

Good morning everyone, I hope you and your families are all okay. To open this week – **THANK YOU**. Sincerely and with everything I've got in my heart. What you're doing is making a difference to the lives of children and families. You're doing it at a time when the world is upside down and jumbled. You are amazing. Read that again.

We are expecting a government announcement this week about the 3-Tier system after this second lockdown. I will review it carefully and let you know what, if any, implications there are for our working practice after lockdown. I will call a whole service meeting early next week once we have this detail.

At our extended SMT last week, we talked about longer-term strategic planning for Family Early Help. COVID isn't forever, but it will have a lasting effect on the world. So there is a lot of work going on to make sure we emerge from COVID clear about our service priorities.

The most important people in that decision-making are children and families. We exist to serve them, so their opinions, hopes and wishes must be at the heart of our planning. Our Participatory Design Project with the UCL Social Design Institute will be one way Camden families can tell us what matters to them. If you'd like to get involved with this project, please let me know.

In the coming months, your service managers will be running sessions using the [attached template](#) so that you can share your reflections and ideas too. We can't do everything. So as we begin to allow ourselves to consider a world where COVID may not be gone but is managed, let's prioritise the things that matter most to Camden families, and focus on where we can add the most value and be of most help. Our Black Lives Matter work is not separate to our service planning – its fundamental to it.

Updates for you this week:

Black Lives Matter Webinar – In Conversation with Beverley Bryan



I'm thrilled to confirm that the last in our Black Lives Matter webinar series will be '*The British Black Panthers and Other Stories – In Conversation with Beverley Bryan*'. Professor Bryan was a member of the British Black Panthers and later helped found the British Black Women's Group. She is a noted author, educator, activist and perhaps most importantly, aunt to our very own Nicky Bryan (big thanks to Nicky for arranging this). You can read more about Beverly here <https://www.blackpast.org/global-african-history/bryan-beverley-1950/>.

This will be an inspirational talk exploring Black British activism in the 1970's, Beverley's reflections on the 2020 Black Lives matter movement, and her call to action for us for the future. This is mandatory but you honestly won't want to miss it. 7 December, 2pm, calendar invite to follow

Letters for People Who Are Clinically Extremely Vulnerable



Camden has written to all Camden residents who is clinically extremely vulnerable and have received a letter from the Government during second lockdown. You can find the letter here <https://ascpractice.camden.gov.uk/early-help-guide/family-early-help-covid-guidebook/covid-nhs-and-government-information/clinically-extremely-vulnerable-high-risk-people-shielding/#main>
If you are supporting a family that includes someone who is clinically extremely vulnerable, please have a look at the letter and talk with the family to make sure they have the help they need during lockdown.

More Health Information on the Guidebook



There are some new health sections of the Guidebook. These include contact details for all Camden GP practices, links to A and E departments in Camden, and information about drug and alcohol services for adults and for young people. You can find these new sections here <https://ascpractice.camden.gov.uk/early-help-guide/family-early-help-covid-guidebook/health-hospitals-gps-and-prescriptions/>

Resilient Families - New Tool to Support Check-In Conversations

The trainers at Family Partnership Model have given us a conversation template for check-in conversations. This template might be helpful when you are doing check-in calls with families or with staff, and you want to keep the conversation helpful and purposeful.

You can find the template here <https://ascpractice.camden.gov.uk/early-help-guide/family-early-help-covid-guidebook/fscf-procedures-during-covid/virtual-visits-making-calls-procedure/#main>

Free Social Media Awareness Training for Camden Parents

Social Switch are offering free social media awareness training for Camden parents who live in EC1 Camden, Holborn, Caledonian Ward Islington, Bunhill, Clerkenwell, or Barnsbury. Information leaflet and booking details here

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

COVID Testing

After a slight drop across London in the number of people getting tests for COVID, Public Health are keen to make sure Camden residents know there are plenty of COVID tests available, and to book a test if you have any COVID symptoms. A new test site has opened at UCL's Ramsay Hall (just off the western end of Euston Road). Greenwood Place mobile centre in Kentish Town is also open 7 days a week. You can find information about test sites here <https://ascpractice.camden.gov.uk/early-help-guide/family-early-help-covid-guidebook/covid-nhs-and-government-information/tests-for-covid-test-and-trace/#main>

A reminder that financial support is available for people on low incomes who have to self-isolate. You can find information about the Test and Trace Support Payment here <https://ascpractice.camden.gov.uk/early-help-guide/family-early-help-covid-guidebook/covid-nhs-and-government-information/tests-for-covid-test-and-trace/>

