

**\*Click the attachment for the dyslexia friendly version of this email\***

Good morning to you, I hope you and your families are doing okay.

This is the last email bulletin of 2020. It is not the one I thought I would be sending to you. The announcement of new Tier 4 restrictions on Saturday evening will have come both as no surprise and a big shock all at the same time. I know how hard it is for those of us who cannot now see family and loved ones at Christmas, and to have found out at such a late stage. I'm so sorry this has happened.

There can be little doubt that such intensive measures, taken at such speed, are an indication of how concerned the Government and Health officials are. Two of my friends are Directors of Public Health and they have been clear that this was a necessary, though heart-breaking, step to take. I have emailed you all separately about the new Tier 4 guidance, and there will be a whole service meeting tomorrow morning to brief you on our working arrangements under these new restrictions.

If you have had a tough weekend, please know that you don't have to deal with this on your own. Reach out for help and support if you need to, we are as ever here for you.

Updates for you this week:

#### **Tier 4 Restrictions Information Now on the Guidebook**

The new Tier 4 restrictions are now on the Guidebook here <https://ascpractice.camden.gov.uk/early-help-guide/family-early-help-covid-guidebook/covid-nhs-and-government-information/social-distancing-government-guidance/#main>

#### **Family Early Help Staff Can Now Get Rapid COVID Tests Even Without Symptoms**

As an essential worker, you can now get a quick result COVID test called a lateral flow test. Lateral flow tests are a special kind of test that can help identify people who have the COVID virus but do not have symptoms. Test results are available in 45 minutes. You don't need to have COVID symptoms to get this test. You can take the test once every week.

You can read more about lateral flow tests here <https://publichealthmatters.blog.gov.uk/2020/12/08/lateral-flow-testing-new-rapid-tests-to-detect-covid-19/>. You can also read more about Camden's lateral flow test offer and book a lateral flow test on Essentials here [Find out more on essentials and how to book a test](#)

If you test positive, **you and your household must self-isolate** and let your line manager know straight away so they can record it on Oracle. The lateral flow test isn't mandatory and the test result will only reflect if you had COVID at the time you took the test.

Access to these tests is really good news for us, as it gives us another way we can help to keep both ourselves and the families we are helping as safe as possible. That said, I know this is yet another thing to have to think about and plan into your working week, and there may be lots of mixed feelings about the tests. Your managers will be talking with you about this in your 121 supervisions and team meetings, and it's okay to feel lots of different things about the tests. Talk those feelings through with your manager and go from there.

If you have any questions about the tests, please check the Essentials page first, or contact me and I'll find the answer.

#### **Christmas Gifts For Families – Book Now in Time to Collect for Christmas**

The Christmas gifts donated to the Mayors Appeal are now ready for distribution to Camden families. A small number of food hampers may also be available. To request a Christmas gift box and/or food hamper for families you work with, please send the details below to [mayor@camden.gov.uk](mailto:mayor@camden.gov.uk) :

- Family Name
- Address
- No of children in household
- Ages & Gender of children
- Contact name & number of main carer
- Name of allocated worker
- Any Mobility issues
- If delivery is required due to the family self isolating
- If you would like a food hamper for the family as well as a Christmas gift box

If your request is accepted, an adult will need to collect the gift box from Crowndale at an allocated time slot.

### **FSCF Managers Available Each Day Over Christmas**

There are at least 6 managers available each day over the Christmas break, excluding bank holidays. To find out which manager is available, please see the 8am slot in your managers calendar or my calendar. Please don't hesitate to contact any available manager for help and support over Christmas and New Year.

