

Friday 26th June 2020

**Message from the head:** We have had a lovely week in school welcoming back some of the Year 2 and Year 5 children. I wanted to share some of the things we have learnt as we welcome the children back and it becomes clearer where gaps have developed in learning and development while the children have been off. Unsurprisingly, we are finding the children's stamina for learning—how long they can concentrate has definitely been impacted. We are supporting the ones being back by doing shorter, frequent sessions before breaks while they get used to things again. If you are still learning from home we'd recommend a similar approach until your child can come back—short bursts of work but frequent. Another area that has been noted in some children, especially those who have not been out much throughout the period of lockdown is that they are less steady on their feet—their co-ordination has suffered. They are simply not used to moving and running. Again, our frequent breaks and opportunities to move around the playground will help this. If you are not back yet, now that lockdown has eased I would urge you all to be getting out of the house and going for walks and runs to ensure that the children keep active and fit. Remember, 'PE with Joe' is great for exercise and co-ordination so if you are reluctant for your children to leave the house that is an option with his daily videos on YouTube. Another reason that it is so important to keep getting out of the house is to avoid sensory overload. We live in a very busy city. During lockdown it was eerily quiet on the streets and parks. The latest figures we have had from Camden (which covered up to 17th June) showed the last confirmed new case of Covid-19 in Camden was back on the 22nd May, so the data would definitely show for Camden that for many it is time to begin to try and find a new normal. Businesses are reopening, people are going back to work, and schools are returning, and as a result the streets are getting busier and busier and noisier and noisier. This can be quite overwhelming if you have been inside for weeks. Our bodies will have adjusted to the 'new normal' of lockdown and not going out. It is really important if you have been inside throughout the majority to slowly build yourself up to the experience of being outside. Spending a short period outside—in the garden if you have one; on the balcony; walking to the shop on your road—any short period outside will help your body adjust and avoid going into sensory overload when you attempt to go back to a more normal life, coming to school etc. I hope you all have a great weekend and if we haven't seen you already that we see you very soon.

## Parent/Carer Session on Online Safety—Wednesday 1st July

With children spending even more time online than usual it is even more important that as parents and carers we are fully aware of how to ensure they do so safely. Camden are holding an online event for you to support this. The details of how to sign up are below:

**Wednesday 1st July: Parents and Carers - Online Safety Discussion Led by Mary Rebelo for Camden Learning**

Sign up for the video link at: <https://forms.gle/TAkeMwCoMw9NQrZ8>

A session for parents and carers focused on the need for heightened awareness around children's and young people's online safety during the current situation. We will look at how this has impacted on young people's online use. The session will include:

- Advice about risks and opportunities online
- Games and Social Media – functions and settings
- Question and Answer time

Two sessions are scheduled on Wednesday 1<sup>st</sup> July 2020 at  
1:00pm – 2:00pm and the session repeated again at 7:00pm – 8:00pm

## Pick-up and Drop-offs from next week

**Bubble A—Mon & Tues/Bubble B—Thurs & Fri**

Timings are the same for next week. Please stick to your child's start and pick up time and location—we understand this is tricky especially when you have siblings but we need to follow the guidance to keep everyone safe and avoid mixing with other groups. We really appreciate your support with this and your patience!

- **Key Worker/Vulnerable Children group—Main gate—to Qube—8.45-9am; 4pm pick-up—waiting area junior playground**
- **Year 6—Agincourt Road Entrance-into Junior Playground—8.45am-9am drop off; 3.30pm pick-up—waiting area—junior playground**

- **Year 5—Agincourt Road Entrance-into Junior Playground—9am-9.15am drop off; 3.45pm pick-up—waiting area—junior playground**
- **Year 2—Agincourt Road Entrance-through Nursery Gate—8.45am-9am drop off; 3.15pm pick-up—waiting area—along path by pond and slope opposite door to class**
- **Year 1—Main Gate Entrance—8.45am-9am drop off; 3.15pm pick-up—waiting area—outside/opposite classroom**
- **Reception—Main Gate Entrance—9am-9.15am drop off; 3pm pick-up—waiting area—along fence of reception outside play area**
- **Nursery—Agincourt Road Entrance-through Nursery Gate—9am-9.15am drop off; 3pm pick-up—waiting area—along fence of nursery outside play area in infant playground**

## Class Photo Project

Thanks to those of you who have already sent in your class photos in response to the home learning tasks set by the teachers. Once we have a picture from each child in each class we can create and share our 'lockdown' class photos.



## Cargo Bikes

Camden have a small fleet of electric assist cargo bikes available to loan free of charge if you are a Camden resident/parent/carers/business/charity, or your child goes to a school in Camden. They suggest loans of at least a month, or at least half a school term, and maximum of 3 months. This can be decided if a loan is appropriate. If you do not have somewhere secure to store the bike it will not be possible for them to loan one to you, due to the large cost of the bikes. Please contact Camden's travel plan officer if you would like to arrange a loan:

**Kasia McBride—tel:02079741391; email: Katherine.McBride@camden.gov.uk**

Here are the links to the types of bikes available:

Christiana: <https://www.londongreencycles.co.uk/shop/bikes/christiana-classic-light/>

Tern GSD: <https://www.ternbicycles.com/uk/bikes/gsd>

Urban Arrow family: <https://www.urbanarrow.com/en/family>



# Building Relationships for Stronger Families

## A New Programme For Parents

Available online by webcam during social distancing

FREE COURSE ►



"Deciding to do something about the relationships I care most about has not only supported my own parenting but has made a huge impact on my family."

