the PPE you need to stay safe and receive the care and support you need.

If the carer is employed by an agency and you pay the agency with Direct Payments, the agency that is employer for the carer have a responsibility to pay for PPE for the carer.

If the carer is self - employed as a Personal Assistant, you could use a small amount of Direct Payment to buy regular PPE. You can buy this locally for the carer during their caring role in the home. Please bear in mind that your Direct Payment is not set up to fund PPE long term or at all in the first place. That means that you may not have enough funds for this, and you need to inform social care/ Duty. If this is the case, the Local Authority will advise you on where to go to order PPE in Camden for the carer, at no cost to you. This will only apply to care and support during Covid 19 and it will stop as soon as the Covid 19 lockdown and restrictions end.

You should do this in advance of any of your PPE stock running out so there is time for that PPE to be delivered to you.

Q: What will happen during the Summer Holidays?

A: A letter will be going out to all the families who have play provision in their Short Breaks plan. Please check the Summer InTouch Newsletter for any updates on what is opening in London.

Q: Will it be possible to give a higher rate of pay for workers working during the pandemic

A: The hourly rate has not been changed during this time and it will not be changed. If you require additional funds for care and support, please contact Social Care Duty to discuss this. Social care may be able to provide extra funding within the direct payment, to cover contingencies and this is on a case by case basis.

Q: If you have just been allocated Short Breaks but your provider isn't offering face to face support what can you do?

A: There is the virtual offer but we understand this doesn't work well for everyone. Should face to face support be required, this needs to be discussed directly with the short breaks provider, who may be able to send a carer in the family home to provide face to face support.

If this is not possible, social care could consider replacing the provision with a Direct Payment that can enable you to employ a carer/ Personal Assistant during this time. This will only apply to care and support during Covid 19 and it will stop as soon as the Covid 19 lockdown and restrictions end.

Q: You don't get Short Breaks but feel you really need some more help at the moment - who do you talk to?

A: Please speak to our Short Breaks Coordinator Jeff about booking into the Short Breaks Virtual Drop in this Summer Holidays. You can also contact Duty on DutyDCT@camden.gov.uk or **0207 974 3597**

Q: Who would look after your child if parent(s) became unwell?

*A: If you/ your carer/ PA becomes sick or is unable to work, you or somebody on your behalf should try to organise different arrangements. This is why **contingency plans** are so important. For example, it may be that another family member or a carer/ PA is willing and able to take on further work to provide your child with the care and support they need.*

*If other arrangements cannot be put in place, it will be necessary to implement **the contingency plan discussed with social care**. For example, where they are sufficiently trained to do so, friends or family members may be willing to step in and support you to receive the care and support you need. Camden adopted a flexible approach to how the care and support plan is delivered during this period, to ensure that appropriate care and support is possible.*

In cases where arrangements cannot be put in place to enable your child to receive the care and support they need, you should contact Social Care/ Duty immediately. They will support you in developing a temporary plan to ensure your child needs are met, while you are recovering. This might include a short-term package of care in emergencies to ensure child (ren) receive the care and support they need

Q: Can you use a support worker if you or your child is shielded?

A: With the right PPE equipment in place and for essential care, you could have a carer in safely. But, you need to ensure the carer is using the right PPE and they have social distanced themselves and are not in contact with anyone else. There is government guidance on this and how to talk to your carer about what they have to do.

<https://www.gov.uk/government/publications/coronavirus-covid-19-guidance-for-people-receiving-direct-payments/coronavirus-covid-19-qa-for-people-receiving-a-personal-budget-or-personal-health-budget>

We also advise that you ask GP for advise as this depends on the conditions you and your child have that says that you need to shield.

Q: What if your support plan is term-time only? What support will be available this Summer? Will there be some ad-hoc provision that parents can use their DP to buy in to?

A: As places start to reopen, we have collected this information and put it in the Summer InTouch Newsletter

Q: If I have been unable to spend the DP budget because of lack of carers during Covid - will it still be available to me, so I can get a proper break when the situation changes, or will you be taking it back?

A: You may have a build-up of funds in your bank account, which you can keep as a contingency fund, in case you need to pay for additional support at some point. If you need to use this funding due to a COVID-19 issue, you should keep a record so that this can be discussed at the appropriate time. This will only apply to care and support during Covid 19 and it will stop as soon as the Covid 19 lockdown and restrictions end. For this reason, it will be kept under regular review by social care and you may need to discuss with a social care staff/ Duty during this time to ensure you are supported with any queries you may have about this.

If your question has not been answered here. Please visit

<https://www.gov.uk/government/publications/coronavirus-covid-19-guidance-for-people-receiving-direct-payments/coronavirus-covid-19-qa-for-people-receiving-a-personal-budget-or-personal-health-budget> for the Government's guidelines for using Direct Payments flexibly during COVID-19.



People who support me might look a bit different now

There is a virus that can make people feel unwell. They may have a high temperature, a new, continuous cough, or a loss or change to their sense of smell or taste. Some people need to go to hospital if they get this virus.

