

## COVID Email Update 19 July 2021

Good afternoon to you all, I hope you and your families are all doing okay. Eid Mubarak to all who are celebrating Eid al-Adha, and wishing you a blessed and happy time.

As we start the week with the majority of social restrictions lifted, we must gently feel our way into this next chapter of the COVID pandemic. The image below has been on our Guidebook since the end of the first lockdown last summer, but it feels timely to put it on my weekly bulletin again today. We shouldn't ever underestimate our levels of physical and emotional fatigue in dealing with and processing all this, so if you're finding it hard going, please do reach out – your own oxygen mask on first. Lets keep looking after each other today, tomorrow and all the days after that.

### **Coronavirus:** getting back to normal...



BritishRedCross

Updates for you this week:

### **Whole Service Briefing on Final Stages of Lockdown Lifting**

For anyone who wasn't able to come to last Wednesday's whole service briefing on the final stages of lockdown lifting, you can read the slide pack here <https://ascpractice.camden.gov.uk/media/2865/lockdown-lifting-whole-service-briefing-14-july-2021.pdf> or watch the recording [on this link](#) .If you have any questions at all, please do ask me or your line manager.

### **Face Masks Required on all TFL Transport**

A reminder that TFL require face coverings to be worn on all their services including bus, overground and underground. Please make sure you have stock of the Type IIR blue face masks for visits with families too (you can of course wear whatever face covering you like on TFL).

### **Face Masks Required in All NHS Settings**

On 13 July, NHS England announced NHS visitor guidance will stay in place across all health services including hospitals, GP practices, dental practices, optometrists and pharmacies. Staff, patients and visitors will also be expected to continue to follow social distancing rules when visiting any care setting as well as using face coverings, mask and other personal protection equipment.

### **Schools Continue with Social Distancing Measures Until End of Term**

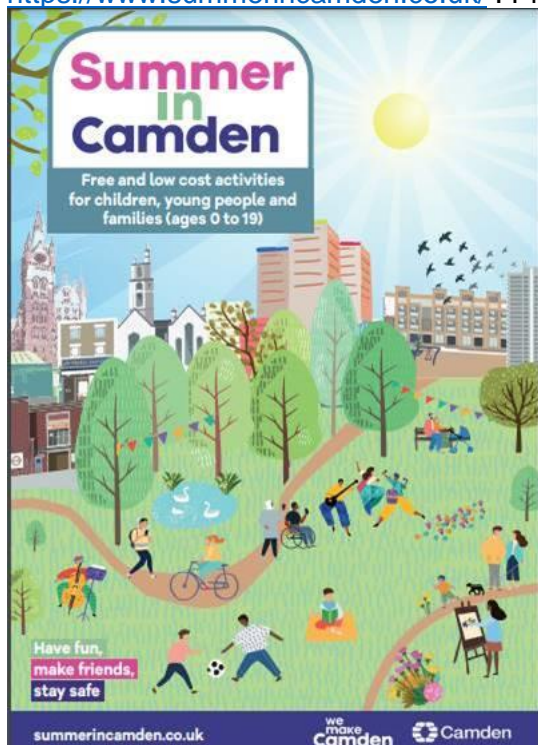
If you are in a school this week, please remember that Camden schools are keeping the same social restrictions in place until they close for the summer holidays on Thursday. If you are unsure what their rules are, please call in advance to check.

### **Additional Financial Support for Low Income Families Over the Summer Holidays**

In addition to the free Holiday Activities and Food programme, families with children aged 0 to 18 who receive benefits and who attend a Camden school will receive £45 per child for the six-week holiday. Vouchers are being posted directly to their home address by the Council's Benefits Team. One to make sure parents know about, and if they don't receive their voucher to ring Contact Camden (0207 974 4444).

### **Summer in Camden**

Thanks in no small part to the immense efforts of our friend Miriam Hatter and her team in IYSS, the Summer in Camden programme of activities and fun stuff is back, bigger and better than ever. This is on top of the Holiday Activities and Food programme, and contains many free or low cost activities for all children aged 0-19 and their families in every part of the borough. You can find all the information, including how to book, on this website <https://www.summerincamden.co.uk/> . Please do share with families you are working with.