## Building Relationships for Stronger Families

A service provided by TAVISTOCK RELATIONSHIPS

### Find out about FREE support

Email: [referralsbrsf@TavistockRelationships.org](mailto:referralsbrsf@TavistockRelationships.org)

<https://TavistockRelationships.org/free-services>

## Further information

Courses are free and support will be offered online by webcam (on your laptop, smartphone, tablet or desktop computer) during times of social distancing measures. Once social distancing is over, where possible, support may be offered in your home or local community.

Parents are encouraged to commit fully to the course in order to gain the most benefit.

Sessions range from individual one-on-one, to group sessions between 6 to 12 parents depending on your particular needs.

Programmes are open to all eligible parents, mothers and fathers, and same-sex parents. These opportunities are for couples who are together in a relationship or those who are separated.

### Privacy

We only share information in accordance with our Privacy Notice and Consent forms which you will be given as part of the referral process.

## Contact us today

If you have a question, comment or enquiry about the programme, please contact us at:

[referralsbrsf@TavistockRelationships.org](mailto:referralsbrsf@TavistockRelationships.org)

020 7380 6099

<https://TavistockRelationships.org/free-services>

Please note that this service is only on offer to residents and those who access services in the following London boroughs: Westminster, Kensington & Chelsea, Camden, Hammersmith & Fulham, Croydon, Brent and Lambeth.

## Relationships matter

### Being a parent is tough.

Being a parent when your relationship with your partner or ex-partner isn't going well is even tougher.

There are times when we are all under stress but whilst conflict is part of normal family life, sometimes it can become destructive and get in the way of managing everyday life.

Conflict between couples might range from lack of warmth or emotional connection to shouting or swearing at each other. Often this can be frequent, intense and poorly resolved.

How parents interact with each other, regardless of whether they are together or separated, has a big impact on their children.

Evidence shows that parental conflict has a negative impact on children, particularly in terms of mental health, problems at school, sleep difficulties and poorer health.



## How can we help?

The 'Building Relationships for Stronger Families' programme may be able to help you if you feel that stress and conflict in your relationship are affecting your family.

The programme offers parents support to suit their circumstances to address conflict within their relationship, as well as strengthening their parenting skills to bring up their children.

Support can be individually, with your partner/co-parent, or in group sessions delivered by experienced facilitators who are skilled in encouraging discussion around the modern struggles that parents and couples face.

During the programme, you will work on your relationship, whether you are together or separate, and find ways to manage stresses and disagreements. You will explore patterns of behaviour to develop tools and techniques to improve your parenting skills and help your family succeed.

## How to get help?

If you live in one of the specified London boroughs, you can refer yourself online via the Parenting Together website: <https://tavistockrelationships.org/free-services>

You don't need to have a key worker to refer yourself, but if you have a key worker working with you, speak to them about the programme. They can help you to complete a questionnaire which asks you for details about your relationship and your circumstances.

Your questionnaire is sent to the programme, and a parenting practitioner will be in touch to arrange a meeting at a time and place that is suitable, or to arrange an online meeting by webcam.

When you meet you'll talk through your questionnaire in more detail and together you will agree a plan to support you, based on your circumstances and the needs you identify.

If you haven't got a key worker working with you, please don't let this stop you getting the support you need, the programme is open to all parents in the specified London boroughs.

## What can I expect?

- + Support that is tailored to you
- + Support that is proven to improve relationships
- + A supportive and experienced professional
- + Delivered at a time and place to suit you
- + A quick response



Courses are free and run locally or online via webcam. Contact us now for details...

[referralsbrsf@TavistockRelationships.org](mailto:referralsbrsf@TavistockRelationships.org)

020 7380 6099

<https://TavistockRelationships.org/free-services>



# Sustrans Exercise Challenge - Week 8

STAY ACTIVE WITH SUSTRANS

WEEK 8: DAILY OUTDOOR EXERCISE

WIN A BIKE  
OR SCOOTER!

## The Challenge

Create a 30 second clip of what you see on your daily outdoor exercise.

## How to stand out – for children

We want to see some exciting sights from your daily exercise. It's great if you can describe them in an imaginative way. You could make local trees talk to each other, you could find out the history of an old building – get creative!

## How to enter – for parents and carers

- Upload your video to Facebook or Twitter using the hashtag **#SustransActiveLondon**
- Or send your video to [BikeItPlusLondon@sustrans.org.uk](mailto:BikeItPlusLondon@sustrans.org.uk)
- Entrants must have the consent of a parent or guardian over the age of 18 to enter. Entries must be uploaded by a representative adult over the age of 18.
- Please see our [website](#) and read our Terms and Conditions for more details.

## Deadline

Parents/carers – upload or send the video to us by **Wednesday 1<sup>st</sup> July** to be in with a chance of winning a bike or scooter.

## What happens if I win?

- We will announce the winner on **Thursday 2<sup>nd</sup> July** on Twitter and via email.
- We will be in touch to arrange your prize: a bike or scooter!
- Your video will be uploaded to our Twitter, @SustransLondon.

## DID YOU KNOW...



Health specialists say that children need to do 60 minutes of exercise every day.



The most common trees in London are the Sycamore, the English Oak, the Silver Birch and London Plane. See if you can spot them!

