

## COVID Email Update 17 May 2021 (dyslexia friendly version)

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

We begin this week with the third phase of the Governments lifting of the national lockdown. Lots of significant change for all of us, and I've put a summary of the changes from today on the Guidebook here <https://ascpractice.camden.gov.uk/early-help-guide/family-early-help-covid-guidebook/covid-nhs-and-government-information/> .

Whilst so many of these changes will bring huge relief to many, we must continue to be vigilant in our work, and continue to follow Public Health advice including completing our pre-visit checklists and ensuring we use the Type IIR facemasks on visits where 2 metres distance cannot be maintained. The arrival and spread of the variant known as the India variant is a stark reminder that this pandemic is not over yet, and I want to make sure we continue to do everything we can to keep you all as safe and well as possible.

My good friend Lisa Cherry referred to this period as 're-emerging'. Some of us will be cautiously emerging, some of us will be bounding out eagerly, but every one of us will be going through a personal and unique re-emerging process. Noticing and caring how others in your team or service might be re-emerging, and reflecting on those personal journeys through COVID, matters as much now as it did 15 months ago.

The map below from Belfast Health and Social Care Trust really spoke to me about how we might find our way through this re-emerging phase – taking time to hear each other stories, to make meaning out of what has happened to us individually and collectively, to reconnect, review and reimagine. I hope you can all make time in your supervisions and team meetings to do some of this important reflective work.

# COVID RECOVERY JOURNEY

AS WE MOVE FORWARD THERE ARE THINGS WE NEED TO KEEP IN MIND

**We cared:**

- We worked from home
- We redeployed
- We learnt new skills
- We wore PPE
- We home schooled
- We zoomed / teamed

## 1 RESPOND



## 2 REACTIONS

We need to take account of our own & each other's feelings.

**We are:**

- Stressed
- Lonely
- Distressed
- Exhausted
- Angry
- Sad
- Fearful
- Trying to be hopeful

## 3 PAUSE



## 4 REST & RECHARGE

**Take time to:**

- Do nothing
- Nurture & care for yourself
- Do things which energise
- Experience joy
- Spend time with loved ones (even if in the garden)

## 5 REFLECT

**Individually & together:**

- Take time to tell our stories
- Make meaning of what has happened
- Mourn our losses
- Celebrate our victories

## 6 RECONNECT

**We need to:**

- Reconnect with our teams & our tasks
- Retain new friendships
- Rebuild & repair relationships
- Share our experiences with friends & colleagues
- Understand each other's journeys

## 8 REIMAGINE

- Retain what worked well
- Restore what we missed
- Renew in light of our learning
- Reimagine what we wish for our future

## 7 REVIEW

**We need to review & share our learning:**

- Maintain & embed new skills and new ways of working
- Maintain & develop new relationships across all sectors of care
- Acknowledge & accept what we could have done better
- Apologise when needed
- Thank when required
- Appreciate ourselves and each other

Updates for you this week:

## Family Early Help Material Support Fund



As part of poverty-proofing our practice, every Family Early Help team now has an annual budget of £2000 to provide material support for families. Our policy is called the Family Early Help Material Support Fund. It mirrors, but does not replace, the s17 material assistance policy in CSSW (which is only for families open to social work) and the Vulnerable Families policy in IEYS. The material support fund is available for families open to the Family Early Help service, including families with an open EHRD at front door. You can find more information about the material support fund, including how to apply, on the Guidebook here <https://ascpractice.camden.gov.uk/early-help-guide/family-early-help-covid-guidebook/fscf-procedures-during-covid/material-support-fund-policy-and-procedure/#main>

## Face coverings in schools – change to guidance

The DFE has updated their guidance on use of face coverings for secondary schools and colleges in England. From today, face coverings will no longer be recommended for secondary students in classrooms or communal areas. Face coverings will also no longer be recommended for staff in classrooms. However, some secondary schools are opting to continue with face coverings, particularly in areas with higher COVID rates, so please do check with individual schools about what their rules are from today.

The DFE still recommends that **face coverings should be worn by staff and visitors to schools in situations outside of classrooms** where social distancing is not possible (e.g. in corridors and communal areas). Please hold this in mind if you are meeting a child or family at a school.

## Lateral Flow Tests Available from Some Camden Community Centres

Camden is increasing the places where you can get lateral flow test kits (the home testing kits for people without COVID symptoms). Kentish Town Community Centre is now a collection point, and residents can collect a kit 10am – 3pm Wednesday – Friday. Other community centres will be added soon.

## **Castlehaven After School Gardening Club**

Castlehaven Community Centre have started a free gardening club, starting at 3.30pm for 1 hour from this Thursday. You can find more information, including a booking link, here <https://www.castlehaven.org.uk/whats-on/event/2164/> If you've never been to the Castlehaven community garden on the corner of Hawley Road and Hartlands Road in Camden Town, I strongly recommend a visit – its an oasis built for and with the community literally minutes form the hustle and bustle of Camden Lock, and it's a real Camden treasure

## **Holborn Community Association Summer Film Project for 14-24 Year Olds**

Back for its 6<sup>th</sup> summer, the HCA Summer Film Project offers 14-24 year olds the opportunity to learn from professional filmmakers how to plan, shoot and edit your own short film, whilst gaining your Bronze or Silver Arts Award. More details, including how to apply, here <https://www.holborncommunity.co.uk/events/summer-film-project-2021/>

## **Racial Justice and Equity Organising Committee – Apply Now!**



Nominations are still open to join our service's first ever racial justice and equity organising committee and we're really keen to have as many allies on the group as possible. The committee will meet 4 times a year, will include training on being social change agents, and opportunity to develop your own skills and experiences to support your career aspirations. Please do considering applying [ON THIS LINK](#)

## **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 17 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/>

<p><b>Latest Social Distancing Rules</b></p> <p>Link to information about what's changing on social distancing rules from today (Monday 17 May)</p> <p><a href="https://ascpractice.camden.gov.uk/early-help-guide/family-early-help-covid-guidebook/covid-nhs-and-government-information/">https://ascpractice.camden.gov.uk/early-help-guide/family-early-help-covid-guidebook/covid-nhs-and-government-information/</a></p>	<p><b>Family Early Help Material Support Fund</b></p> <p>Information about how to apply for material support for a family you are working with</p> <p><a href="https://ascpractice.camden.gov.uk/early-help-guide/family-early-help-covid-guidebook/fscf-procedures-during-covid/material-support-fund-policy-and-procedure/#main">https://ascpractice.camden.gov.uk/early-help-guide/family-early-help-covid-guidebook/fscf-procedures-during-covid/material-support-fund-policy-and-procedure/#main</a></p>	
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We are now in week 61 of COVID and our capacity continues to hold steady. A warm welcome back to those of you who have just returned from sickness absence.

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

Becca

Becca Dove

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