### **London Mayors Of Play**

Sadiq Khan is asking children aged 8-11 to apply for the best 'summer job' in the world: to become London's Mayors of Play. His five new advisers will recommend their favourite places in our city, helping to curate a summer of fun for kids, by kids. It would be wonderful to have a Camden representative, so please do feel free to share application details with children you are working with – more info here <https://www.london.gov.uk/what-we-do/arts-and-culture/lets-do-london/mayors-play-competition>

### **Parent Webinar – Keeping Young People Safe Online and in the Community This Summer**

This is another webinar for parents from the joint Camden and Islington VRU project and will explore peer groups and gangs, grooming and exploitation/county lines, and social media and empowerment. The webinar takes place online over 2 sessions on 3 and 5 August, 6-8pm. Booking link here <https://www.eventbrite.co.uk/o/islington-council-31039106401>

### **Camden Adult Crisis Line Information Updated**

The Camden Crisis Single Point of Access has been further developed, and the number is now 0800 917 3333. It is available 24 hours a day, 7 days a week, and is a telephone-only service staffed by crisis response team clinicians. It offers a triage service for new referrals and a telephone counselling service for people who are in need of urgent support. More information on the Guidebook here <https://ascpractice.camden.gov.uk/early-help-guide/family-early-help-covid-guidebook/health/adults-crisis-pathway/#main>

### **New Household Account Feature for Parents Reporting COVID Test Results**

If you have children who regularly have to take lateral flow tests (hands up all parents of secondary school children), you'll know that reporting the result can take quite a bit of time on the NHS website. After feedback from parents, NHS Test and Trace are now offering parents an opportunity to create a household account. This means parents can add all household members to their account, saving time if you have to send a test result for you or your children. This option should be offered to you the next time you report a self-test result. Here is a link to the lateral flow test result reporting site <https://www.gov.uk/report-covid19-result>

### **Guide to Life in Secondary School**

Camden Learning have created a short booklet to help parents to support their children with the transition to secondary school. The guides are in English and Somali. You can find them here and they might be helpful for any parents of year 5 or 6 students <https://www.camden.gov.uk/life-in-secondary-school-a-guide-for-parents?inheritRedirect=true>

### **Webinar – Brandon Centre “Interventions for Childhood Obesity”**

This latest webinar from the Brandon Centre looks at holistic approaches for families with children who might need support managing weight, and the services available in Camden and Islington. 22 July, 10am – 12pm, free to attend and booking link here <https://www.eventbrite.co.uk/e/holistic-interventions-for-childhood-obesity-tickets-161911324129> (thanks to Angeline for letting us know).

### **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 19 JULY 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>Adults Mental Health Crisis Line</b> Information about the updated 24/7 crisis line for adults <a href="https://ascpractice.camden.gov.uk/early-help-guide/family-early-help-covid-guidebook/health/adults-crisis-pathway/#main">https://ascpractice.camden.gov.uk/early-help-guide/family-early-help-covid-guidebook/health/adults-crisis-pathway/#main</a>		
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We are now in week 70 of COVID and whilst our capacity is holding just about steady, front door has been very busy in recent weeks. Levels of incoming contacts are exceeding the usual spike that we would normally see at this time of year. My deep gratitude and thanks to front door colleagues who have been keeping things going under incredibly difficult circumstances. There has also been an increase in referrals for early help casework, back up to pre-March 2020 levels.

Although things will quieten down during August, I can't stress enough how important it will be for everyone to try as best they can to get some rest and restorative time over the summer, in readiness for what is likely to be a very busy autumn.

To end this week with marking the start of South Asian Heritage Month, celebrating the cultures and histories of Afghanistan, Bangladesh, Bhutan, India, Maldives, Nepal, Pakistan and Sri Lanka. Founder of South Asian History Month Jasvir Singh says *“this is our opportunity to show what it means to be South Asian in the 21<sup>st</sup> century, as well as to look at the past to see how we got here”*. The SAHM website is packed with events, videos and short reads to help us all to honour, respect and learn – find out more here <https://www.southasianheritage.org.uk/about>



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

Becca

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