## What happens if I don't win?

- There's still a chance your video will appear on our Twitter page. We will be putting some of our favourites up throughout the week, so keep your eyes peeled!
- This is a weekly challenge so there will be plenty of opportunities to take part again. Look out for our next challenge which will be announced on Wednesday 1<sup>st</sup> July.

Watch [this video](#) for more information about this week's challenge



## SHARE YOUR CLIPS!

Click on the twitter logo to go straight to our twitter page



#SustransActiveLondon

Tell us what you think of this activity



Click on the faces to link to our activity feedback survey

<https://www.sustrans.org.uk/our-blog/projects/2020/london/stay-active-with-sustrans-in-london/#theme>

**RAZZAMATAZ ONLINE**

BRINGING RAZZAMATAZ TO YOU WITH DANCE, SINGING AND DRAMA ONLINE TUITION

SMALL INTERACTIVE QUALITY LESSONS, DEDICATED Q&A TIME AND PAY AS YOU GO PAYMENT OPTION.

EMAIL: BELSIZEPARK@RAZZAMATAZ.CO.UK OR CALL: 07425 918328  
TODAY FOR MORE DETAILS ON HOW TO BOOK  
WWW.BELSIZEPARK.RAZZAMATAZ.CO.UK

Razzamataz Theatre School Belsize Park is a part time Performing Arts School for children aged 4-18yrs old. The classes pay equal emphasis on Dance, Drama and Singing! The classes focus very much around building a child's confidence, improving their co-ordination and communication skills, maintaining their health and fitness but most importantly having fun! They cover both Musical Theatre and Commercial styles including Pop Singing and Commercial / Street Dance, with fully DBS checked teachers and staff. Classes take place via Zoom and booked on a first come/first served basis.

**Minis Group (4-5yrs) Fridays 3-3.30pm**  
**Juniors Group (6-8yrs) Fridays 4-4.45pm**  
**Inters Group (9-11yrs) Saturdays 10-11.15am**

**Seniors Group (12-18yrs) Saturdays 11.30am -12.45pm**

One of our parents is one of the speakers and host in a new webinar series targeted for young adults to motivate them and inspire them. There will be different topics each week. The series continues this Sunday at 9pm BST. If you are interested you need to register beforehand (it's totally FREE)—add ALEX VITILLO IN THE SPEAKER BOX. They go live on zoom on Sunday at 9pm. To register [www.claysmile.com/rocketfuel](http://www.claysmile.com/rocketfuel)



The LST Speakers Bureau presents  
**ROCKET FUEL**  
 A chance for older generations to elevate younger generations  
 A FUN, INTERACTIVE WEBINAR  
 Every Sunday 9PM (BST) starting on June 7th  
 Free Admission... Register at [Claysmile.com/RocketFuel](http://Claysmile.com/RocketFuel)  
 Sponsored by: MARIA L. FILOTEO, CPA & ASSOCIATES

LST MLF CPA

## Struggling under Lockdown? Need Support or know someone who does?

These are very difficult times for everyone but one of the positives to come out of this situation is the amount of goodwill and support for each that is out there. If you are facing particular difficulties brought about by lack of employment, financial hardship, health conditions there are groups out there that may be able to help. You may not need these services yourself but know someone in Camden who does. Please see the information below:

**Mutual Aid groups:** Support with picking up shopping, medication, signposting to other helpful organisations.

We are also currently helping deliver hot meals from [Food For All](http://FoodForAll) once a week.

You can join the group here: [www.bit.ly/KTMutualAid](http://www.bit.ly/KTMutualAid) or call 07858445464. Sometimes it helps people to join the group just to know there is support there if/when they require it. They will make sure the person is looked after and connect them to anything they require as support.

**Highgate Newton Community Centre:** [Flyer bottom right of page] They cover Camden N19, N6 and NW5 and can drop off a one-off free food parcels. If they know a family is in need, they will make sure to call every 2 weeks just to see how they are doing and if they can supply another parcel.

**Cooperation Kentish Town:** <https://www.facebook.com/CooperationTown/> They do deliveries every Wednesday. Their packs include bread, cereal, fresh fruit and veg, rice or pasta, tinned food and healthy snacks from the wonderful [The Felix Project](http://TheFelixProject) - (<https://www.facebook.com/thefelixproject/>) and freshly cooked meals from [Food For All HQ](http://FoodForAllHQ) (<https://www.facebook.com/FoodForAllHQ>) and additional supplies donated by neighbours.

**Food for All (see flyer bottom left):** They have a central kitchen in Holborn, with the capacity to cook thousands of meals daily. They've now set up a hub in Camden at 96 Park Way NW1 7AN. They are currently building a list of people that require the help, and setting up deliveries with a network of volunteers.



**FOOD FOR ALL**  
Ready for action  
Reg. Charity No. 1077897

**Essential Meals for Vulnerable and Isolated in Camden**

**CAMDEN CALLING**

There is one urgent action required, an action from the heart.  
 We need to unite and support people struggling in the Camden community during this extraordinary food poverty crisis.  
 'ROCK & ROLL RESCUE' & 'FOOD FOR ALL' have joined forces to assist those unable to leave their homes to shop for food, so we are asking the following:  
 Do you know a vulnerable person in need of a **FREE hot healthy meal and a food parcel** in the Camden area? If so, then can you **PLEASE** contact us at [foodforalluk@gmail.com](mailto:foodforalluk@gmail.com) and leave your full details so we can add you to our list to be served immediately. Anyone in need is eligible.  
 You can come either come and collect or we can deliver to you in between the hours of 12 - 3.00pm.  
 Collection and pick up service is at 'Rock & Roll Rescue', 96 Park Way NW1 7AN, next door to the famous 'Dublin Castle'. Food is distributed by 'Food for All Charity'.  
 Please donate, however small: [www.foodforalluk.com/donate](http://www.foodforalluk.com/donate)  
 Food For All, Registered Charity No. 1077897

