

## COVID Email Update 10 May 2021

Good morning to you all, I hope you and your families are all doing okay and Eid Muburak in anticipation for later this week!

Kicking off with a congratulations to Councillor Sabrina Francis who has been appointed as Camden Mayor, the first Black woman in Camden to hold the position. Councillor Francis was born and raised in Camden and was first elected to the Council in 2014. Her chosen charity for her mayoral term is Gingerbread, who provide support to single parents. If you have 2 minutes, check out Councillor Francis's tweet of her first photo shoot as Mayor here <https://twitter.com/sabfrancis/status/1389653934420148238> - she says she wants to be a modern mayor who represents the bold rebellious spirit of Camden and frankly she's smashing it already.

We are all getting ready for the third phase of the Governments national lockdown lifting on Monday 17<sup>th</sup> May, when groups of 6 or two households will be able to meet indoors. On a professional level, this might not affect us much as we have been working in residents homes for many months now. But on a personal level, this might be a very big deal for you, your friends and your family. As ever, we will continue to monitor Camden and London COVID data and any announcements from the Prime Minister very carefully, and if anything affects our daily work, I'll let you know straight away.

Updates for you this week:

### **Breathing Space Scheme for People With Debt**

The Governments scheme 'Breathing Space' to support people with debt came into force on Tuesday last week. Under the Breathing Space scheme, people are given legal protections from their creditors for 60 days to get their finances back on track. Creditor action is paused and no interest or additional charges can be added to the debt during the breathing space. The protections are further increased for people in mental health crisis treatment (protected for the full duration of their crisis treatment plus another 30 days, regardless of how long the treatment lasts).

A breathing space can only be started by an authorised debt advice provider (like CAB for example) or a local authority (the debt advisors in Welfare Rights can do this for Camden tenants).

If you are working with a family with problem debt, please do have a look at the Breathing Space information on the Guidebook here <https://ascpractice.camden.gov.uk/early-help-guide/family-early-help-covid-guidebook/legal-debt-welfare-and-other-advice/debt-breathing-space-scheme/#main> . You can also find information on the wide range of debt and other advice services in Camden on the Guidebook here <https://ascpractice.camden.gov.uk/early-help-guide/family-early-help-covid-guidebook/legal-debt-welfare-and-other-advice/>

### **Q and A for Camden's Black Community about COVID and the COVID Vaccine**

Councillor Francis and Dr Frances Baawuah, a local GP from Brondesbury Medical Centre in Kilburn, recently recorded a Q and A addressing questions from residents from Camden's Black community about COVID and the COVID vaccine. You can watch and share the video of their conversation on Camden's [YouTube channel](#).

### **Laptop Refresh Rollout**

You'll remember in January we were asked to select what new laptop or tablet we would like in the corporate refresh of laptops. This refresh has now begun, and staff with the oldest laptops are being prioritised to have theirs replaced first. Corporate have done an FAQs about the laptop refresh on the attached email. If you're really struggling with the quality of your current laptop, please do talk with your manager as we have options!

### Working with Migrant Families - Right to Remain Toolkit

We've done a lot of work in recent months on how to give the best possible help to migrant families and families seeking asylum, and there is now a new toolkit on the Guidebook. The Right To Remain Toolkit is a step-by-step guide to the UK immigration and asylum system, and is a brilliant resource if you have questions or just want to learn more about this often complex system. You can find the Right to Remain Toolkit, along with lots of other information and advice around giving our very best support to migrant families, on the Guidebook here <https://ascpractice.camden.gov.uk/early-help-guide/family-early-help-covid-guidebook/migrant-families-families-seeking-asylum/>

### Webinar Reminder – Working Well With Parents with Learning Disabilities

A reminder that this weeks webinar is on Tuesday at 12.30, exploring theory and practice on working well with parents with a learning disability. Calendar invite has gone out already, but give me a shout if you need it again.

### Racial Justice and Equity Organising Committee – Nominations Now Open

A reminder that you can nominate yourself to join our first ever Family Early Help Racial Justice and Equity Organizing Committee – click [THIS LINK](#) for the nomination form. The Committee will play a crucial role in driving forward our racial justice goals, and there will be opportunities to develop your skills, knowledge and experience to support your career aspirations. Really hope you'll consider joining.

### 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 10 MAY 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/>

<b>Right To Remain Toolkit</b> A new introduction to the immigration and asylum system in the UK <a href="https://ascpractice.camden.gov.uk/early-help-guide/family-early-help-covid-guidebook/migrant-families-families-seeking-asylum/">https://ascpractice.camden.gov.uk/early-help-guide/family-early-help-covid-guidebook/migrant-families-families-seeking-asylum/</a>	<b>Breathing Space for Families with Problem Debt</b> Information about a new scheme to support people with problem debt with a 60 day breathing space <a href="https://ascpractice.camden.gov.uk/early-help-guide/family-early-help-covid-guidebook/legal-debt-welfare-and-other-advice/debt-breathing-space-scheme/#main">https://ascpractice.camden.gov.uk/early-help-guide/family-early-help-covid-guidebook/legal-debt-welfare-and-other-advice/debt-breathing-space-scheme/#main</a>	
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We are now in week 60 of COVID and our capacity continues to hold steady.

Mental Health Awareness Week starts this week, which always gets me thinking about the subject of resilience. Those of you who have known me for a long time will know I like to wobble the construct that resilience is about 'internal grit' or 'bouncing back' or some magical quality that we do or don't have. Resilience for me means our access to resources in dark and difficult moments, the things either in us or around us that help us find our balance again and find a way through. We use the image below in our Resilient Families practice training, to pause and reflect on what constructs we might hold about resilience and what that means for our work and for ourselves. What does resilience mean for you?

Whilst we're thinking about resilience, it is also worth reflecting on the Westernised and individualised 'Maslow's Triangle' way of thinking, and honouring a source that had originally influenced Maslow in 1938 but presents an alternative world view – the Siksika Blackfoot first nation community in Alberta Canada. In the Blackfoot tipi, self-actualisation – being born into the world with a great purpose already embedded in us - is at the bottom of the triangle, not at the top as it appears for Maslow. The next segment is community – a people who are there

to love and care for us and who will ensure our basic needs and safety are met. Thinking about that might put a different lens on resilience and wellbeing.

As ever, please draw on the resources you need for your resilience, including your work community as part of your world who love and care for you. Not just this week. All the time.



**“RESILIENCE IS AS MUCH ABOUT WHAT WE HAVE (OUR INDIVIDUAL AND COLLECTIVE RESOURCES) AS WHAT WE THINK (OUR MINDSET).”**