To stop you from getting the virus your teacher/carer/social worker may wear a facemask or covering.

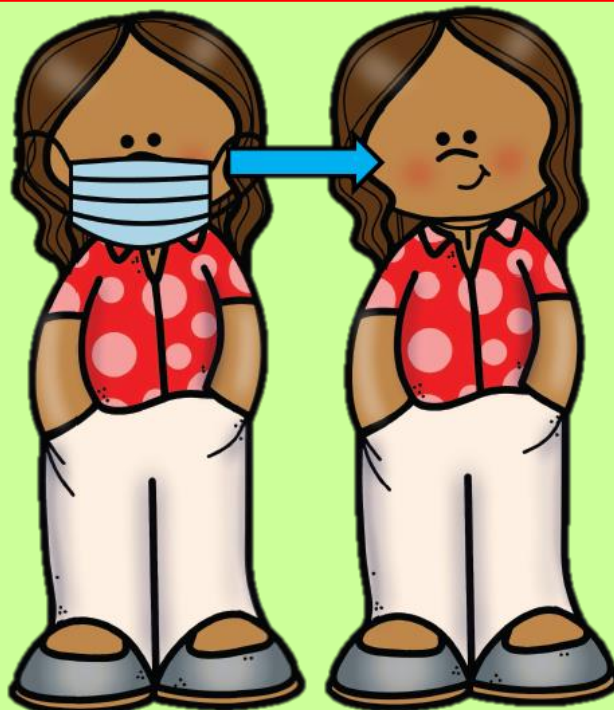
It can be hard to tell if they are happy, sad, angry or worried when they have their mask on.

If you look at their eyes, it might help me understand.

To help stop the spread of the virus you will have to wash your hands more often to keep them really clean.

You need to wear a face mask when you use public places such as shops, buses and trains.

Not everyone can wear a mask as they may have a health condition which prevents it or their child has a disability which gives them anxiety about wearing one or for their carers to wear one, please see the back page for some cut out cards which you can take with you into shops to explain why you may not have a mask on.



Things to do at home



Chalk

Supplies

- Cornstarch
- Water
- Measuring Cups
- Mixing bowl
- Food Coloring
- Paint Brushes
- Muffin Tin or Small plastic bowls

Instructions

1. Add 1 cup of water to 1 cup of cornstarch.
2. Mix until there are no clumps of cornstarch and then pour the mixture into the cups of muffin tin or into small plastic containers.
3. Next add a few drops of food coloring to each cup and mix until blended.

That's it!

TIP: If you don't have food coloring handy try mixing in some tempera paint.

Now hand off to your kids with a couple of paintbrushes and let them create!

Virtual museum tours

Natural History Museum live tours <https://www.nhm.ac.uk/visit/exhibitions/nature-live.html>

Museum of the world <https://britishmuseum.withgoogle.com/>

Children's Museum <https://www.childrensmuseum.org/museum-at-home>

Air and Space Museum <https://airandspace.si.edu/exhibitions/online>

National Aquarium <https://aqua.org/stories/03-12-2020-at-home-aquatic-activities>

Play virtual musical instruments

<https://www.virtualmusicalinstruments.com/?fbclid=IwAR2IUyTw6HrYH4JNdWnu5rNBrThI4YhtGKvspXBibVRqYY55OemfR0fjjLs>

Learn Maqic <https://magicianatplay.com/Learn.php>

The Hive

catch
22



The Hive Social Hub Online for
Young People 16-24 years old

HIVE
HUB
ON-LINE
ON



FREE
Debates,
Hot Topics,
Quizzes &
More

MONDAYS AND FRIDAYS 3pm-5pm

**YOU NEED TO HAVE A CONNECTION TO CAMDEN
AND TO BE A HIVE MEMBER SO REGISTRATION IS
NEEDED TO TAKE PART**

Call to Register or for more info:

☎ Krystal: 07782208969; Andrea: 07545423652

✉ thehive@catch-22.org.uk

📷 [thehivecamden](https://www.instagram.com/thehivecamden)

Hive Hub Online Activity



Timetable on Zoom



JUNE 2020

Every Monday & Friday at 3pm-5pm

Monday 1st June

Building confidence
& self-esteem

Friday 5th June

Games, Fun activities
& Quizzes

Monday 8th June

Online safety &
social media

Friday 12th June

Games, Fun activities
& Quizzes

Monday 15th June

Let's develop our
life skills

Friday 19th June

Games, Fun activities
& Quizzes

Monday 22nd June

Creative
expression

Friday 26th June

Games, Fun activities
& Quizzes

Monday 29th June

Tips on managing
our stress & anxiety

☎ Call to Register or for more info:

Krystal: 07782208969; Andrea: 07545423652

George: 07764810756



The Hive, 18 Harben Parade, Finchley Road, London NW3 6JP

✉ thehive@catch-22.org.uk @the_hive_camden

The Summer University

The Summer University is here again, with some online and face to face activities such as; Football training, sign language, pop art, film making, photography, designing a graphic novel, jewellery making, quilting, drawing, baking, T-Shirt printing, woman's self-defence, fashion design, public speaking, 3D modelling, First Aid, Pottery and Athletics.