Twitter Facebook Instagram

## Food Bags For You.

If you are one of many who have lost their job and are experiencing hardship as a direct consequence of the Covid - 19 Pandemic

**CALL US NOW on 07551 798767**

**or 07748 091604 e-mail:**

**[andrewhncc@outlook.com](mailto:andrewhncc@outlook.com)**

**to arrange FREE food parcels to your home.**

*(HNCC Covid -19 Community Response Team)*



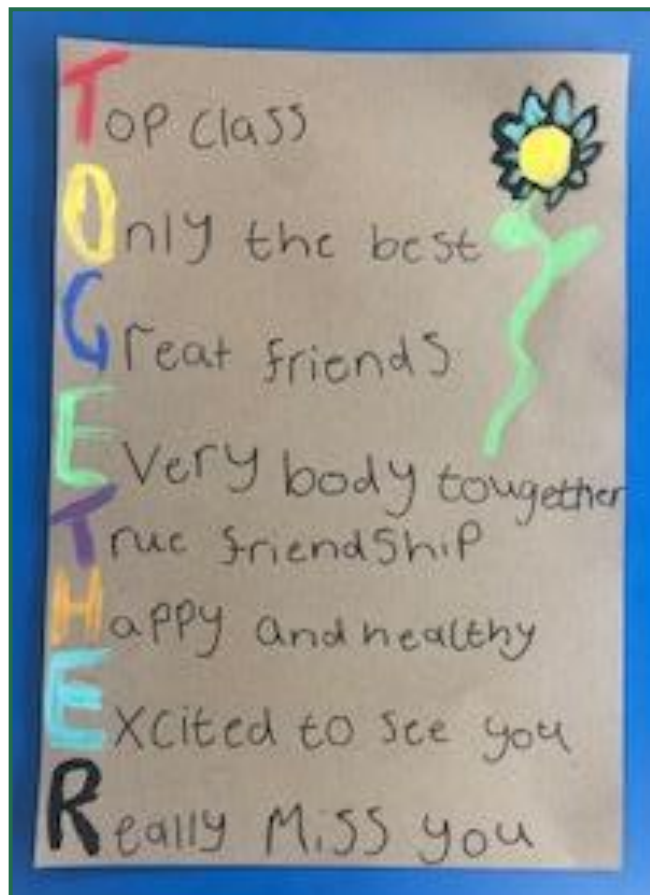
This week again we increased the number of year groups back in school and had children in from Nursery, Reception, Year 1, Year 2, Year 5 and Year 6. Our Key Worker and Vulnerable children group, as they have been since the beginning of lockdown, were also in. Its great seeing the number increasing and the children enjoying being around their friends and getting back into some kind of familiar—if slightly different—routine.



**In  
school  
this  
week...**



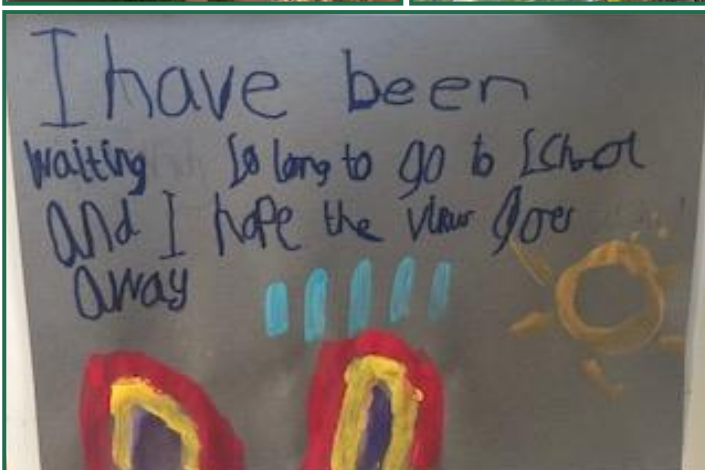
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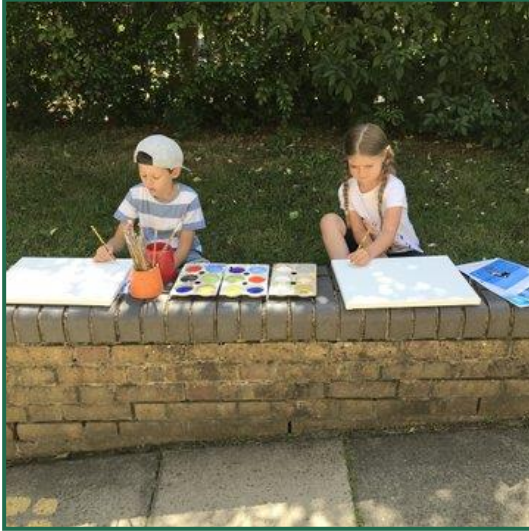






