

COVID Email Update 12 April 2021

Good morning to you all, I hope you and your families are all doing okay and Ramadan Mubarak to all who are starting Ramadan in the next couple of days, I hope this month surrounds you with love and peace.

Another milestone today as the next part of the Governments lifting of lockdown begins. Camden's community centres are starting to reopen from today, which gives you even more opportunity to connect families to their local supports and widens your choice of venues for family face-to-face visits outside the home. You can find the social restrictions from today on the Guidebook here <https://ascpractice.camden.gov.uk/early-help-guide/family-early-help-covid-guidebook/covid-nhs-and-government-information/>.

Please do continue to be vigilant with your face-to-face visits and movement from your home and around Camden, and do continue to complete the pre-visit checklists before every face-to-face visit. Our procedures remain the same as they were last week.

We've been in pretty severe restrictions since before Christmas, given we were in tier 4 back then. That's over 100 days. We are still living, working, parenting, through a global pandemic. The idea of 'normal' isn't a commonly held thing is it, it won't mean the same to us all. Going gently and offering grace to ourselves, to our colleagues and to the families we're helping, continues to matter whether shops and hairdressers are open or not.

Take the next couple of weeks at a comfortable pace for you and your family. I liked the image below which I saw on SHAKs timeline this morning:



Updates for you this week:

Lateral Flow Tests Now Available For All Adults

You can now get lateral flow tests to do at home from your home borough or county. You can collect a supply of kits from a local pharmacy or COVID test site, or have home test kits sent direct to your home. It is recommended we take a lateral flow test twice a week. This is not just to help keep you and families as safe as possible, but also for your peace of mind when you are visiting families. You can still have a lateral flow test at a Camden test site if you prefer.

These tests are not mandatory, and it is of course absolutely your choice whether to have them or not.

You can find links to all the information, including how to find your nearest supplying pharmacy or COVID test site, 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>

Vaccine Information Event for Camden's Black Caribbean Community

Islington Healthwatch are hosting an online webinar about COVID vaccination for members of the Black Caribbean community in Islington, Camden and other North London Central boroughs on Wednesday 14 April, 2.30 – 3.30pm. Details of how to attend are on this link [vaccination information event for the Black Caribbean community](#)

Booking a Family Visit At A Childrens Centre – New Booking Email

IEYS Childrens Centres continue to generously offer us their spaces to meet our families, regardless of the age of the children. To book a space at a Childrens Centre, please email IEYSKTWAdminRequest@camden.gov.uk. I have updated the Guidebook with this information too <https://ascpractice.camden.gov.uk/early-help-guide/family-early-help-covid-guidebook/alternative-venues-for-visits/> (thank you to Sharmina for letting us know about this).

Food Parcels During Ramadan

QCCA, Hopscotch and KCBNA are providing food parcels and some hot Iftar meals during Ramadan. If you are working with a family who would benefit from this, you can find more information on the Guidebook here <https://ascpractice.camden.gov.uk/early-help-guide/family-early-help-covid-guidebook/food/food-during-ramadan/>

Holiday Activities and Food Easter Programme – Still Some Places Available This Week

There are still a few places left this week on some free holiday activities and food programmes for children eligible for free school meals. Remember you can see whether a child is eligible for FSM on the Family Early Help Qlikview Dashboard (see the Family Journey sheet, there

will be should see a little blob with 'FSM: Y' FSM: Y to the right of the timeline for all children eligible for FSM at Camden Schools). It's a great free offer and the weather looks good for this week, so please do see if any children you're working with might enjoy this. Here is the list of programmes with spaces available

Organisation name	Week	Number of places available	Address and post code	Contact/Booking	Area provision is based in
Youth Early Help- Netherwood Youth Hub, Kilburn Activity: access to a fully staffed gym facility, 1-1 face to face personal training, outdoor exercise projects, girls only football project, urban Sports project, including street cricket and Circuits, from community spaces, gardening project, and badminton. The Inclusion Team will deliver physical activity-based	12.04.21	5	Netherwood St, Brondesbury, London NW6 2QU	Netherwood Family and Youth Hub (North) Vanessa Simon 07880 055232 and Aaron Pownall 0207 9741534	Kilburn