### **Public Health Availability Over Christmas**

Camden and Islington Public Health are available over Christmas if you need urgent help or advice, but will be operating a reduced service (if anyone needs a rest, it's them!). Please use the [CIPHAdmin@islington.gov.uk](mailto:CIPHAdmin@islington.gov.uk) email address. See chart below for Public Health's

- **CIPHAdmin** is operating a reduced service over the holidays but **the inbox will be monitored every day** with responses sent to urgent enquiries

Sat/ Sun 19/20	Mon 21	Tues 22	Wed 23	Thurs 24	Fri 25 XMAS	Sat/ Sun 26/27	Mon 28 Bank hol	Mon 29	Tues 30	Wed 31	Thurs 1 Jan Bank hol	Fri 2	Sat/ Sun 3	Mon 4
Urgent only	Normal service			Urgent only									Normal service	

availability over the holidays:

### **New Testing Site in Camden**

Another COVID testing site is now open in Camden at Kingsgate Community Centre, NW6 2JH. Open 7 days a week, 8am to 8pm. You can find information about all Camden's testing sites on the Guidebook 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>

### **Winter Food Support Vouchers for Low Income Families – What To Do If A Family Haven't Received Their Voucher**

If you are working with a family who hasn't received their Winter Support Programme shopping voucher yet, you can find information about who to contact here <https://news.camden.gov.uk/camden-council-providing-extra-help-with-food-this-winter/> or call the Camden COVID line on 0207 974 4444 (option 9).

### **Referring to SENDIASS**

The SENDIASS manager has said there have been lots of referrals from us to them recently which is great, but she asked us to make sure we use their referral process. You can find the SENDIASS information leaflet and referral form on the Guidebook here <https://ascpractice.camden.gov.uk/early-help-guide/family-early-help-covid-guidebook/schools/sendias-advice-for-children-with-sen-or-disabilities/>

### **Christmas Gifts to You Have Been Sent!**

Your Christmas gift from me was sent first class last Thursday – hope it reaches you in time for Christmas! Gifts were only sent to those who confirmed I could send to their home address,

but for anyone who would like to collect their gift from 5PS, I will make sure these are in the FIF cupboard near our PPE store from 29 December.

### Weekly Survey

The weekly survey will reopen on 11 January 2021 when I return from leave. If you need anything urgent over the Christmas period, please contact any of the oncall managers that day (see above).

### New information uploaded to the COVID Guidebook this week link here

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

<p><b>COVID Tests for Essential Workers without Symptoms</b>          Info about your access to COVID lateral flow tests weekly, with results in 45 minutes  <a href="https://ascpractice.camden.gov.uk/early-help-guide/family-early-help-covid-guidebook/fscf-procedures-during-covid/covid-testing-for-critical-workers/#main">https://ascpractice.camden.gov.uk/early-help-guide/family-early-help-covid-guidebook/fscf-procedures-during-covid/covid-testing-for-critical-workers/#main</a></p>	<p><b>COVID Vaccinations</b>          A new Guidebook section with links to NHS, Public Health and Government information and advice about the COVID vaccines  <a href="https://ascpractice.camden.gov.uk/early-help-guide/family-early-help-covid-guidebook/covid-nhs-and-government-information/vaccinations/#main">https://ascpractice.camden.gov.uk/early-help-guide/family-early-help-covid-guidebook/covid-nhs-and-government-information/vaccinations/#main</a></p>	<p><b>New Camden COVID Testing Site</b>          Information and contact details for a third Camden COVID testing site  <a href="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">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></p>
<p><b>COVID Tier 4 Information</b>          More information about the new Tier 4 restrictions  <a href="https://ascpractice.camden.gov.uk/early-help-guide/family-early-help-covid-guidebook/covid-nhs-and-government-information/social-distancing-government-guidance/#main">https://ascpractice.camden.gov.uk/early-help-guide/family-early-help-covid-guidebook/covid-nhs-and-government-information/social-distancing-government-guidance/#main</a></p>		

We are now in week 40 of COVID, and whilst our current capacity remains stable we are definitely getting busier as more requests for help come into front door. This is likely to continue into January as we generally have a peak for requests for help a couple of weeks after schools reopen.

Although not the Christmas we might have wished for, I hope there are some moments of happiness and peace for you in the coming days. Please do all you can to keep yourselves safe and well, and I hope you can find some time to rest and refill your physical and emotional reserves again. Its 100% normal to be fatigued. But we've got important work to do in 2021. We didn't come through all this to let the last 5 miles beat us.

I know your care for Camden children and families is as deep and as wide as mine. We wouldn't do these jobs if we didn't feel that. Let's rest up then keep going – for them.



Becca