**in  
school  
this  
week...**

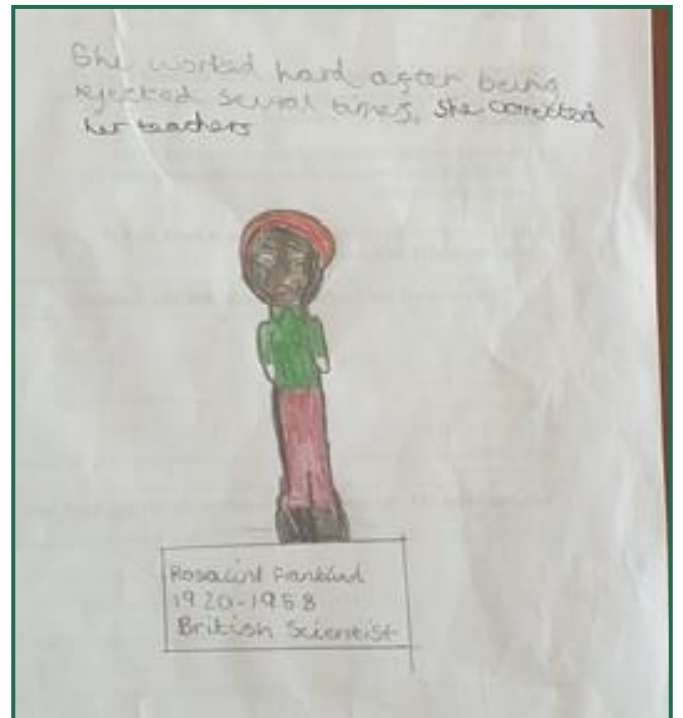
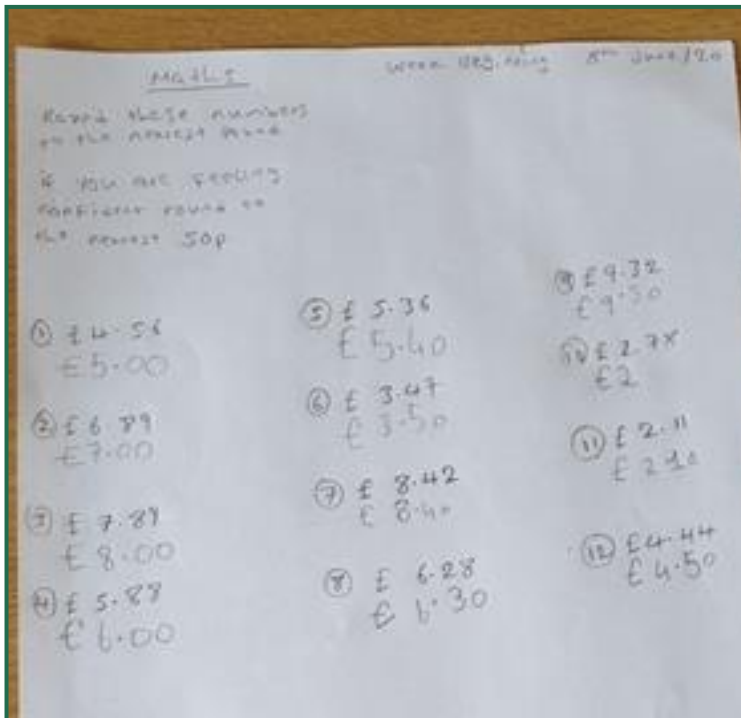
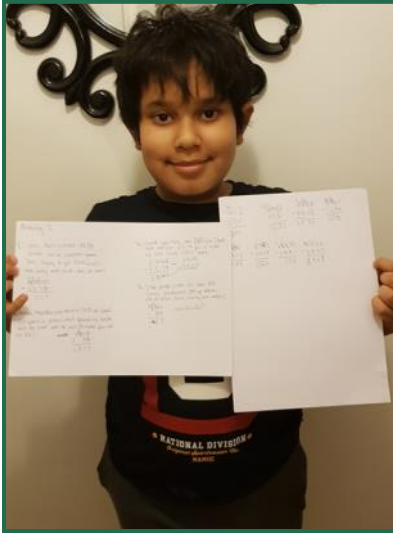






# Fantastic Home Learning and Fun!

Huge thank you to all you are doing to support your children and each other. These are some of the pictures and work you have shared with us this week —remember [admin@fleet.camden.sch.uk](mailto:admin@fleet.camden.sch.uk) to send us images (put the class teacher's name and class in the subject). On the previous few pages we had work from the classes that are back— Nursery, Reception, Year 1, Year 2, Year 5, Year 6 and our Key Worker Group. On the next pages we have work from those children still working from home. Well done Maureen, Fatima, Ifeoma, Abubakar, Faith, Ijaz, Ni'mah, Amber, Ugo, Hannah, Nida, Peter, Tamanna, Isabelle, Lucia, Hana and Frankie. We can't wait until you are all back and we can see your fabulous work in real life and not just via photographs. Until then though, all of you still working from home, keep sending in your work and pictures of what you are up to.