<p>programmes for young people with SEN/ disabilities. Age group: 11-18 (up to 25 with SEND) Mealtime: Lunch or late lunch/supper</p>					
<p>Youth Early Help - Ingestre Rd community centre, Tufnell Park Activity: access to a fully staffed gym facility, 1-1 face to face personal training, outdoor exercise projects, girls only football project, urban Sports project, including street cricket and Circuits, from community spaces, gardening project, and badminton. The Inclusion Team will deliver physical activity-based programmes for young people with SEN/ disabilities. Age group: 11-18 (up to 25 with SEND) Mealtime: Lunch or late lunch/supper</p>	12.04.21	4	Ingestre Road Community Centre, Ingestre Road, NW5 1UX	Ingestre Rd Community Centre (Central) Cat Philips 07971 063787	Nr Hampstead
<p>Bloomsbury Football Activity: Football Holiday courses with a morning of skills and drills followed by an afternoon of matches and tournaments. Age group: 4-15 Mealtime: Take home box. participants will take home a take & make box that will contain the necessary ingredients in which they can prepare a meal at home.</p>	12.04.21	15	Monday 12th to Thursday 16th from 10AM to 3PM at Market Road Football Pitches, N7 9PL	Email info@bloomsburyfootball.com to register.	Towards Archway

Free Google Career Certificates for Camden residents

Camden is working with Google to provide residents with online professional skills training in specialisms including IT support, data analytics, project management and user experience design. The career certificates take up to six months to complete and will be offered free of charge to 500 learners in Camden. One for both parents and any young people you are working with. More information and how to register here

https://www.camden.gov.uk/employmentsupport?utm_content=&utm_medium=email&utm_name=&utm_source=govdelivery&utm_term=#zcav

Kickstart Employment Opportunities for Young People

Kickstart is a £2 billion government initiative aiming to create thousands of 6 month, paid work experience placements for 16-24 year olds in receipt of Universal Credit and who are at risk of long term unemployment. The Council is working with a wide range of employers and DWP to promote this initiative. You can find a list of all the places offering Kickstart opportunities on the attached email – well worth exploring with young people you are working with.

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 12 APRIL 2021](https://ascpractice.camden.gov.uk/early-help-guide/family-early-help-covid-guidebook/)

New information uploaded to the COVID Guidebook this week link here

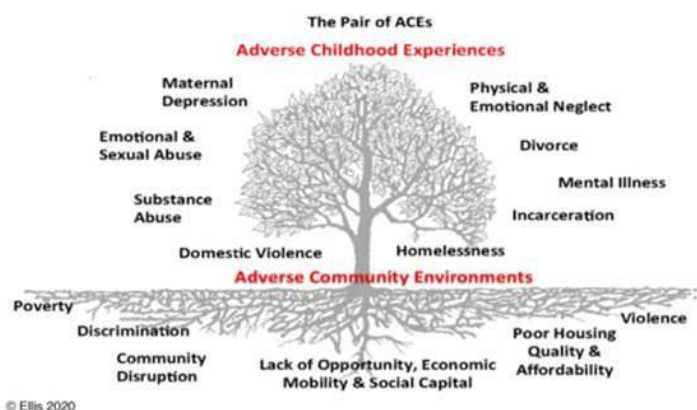
<https://ascpractice.camden.gov.uk/early-help-guide/family-early-help-covid-guidebook/>

New Email to Book a Space at a Childrens Centre Details of new email address when booking a space at a childrens centre for a face-to-face visit with families https://ascpractice.camden.gov.uk/early-help-guide/family-early-help-covid-guidebook/alternative-venues-for-visits/	Food Parcels During Ramadan Details of Camden community organisations providing food parcels and Iftar meals for residents during Ramadan https://ascpractice.camden.gov.uk/early-help-guide/family-early-help-covid-guidebook/food/food-during-ramadan/	Lateral Flow Tests at Home for All Adults Link to information about where to get lateral flow home test kits for yourself, or to order them to be delivered to your home 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
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We are now in week 56 of COVID and our capacity continues to hold steady. A warm welcome to Sheryl Penrose who joins First Stop Early Help as a family worker, bringing with her years of experience and knowledge about Camden – we're delighted to have you with us Sheryl.

To end with the spotlight on another contemporary Black pioneer of family welfare work. This week Dr Wendy Ellis, founder of the ground-breaking Centre for Community Resilience. Dr Ellis has spent the last decade growing a 'resilience movement' to address inequities that contribute to social and health disparities and often transmit in families and communities from generation to generation.

She pioneered the development of adverse childhood experiences into a systemic public health context, developing the 'Pair of Aces Tree' below. Her work on adverse community environments has helped inform global thinking about the wider context of child and family outcomes.



You can read about Dr Ellis here <http://ccr.publichealth.gwu.edu/directory/wendy-ellis> and watch her talking about adverse community environments here <http://ccr.publichealth.gwu.edu/>

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

Becca

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