

COVID EMAIL UPDATE 16 NOVEMBER – DYSLEXIA FRIENDLY VERSION

Good morning everyone

In the recent feedback survey, you asked if I could make the update more dyslexia-friendly. I sought advice (thanks Emma Chimonidou) and did some research. This week there is a dyslexia-friendly version of the update which you are reading now! I hope this is an improvement; I'm still learning and if there is something I could do better for you, like a different colour background for example, please do let me know.

A couple of weeks ago, I attended a webinar on 'Grieving for Normal'. It made me reflect on experience of grief; for the huge worldwide loss around us and for the tragic personal loss of a loved one, but also for the loss of the small, everyday, important things during the pandemic. Like a hug with a family member, or seeing friends in the office. I am sure you can name your own examples. If we name that as grief, what can we do to grieve well?

I thought I might share this written by my friend Alex Evans and his colleagues at the Collective Psychology Project called "*This Too Shall Pass* -



Navigating the Collective Grief of COVID".

<https://www.collectivepsychology.org/wp-content/uploads/2020/04/This-Too-Shall-Pass.pdf>. We are all navigating this time in our own ways.

But you can be sure that your work family is always here for you, and that hope and love will always be found in that family too. People first, work second.

Updates for you this week:

COVID Family Winter Grant Programme

Following Marcus Rashford's campaign, the Government has now given additional money to all local authorities to support families on low incomes over the winter. There is funding to support food and bills, and an expansion of the school holiday food and activities programmes. This is great news for our Camden families. There is a meeting tomorrow to decide how to distribute the funding. As soon as I know more, I will of course let you know.

Public Health COVID Event for Parents



Public Health are doing a second online event for parents who are concerned about the continued safe reopening of schools and nurseries.

26 November, 1.30 – 3pm. Parents can submit questions in advance and sign up to attend the event here:

<https://www.eventbrite.co.uk/e/back-at-school-parent-covid-19-event-tickets-127695028267> . Please let parents know.

COVID Financial Support Scams



There are a growing number of scam emails, letters and telephone calls being reported, suggesting people can claim back money during COVID. Please be on the lookout for these, and double check the email address to make sure it is an official government address. Please

also make sure parents know to be aware and wary of this.

Camden COVID Data

Here is a graph of the latest COVID data for Camden. The dark blue line is in the trendline that shows whether overall cases are rising, falling or staying the same. You can look at the data for Camden at any time here <https://ascpractice.camden.gov.uk/early-help-guide/family-early-help-covid-guidebook/covid-nhs-and-government-information/camden-covid-data/>



Webinar - Poverty Proofing Our Practice

The next in our webinar series on 24 November will explore different types of poverty and how they intersect, and what we can do to be proactive in addressing poverty for the children and families we work with. With guest speakers from Huddersfield University and anti-poverty organisation ATD Fourth World. You will get lots of ideas and tools to use in your daily practice. Calendar invite sent last week, please drop me a line if you need it again.

Black Lives Matter Frontline Practitioners Groups



You received an email from Adele from FIF last week inviting you to the first Black Lives Matter Practitioners Groups. Thanks and respect to Adele for the work she has done to make these vitally important groups happen, with support from Jess Eneberi, Kat Whittaker and Anna O'Brien. The recommendations the groups make will influence our Black Lives Matter plan and goals, so make your voice heard. Book via the links below (book for one group only):

- BAME workers group 17 November 2-3 pm link here <https://www.eventbrite.co.uk/e/camden-family-early-help-black-lives-matter-bame-workers-group-tickets-127877632441>
- BAME workers group 19 November 1-2pm link here <https://www.eventbrite.co.uk/e/camden-family-early-help-black-lives-matter-bame-workers-group-tickets-128646251401>
- White workers group 17 November link 2-3pm here <https://www.eventbrite.co.uk/e/camden-family-early-help-black-lives-matter-white-workers-group-tickets-128646999639>
- White workers group 19 November link 1-2pm here <https://www.eventbrite.co.uk/e/camden-family-early-help-black-lives-matter-white-workers-group-tickets-128648317581>

Webinar – Supporting Parents and Carers to Set Healthy Boundaries Around Food

Webinar from the Brandon Centre, for Camden and Islington professionals working with children and families. 1 December, 10-12.30. Booking via this link <https://www.eventbrite.co.uk/e/helping-parents-carers-to-set-healthy-boundaries-around-food-tickets-126979817051>

Listening Box Conversations

As a follow up to the listening box exercise, Jenny Rowlands and her senior leaders are holding virtual conversations with staff to reflect on the Listening Box responses. You can sign up for a session here <https://lbcamden.sharepoint.com/sites/intranet/communications/Pages/join-a-listening-box-drop-in-conversation.aspx>

Weekly Survey

The weekly survey is open for you to let me know about any emerging family needs, and anything you need. This weeks survey link is here [FSCF](#)

[FAMILY NEEDS SURVEY W/C 16 NOVEMBER](#)

New information uploaded to the COVID Guidebook this week:

SENDIASS

Special Education Needs and Disabilities Information and Advice Support Service
<https://ascpractice.camden.gov.uk/early-help-guide/family-early-help-covid-guidebook/schools/sendiaas-advice-for-children-with-sen-or-disabilities/>

Little Village Help for Under 5s –

Changes to Criteria

<https://ascpractice.camden.gov.uk/early-help-guide/family-early-help-covid-guidebook/help-for-under-5s/little-village/#main>

Water Bills

<https://ascpractice.camden.gov.uk/early-help-guide/family-early-help-covid-guidebook/energy-water-bills/water-bills/#main>

Problematic Gaming or Gambling

Support for anyone struggling with gaming or gambling related problems (thanks to Sue Crane)

More Legal, Debt, Welfare and Other

Advice Organisations

<https://ascpractice.camden.gov.uk/early-help-guide/family-early-help-covid->

<https://ascpractice.camden.gov.uk/early-help-guide/family-early-help-covid-guidebook/childrens-activities-and-home-learning/keeping-safe-online/#main>

[guidebook/legal-debt-welfare-and-other-advice/](https://ascpractice.camden.gov.uk/guidebook/legal-debt-welfare-and-other-advice/)

We are now in week 35 of COVID, and day 12 of the second lockdown. Our capacity remains stable. Please do try and make time for yourself every day, be it a walk, a run, a rest, a stick your head outside and breathe, whatever gives you some respite and pause during the day. One of the perils of lockdown is to become glued to the laptop. So please be kind to yourself and make space in your day that's just for you (also, note to self to do this). The only person you ever need to seek permission from to do this is yourself.

If there is anything at all that you need this week, please do shout.

Becca

Becca Dove

Head of Family Support and Complex Families

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