# BLACK LIVES MATTER



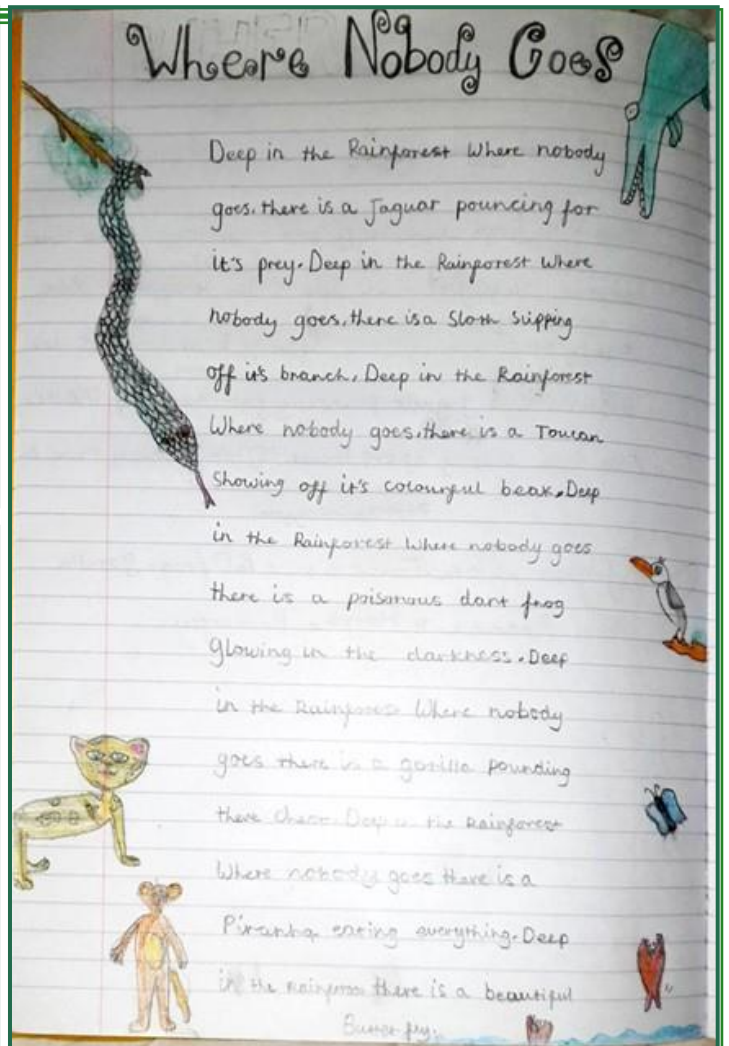
## HIDDEN WORLD

In the Hidden World the Sun is like a million light bulbs dimming slowly.  
In the Hidden World the birds are rustling in their nests to go to sleep comfortably.  
In the Hidden World a golden celestial body is illuminating the sky gracefully.  
The Rainforest is preparing for the night.  
The tall trees are telling tales about beautiful sunrises and gnomes adventurously exploring.  
Splish! Splash! Splash! The waterfall is tucking up into the river.  
The wind whistling in the leaves is a calming lullaby.  
The long vines are hugging in the shimmering, glistening, shining atmosphere.  
The mummy elephant is blowing kisses to its calf to wish him a good night.

By Maureen

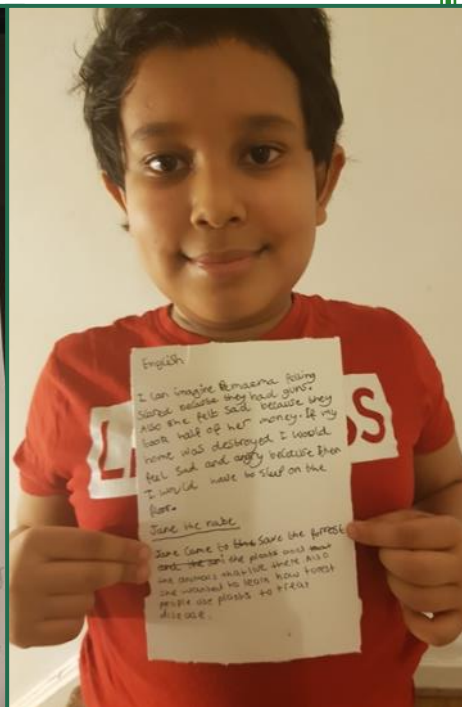






Even more fantastic home learning





Dear Mom and Dad,

I've been having a blast at Rio de Janeiro, Brazil's 2nd biggest city. Just last night I witnessed a Rio carnival. It was so much fun! I danced on the streets to the samba. I tried new foods, my favourite is coxinha. The carnival was super packed with people. I heard these parties last up to 4 days. It's amazing I done some sightseeing and saw Christ the redimer on his mighty hill- the landmark of Rio. There are a lot of restaurants to eat at and lots of hiking trails. I can't wait to come home and catch up with my friends and you guys.

Lots of love  
Pete

Mom and Dad  
London  
24 Roderick Road flat C



Even more fantastic  
home learning



5.

$$\begin{array}{r} 79p \\ \text{£}2.22 \\ \hline \text{£}2.78 \end{array}$$

change from £5

6.

$$\begin{array}{r} 32p \\ \text{£}2.63 \\ \hline \text{£}2.32 \end{array}$$

change from £5

7.

$$\begin{array}{r} 15p \\ \text{£}5.85 \\ \hline \text{£}4.15 \end{array}$$

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8.

$$\begin{array}{r} 66p \\ \text{£}5.34 \\ \hline \text{£}4.66 \end{array}$$

change from £10

9.

$$\begin{array}{r} 44p \\ \text{£}7.56 \\ \hline \text{£}7.12 \end{array}$$

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10.

$$\begin{array}{r} 71p \\ \text{£}9.27 \\ \hline \text{£}8.56 \end{array}$$

change from £10

11.

$$\begin{array}{r} 41p \\ \text{£}1.69 \\ \hline \text{£}1.28 \end{array}$$

change from £10

12.