Social Distancing at 5PS



Corporate have again raised that some staff using 5PS are not following social distancing rules, and have sent a reminder about what we must do in 5PS. It was a general comment to all service currently using 5PS, not specific to us! You can find a summary of 5PS social distancing rules here <https://ascpractice.camden.gov.uk/early-help-guide/family-early-help-covid-guidebook/fscf-procedures-during-covid/returning-to-offices-and-face-to-face-work/#main>

Disability History Month



We are celebrating the start of Disability History Month. This asks us *'how far have we come and how far do we have to go'* to ensure the rights of people with disabilities are acknowledged, respected and upheld. You can read more about Disability History Month here <https://ukdhm.org/ukdhm-2020-broadsheet/> . One place for us to start thinking about this question might be the social model of disability. The social model (rightly) says that it is the way society is run and organised that is the problem, not people with disabilities. You can read more about the social model of disability on the Inclusion London website <https://www.inclusionlondon.org.uk/disability-in-london/social-model/the-social-model-of-disability-and-the-cultural-model-of-deafness/>.



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 24 NOVEMBER](https://ascpractice.camden.gov.uk/early-help-guide/family-early-help-covid-guidebook/)

New information uploaded to the COVID Guidebook this week link here

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

GPs in Camden Information and contact details for all Camden GP surgeries (includes a location map) https://ascpractice.camden.gov.uk/early-help-guide/family-early-help-covid-guidebook/health-hospitals-gps-and-prescriptions/gp-surgeries/#main	A and E Departments in Camden Information about all the hospitals with A and E departments https://ascpractice.camden.gov.uk/early-help-guide/family-early-help-covid-guidebook/health-hospitals-gps-and-prescriptions/hospital-a-and-e-departments/#main	Drug and Alcohol Services in Camden Information and contact details for drug and alcohol services for young people and for adults https://ascpractice.camden.gov.uk/early-help-guide/family-early-help-covid-guidebook/health-hospitals-gps-and-prescriptions/drug-and-alcohol-services/#main
Latest Letters Sent to Camden Residents Who are Clinically Extremely Vulnerable https://ascpractice.camden.gov.uk/early-help-guide/family-early-help-covid-guidebook/health-hospitals-gps-and-prescriptions/gp-surgeries/#main	Social Distancing Rules in 5PS A reminder from Corporate of what we must do when we use 5PS https://ascpractice.camden.gov.uk/early-help-guide/family-early-help-covid-guidebook/fscf-social-distancing-rules-in-5ps/	Weekly Email Updates The weekly COVID email updates have moved from the Guidebook home page. You can now find them here:

<p>covid-guidebook/covid-nhs-and-government-information/clinically-extremely-vulnerable-high-risk-people-shielding/#main</p>	<p>procedures-during-covid/returning-to-offices-and-face-to-face-work/#main</p>	<p>https://ascpractice.camden.gov.uk/early-help-guide/family-early-help-covid-guidebook/covid-weekly-email-updates/</p>
<p>Resilient Families Practice Online</p> <p>A reminder that all the Resilient Families tools and resources are now on the Guidebook here</p> <p>https://ascpractice.camden.gov.uk/early-help-guide/resilient-families-practice/</p>	<p>Check-in Conversation Template</p> <p>A new resource from the Family Partnership Model to support short check-in conversations with families or staff</p> <p>https://ascpractice.camden.gov.uk/media/2370/resilient-families-fpm-conversations-template.pdf</p>	<p>Black Lives Matter Resource Repository – New Articles and Videos</p> <p>Additional articles and webinar recordings</p> <p>https://ascpractice.camden.gov.uk/early-help-guide/family-early-help-covid-guidebook/black-lives-matter-resource-repository/</p>
<p>COVID Support in Neighbouring Boroughs</p> <p>COVID information from the boroughs around Camden (thanks to Ed Magee for sending in)</p> <p>https://ascpractice.camden.gov.uk/early-help-guide/family-early-help-covid-guidebook/covid-nhs-and-government-information/covid-</p>	<p>School Exclusions</p> <p>Information about the primary inclusion forum and the CRIB, offering intensive support for children at risk of permanent exclusion</p> <p>https://ascpractice.camden.gov.uk/early-help-guide/family-early-help-covid-guidebook/schools/exclusion-from-school/#main</p>	

support-in-neighbouring-boroughs/#main

We are now in week 36 of COVID, and day 19 of the second lockdown. Our current capacity remains stable.

I am going to repeat my ending from last week – please please make time today and every day to step away from the laptop and do something that’s just for you, and not just one break in the day, regular breaks in the day. To quote someone much wiser than me, “*if you don’t make time for your wellness, you will be forced to make time for your illness*”. Sobering but very probably true. Your oxygen mask on first. If you’re finding this hard, please do reach out to a friend, your supervisor or your service manager, we’re all here for you.

Stay safe and well.

Becca

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