

COVID Email Update 22 February 2021 (dyslexia friendly version)

Good morning to you all.

Whilst a new week begins, the impact of last week's tragic loss of a Camden friend and colleague is still with us and will be for some time. Clinically-guided support spaces will be available in all teams this week, and there is lots of help and support available to us as we navigate this path together.

As ever, you can reach out to whoever feels right for you – the most important thing is that you know it's always okay to ask for help. I'm thankful that you have all been checking in with each other, as you have done throughout COVID, and even more so at this time. Day at a time, step at a time, and it's okay to just stand still for a moment too.

5PS will be closed until at least Wednesday. If you urgently need another building to work from, please let your line manager know as we are able to join MASH colleagues at Crowndale temporarily if needed.

Today, the Prime Minister will announce plans for the gradual lifting of lockdown. As always, I will review the announcements then spend the next few days liaising with Public Health about any changes this may mean for our service and reviewing a range of national guidance as it is updated. As soon as I am clear what the announcements mean for us, I will call a whole service briefing so we can discuss next steps for our service.

Three important updates for you this week:

Sudden

Sudden is a charity who help when someone has died suddenly, or too soon in their life, because of a sudden medical reason (including COVID-19), or terminal illness, injuries or suicide. You can find contact details and links to their website, plus a range of

other supports for grief and loss, on the Guidebook here <https://ascpractice.camden.gov.uk/early-help-guide/family-early-help-covid-guidebook/keeping-families-emotionally-well/thinking-about-loss-and-bereavement/>

Webinar - Bereavement Awareness

Cruse are offering free 75 minute webinars to help increase our awareness of and confidence in supporting people who are bereaved. There are three dates available, and the booking link plus more info is on the attached email

Wellbeing and Coping Plans

Some of you may remember Mike Armiger, a clinical psychologist who delivered an online training package for us on grief, loss and bereavement (you can still access Mike's course on the Guidebook here <https://ascpractice.camden.gov.uk/early-help-guide/family-early-help-covid-guidebook/keeping-families-emotionally-well/thinking-about-loss-and-bereavement/>). Mike and his colleagues have also produced an online wellbeing and coping tool, where you can build your own coping plan to help get through difficult times. You can find it here <http://www.wellbeingandcoping.net/index.html#/id/30-3-30>

And some further updates for when you have headspace:

Rapid COVID Tests for Adults in Camden

Camden is now making the rapid lateral flow tests available for any adult in the borough who has to leave the house for work, or who has regular close contact with others through caring or volunteering responsibilities. Appointments are available at 6 sites across the borough. One to let parents know about. You can find more information 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/>

Eviction Freeze Extended to 31 March

A temporary reprieve on the eviction freeze, which was due to end 21 February but has now extended to 31 March for all by the most serious cases. We should still start to think now about how to help families possibly affected by the lifting of the eviction freeze

from 1 April. You can find more help and advice about evictions on the Guidebook here <https://ascpractice.camden.gov.uk/early-help-guide/family-early-help-covid-guidebook/homes-housing-and-council-tax/evictions/>

Long COVID

HR have issued guidance for staff and managers around long COVID (where people experience poor health after contracting the virus) and sickness absence. This includes information on how long COVID will be managed from a sickness absence perspective, and guidance for managers on recording long COVID on Oracle. You can find the information on the Guidebook here <https://ascpractice.camden.gov.uk/media/2591/long-covid-faqs.pdf>

Preparing for Return to School - Emotional Based School Avoidance

As it looks likely that schools will start returning onsite very soon, a reminder of the emotionally based school avoidance tools on the Guidebook. If you're working with a family where the child/ren are feeling anxious about returning to the classroom, the EBSA tools can be a really helpful place to start. As ever, talk with our brilliant EPs if you need advice <https://ascpractice.camden.gov.uk/early-help-guide/family-early-help-covid-guidebook/schools/emotionally-based-school-avoidance-ebsa/>

Webinar – Family Changemakers Project Show and Tell

Join us for this uplifting and informative webinar where the parents, family members and students involved in the Family Changemakers participatory design project which we started last November will be sharing their work on the project so far. Not mandatory, but I would love you to be there to hear from the parents because they're amazing. 1st March, 1-2pm. Calendar invite has gone out, let me know if you need it again.

Weekly Survey

This week's family needs survey, for you to raise any issues you're seeing and noticing for families and anything you might need yourself, is now open here [FSCF FAMILY NEEDS SURVEY W/C 22 FEBRUARY 2021](#)

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>Long COVID</p> <p>An FAQ from HR about long COVID and sickness absence, including how to record it on Oracle</p> <p>https://ascpractice.camden.gov.uk/media/2591/long-covid-faqs.pdf</p>	<p>Rapid COVID Tests for Adults in Camden</p> <p>Information about lateral flow tests for adults in the borough who have to leave the house for work, or who have regular contact with others</p> <p>https://ascpractice.camden.gov.uk/early-help-guide/family-early-help-covid-guidebook/covid-nhs-and-government-information/tests-for-covid-test-and-trace/</p>	<p>Sudden</p> <p>Information and contact details about Sudden, the charity supporting people who are suddenly bereaved.</p> <p>https://ascpractice.camden.gov.uk/early-help-guide/family-early-help-covid-guidebook/keeping-families-emotionally-well/thinking-about-loss-and-bereavement/</p>
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We are now in week 49 of COVID, and we welcome Navin Hurry to our FSCF family. Navin has joined FIF as a family worker for at least the next 3 months. Two new agency workers will also be starting in FSEH in the next couple of weeks.

To end this week with a link to a short podcast with Congressman John Lewis, who passed away last year, talking about his life as a civil rights activist, organiser and public servant. John believed that love, justice and public service belonged together, and his words might bring some comfort this week <https://onbeing.org/programs/john-lewis-love-in-action/#transcript>

Stay safe and well, and as always shout if there is anything you need.

Becca