$$\begin{array}{r} 34p \\ \text{£}7.74 \\ \hline \text{£}7.40 \end{array}$$

change from £10

Year 4 Maths Calculation Faith B

①  $\begin{array}{r} 121 \\ - 850 \\ \hline 2350 \end{array}$

②  $\begin{array}{r} 4465 \\ - 3426 \\ \hline 1039 \end{array}$

③  $\begin{array}{r} 646 \\ - 4671 \\ \hline 2875 \end{array}$

④  $\begin{array}{r} 853 \\ - 5861 \\ \hline 3219 \end{array}$

⑤  $\begin{array}{r} 3837 \\ - 1981 \\ \hline 1856 \end{array}$

⑥  $\begin{array}{r} 653 \\ - 3245 \\ \hline 2081 \end{array}$

Subtraction in the context of money WB: 15.06.2020

1.  $\begin{array}{r} \text{£}1 \\ 19p \\ \hline 31p \end{array}$

2.  $\begin{array}{r} \text{£}3 \\ 10p \\ \hline 50p \end{array}$

3.  $\begin{array}{r} \text{£}1 \\ 24p \\ \hline 78p \end{array}$

4.  $\begin{array}{r} \text{£}5 \\ 10p \\ \hline 80p \end{array}$

5.  $\begin{array}{r} \text{£}5 \\ 80p \\ \hline 100p \end{array}$

6.  $\begin{array}{r} \text{£}5 \\ 50p \\ \hline 350p \end{array}$

7.  $\begin{array}{r} \text{£}5 \\ 50p \\ \hline 40p \end{array}$

8.  $\begin{array}{r} \text{£}5 \\ 80p \\ \hline 10p \end{array}$

9.  $\begin{array}{r} 10p \\ 21.15 \\ \hline 21.25 \end{array}$

10.  $\begin{array}{r} 21.21 \\ 21.21 \\ \hline 42.42 \end{array}$

11.  $\begin{array}{r} 21.35 \\ 21.35 \\ \hline 42.70 \end{array}$



...and more  
fantastic  
home learning!





# Coronavirus: Weekly update

## From Camden Council

To keep you up to date with changes to council services and support available through the Council and its partners, you'll find weekly updates here in the Camden New Journal.

Visit [camden.gov.uk/coronavirus](https://camden.gov.uk/coronavirus) for the latest on all council services and information on essential support, including how to access emergency food and financial support. The webpage contains information in different languages and formats.

You can also check the rolling news feed at [camden.gov.uk/coronavirusnews](https://camden.gov.uk/coronavirusnews), Twitter @CamdenCouncil or speak to someone at the Council directly on 020 7974 4444 (option 9).



**SIGN UP** to the Council's coronavirus e-newsletter for regular service updates, news and support, at [camden.gov.uk/coronavirus-updates](https://camden.gov.uk/coronavirus-updates)



This month is Pride month and whilst many in-person events have been postponed, we can still all be visible and vocal in our support for our LGBTQ+ communities and organisations. We are really lucky in Camden to have an amazing range of LGBTQ+ groups based here including forum+, Opening Doors, and Mosaic. We must remember the legacy of Stonewall is that change comes because people are brave to raise their voices and call out injustice, and this Pride month I want to celebrate Camden's legacy of fighting for equality, and defending the hard won rights of all LGBTQ+ people.

As we move into the summer period I know many people will be wanting to spend more time outside and see family and friends. It is important that we continue to all work together to keep each other safe and stop the spread of the virus. The Government has announced changes to the guidance for social distancing from 4 July, and more spaces will soon be able to open – we'll be including more detailed information about this here next week. We continue to work with our communities, businesses and you our residents to keep Camden safe, strong and open for everyone.

**Councillor Georgia Gould, Leader of Camden Council**

### Panel meets to discuss impact of COVID-19

On Monday 29 June at 7pm, Camden's COVID-19 Cross-party Oversight Panel will meet for the third time. Discussions will include: health, inequalities and the disproportionate impact of COVID-19; and schools, education and children's services.

You can watch live or as a recording at [camden.gov.uk/councilmeetings](https://camden.gov.uk/councilmeetings)

This week's other meetings are Licensing Panel E, today (25 June) at 10am, Housing Scrutiny Committee on Tuesday 30 June at 6.30pm, and Cabinet on Wednesday 1 July at 7pm.

If you'd like to get in touch with your local councillor, visit [camden.gov.uk/councillors](https://camden.gov.uk/councillors) or call 020 7974 2792.

### Updates in BSL and other languages

Visit [camden.gov.uk/coronavirustranslations](https://camden.gov.uk/coronavirustranslations) for British Sign Language coronavirus updates for Camden residents, along with national guidance translated into BSL and other languages. If you are Deaf, you can contact the Camden RAD Deaf Advice Service for support at [nicole.campbell@royaldeaf.org.uk](mailto:nicole.campbell@royaldeaf.org.uk) or on 07749 965 742.

### How to make a DIY face covering



With many non-essential shops reopening and face coverings now required on public transport, here is a simple way to make your own at home if you don't yet have one.

#### You will need:

- two 25cm x 25cm squares of cotton fabric – this could be from some old clothing you've found during lockdown
- two 20cm pieces of elastic – or string or cloth strips
- needle and thread
- scissors

#### Step 1:

Stack the two squares of fabric on top of each other.

#### Step 2:

Fold over each side of the fabric by just less than a centimetre and stitch together. Fold over the remaining two sides and stitch them about 1.5cm. This will leave you with channels to run the string through.