To find out more call 020 7974 6607 / 7263 or visit their website <https://www.cmdn.co.uk/>

Garden Space For All

Camden's nature reserves are being opened up during weekdays for individual families for **booked hourly slots** to use for daily exercise

What families need to know?

- ✓ Spaces are self-contained, outdoor spaces and no members of the public will be allowed into the space whilst the family or professional are using it
- ✓ Only the individuals named on the booking will be permitted entry
- ✓ For family bookings, this is not 'childcare' as parent/carer will be responsible for the child/children and for the family to use the space as you might use a garden (i.e. play)
- ✓ Public health are providing advice to those managing spaces to ensure that they are maintained in a way that reduces the chance of virus transmission
- ✓ If anyone in the household is suffering from symptoms of Covid-19, they will need to wait until the necessary isolation period for the family is over before attending the space

To be booked in, contact your social worker or duty on DutyDCT@Camden.gov.uk

Locations:

Adelaide Road Local Nature Reserve
Belsize Wood Local Nature Reserve
Canalside Open Space
The Jane Evans Nature Reserve
Westbere Copse





Things to do this Summer

Merlin Passes

With the London Attractions now opening, why not buy a Merlin Pass in their Summer Sale with up to £70 per person off!

For those families who have Direct Payments, but are struggling to find a carer/your carer has stopped working with you due to COVID-19 contact our Duty to see if your DP could be used to purchase a Merlin Pass.

Visit <https://www.merlinannualpass.co.uk/summer-sale> for more details.

Open Attractions

- Kew Gardens
- London Zoo
- Hampton Court Palace gardens
- Some cinemas
- Tower Bridge
- National Gallery
- GoBoat
- Shops and Markets

Kentish Town City Farm

- 45 minute booking slots.
- To make a booking visit <https://kcityfarm.org.uk/visits/>
- Entry remains free.

The Roundhouse

- The Roundhouse is coming round your house.
- The Roundhouse is still closed but offering some virtual entertainment.
- <https://www.roundhouse.org.uk/home/round-your-house/>

Gyms and Leisure Centres

- This will hopefully reopen from the 25th July, please check their websites to find out their new opening times ahead of any visit.

Swimming

- It is hoped that by mid - end July Hampstead ponds will be open for public swimming with restricted access.
- Park Road Lido in Haringey is hoping to open their doors by the end of July for public swimming and use of the gym.

Playgrounds and outdoor gyms

- These are now open as off the 6h July.
- Please maintain the government guidelines when using these facilities.

Open Public toilets

- Camden Town - gender neutral
- Lincoln's Inn Fields
- Pond Square
- South End Green
- West End Lane
- London Zoo - This is disability access friendly.



Short Breaks

Short Breaks Drop In

We still want to be here to answer your questions about Short Breaks.

Our Short Breaks Coordinator will be having virtual Short Breaks drop in sessions on Microsoft Teams this Summer.

Please contact Jeffrey to arrange an appointment on Jeffrey.Kotei@camden.gov.uk (copying in dutydct@camden.gov.uk)

Dates: Thursday 6th August 10am - 11.30 am and Tuesday 11th August 10.30am - 12pm

Short Breaks Panel

Your Short Breaks package will continue to be reviewed by a member of CYPDS, however this may look a bit different now.

Your allocated worker will contact you to set up a virtual home visit, through either video or telephone call to review the Short Breaks package.

Short Breaks Panels have been virtual since March 2020 so thank you to all the families who have joined so far and stuck with us through any technical difficulties.

Short Breaks panel will continue to be virtual for the time being.

The Virtual Drop In and Panel will be done via Microsoft teams.

Microsoft Teams is a free software which can be downloaded onto a laptop, tablet or phone easily. You will receive a link to join at the correct time. Simply press the link and join. Any difficulties please contact the organiser of the meeting.





Learning disability cards

Disability
Travel Support



I have a **reasonable excuse**
for not wearing a face covering
Thank you for understanding

Disability
Travel Support



I am **exempt** because I have
a learning disability and face
masks cause me severe distress

Disability
Travel Support



I have a **reasonable excuse**
for not wearing a face covering
Thank you for understanding

Disability
Travel Support



I am **exempt** because
I have a disability which means
I cannot wear a face mask

Disability
Travel Support



I have a **reasonable excuse**
for not wearing a face covering
Thank you for understanding

Disability
Travel Support



I am **exempt** because I have a
health issue which means
I cannot wear a face mask

Disability
Travel Support



I have a **reasonable excuse**
for not wearing a face covering
Thank you for understanding

Disability
Travel Support



I am **exempt** because
the person I support
relies on lip reading