#### Step 3:

Run the elastic (or string or cloth strip) through the wider hem on each side. These will be the ear loops. Tie the ends tightly.

#### Step 4:

Gently pull on the elastic so the knots are tucked inside the hem. Gather the sides of the covering on the elastic and adjust so the covering fits your face. Then securely stitch the elastic in place to keep it from slipping.



For the latest guidance, visit [gov.uk/coronavirus](https://gov.uk/coronavirus) For NHS advice, visit [nhs.uk/coronavirus](https://nhs.uk/coronavirus)

### Last chance to have your say – making travel safer

Since May, the Council has received over 1,200 suggestions from residents and local organisations on where it should be responding to new road safety challenges caused by coronavirus. Suggestions include streets where measures could make it easier for people to physically distance, locations for new or improved cycling facilities, and where 'rat-running' and speeding could be targeted. The Council has already started to make changes based on these suggestions.

A big thank you to everyone who has commented. You can still have your say until this Sunday 28 June. Suggest where you think changes are needed on the map at [camdensafetravel.commonplace.is](https://camdensafetravel.commonplace.is), email [safetravel@camden.gov.uk](mailto:safetravel@camden.gov.uk) or phone 020 7974 4444.

[camden.gov.uk/coronavirus](https://camden.gov.uk/coronavirus)  
020 7974 4444 (option 9)





## Hot weather: keeping safe

With temperatures soaring this week, it's important to keep yourself and others safe. During hot weather NHS services can see added pressure, so please take precautions.



**Check in:** Look out for those who may struggle to keep themselves cool and hydrated. Particularly at risk are older people and those with underlying health conditions, including those who are currently shielding or self-isolating alone.



**Social distance:** Keep your distance in line with social distancing guidelines and use spaces considerably. Try to stay local to stop popular areas from becoming overcrowded, or use your garden if you have one. If you cannot safely distance, for example in shops or enclosed spaces, use a face covering. These are now mandatory on public transport.



**Keep hydrated:** Drink plenty of fluids and avoid excess alcohol. If you need to travel, take water with you.



**Wash your hands:** Remember to wash your hands regularly for 20 seconds when you can, and carry hand sanitiser when you go out.



**Keep your home cool:** Close windows or blinds in the daytime to stop sun exposure, and open a window to let in cooler air in the evening.

Camden's frontline presence officers are out across the borough, helping people keep safe. Please help them to do their jobs by following their instructions if you see them. During this pandemic we've seen some of the best of community spirit in Camden, with people looking out for and helping one another – let's continue to be considerate of each other.

## Thank you to caretakers!



Camden's estate caretakers have always been important to the Council and residents, but since lockdown these key workers have been absolutely crucial on the frontline of the COVID-19 crisis. Caretakers have been keeping residents safe and essential services running while most of us have been at home.

**"A huge thank you for your service, for risking time spent outside just to keep our community safe and clean. We appreciate your hard work. Stay safe and well."**

George Mews residents

### Job opportunities

The Council is looking for more talented people to join the caretaking team, and is especially keen to receive applications from Camden residents with good local knowledge. There are also window cleaning, quality assurance administration and safer housing roles available.

Find out more at [camden.gov.uk/estatejobs](https://camden.gov.uk/estatejobs)



[camden.gov.uk/coronavirus](https://camden.gov.uk/coronavirus)  
020 7974 4444 (option 9)

This year we'll be celebrating Pride with online events.

Visit [lovecamden.org/pride](https://lovecamden.org/pride) for activities including exhibitions, playlists and workshops.



## LGBTQ+ in Camden



**LGBTQ+ organisations in Camden are continuing to provide support and community to residents:**

- forum+ supports victims of homophobic, biphobic and transphobic hate crime across Camden and Islington. If you are a victim of harassment or hate crime, call forum+ on **020 7388 5720** (10am to 5.30pm) or email [info@forumplus.org.uk](mailto:info@forumplus.org.uk). forum+ is also holding monthly public meetings, poetry events and social clubs online – visit [forumplus.org.uk](https://forumplus.org.uk) for more information.

- Opening Doors London provides information, support services and activities for LGBTQ+ people over 50. Since lockdown, they have been working remotely to provide services like telephone befriending, online groups and volunteer services. For more information and to become a member of Opening Doors London, visit [openingdoorslondon.org.uk](https://openingdoorslondon.org.uk)

- Mosaic LGBT+ Young Persons' Trust provides a range of activities and services for people under 18, including a youth club and mentoring. Due to COVID-19, Mosaic's services have gone online. If you are a young person who would like to join Mosaic, or you'd like to donate to help Mosaic continue its work, visit [mosaicyouth.org.uk](https://mosaicyouth.org.uk)

## Camden's support for business tenants

As businesses across Camden take steps to reopen, Camden Council is supporting its own commercial tenants who are struggling to pay their rent by continuing to offer rent deferrals for the June quarter. In keeping with recent Government guidance, tenants will need to provide supporting financial information about their business.

If you are a Camden Council commercial tenant and would like to discuss your June rent payment, please get in touch with the Credit Control team (commercial rents) on **020 7974 6959** or email [commercialrents@camden.gov.uk](mailto:commercialrents@camden.gov.uk)

## Please attend health appointments

If you are invited to a routine appointment, like an antenatal appointment during pregnancy, vaccinations or treatment for a condition not related to coronavirus, please attend. Measures are in place to keep you safe. It's a good idea to call to check your appointment is going ahead and if there's anything you need to do differently.

