

Friday 3rd July 2020

I read with interest this week the latest government guidance on school re-opening for September. I'm delighted that we've been given the go ahead for classes to return to group sizes of 30 while maintaining separation between classes. We're lucky at Fleet to have the amount of outside space we have to allow us to stagger breaks to be able to do this. Over the next couple of weeks we will work out a timetable for each class for the pick up and drop offs to ensure all classes are in school without missing out on any learning time and without having to cross with other groups. I feel confident, having run the system successfully and safely this term, that we will be able to do this in September. We still need to look carefully at the guidance around breakfast clubs and other school clubs to decide our approach to these—in a small school like ours, these only run by having children from different classes in them which may be best avoided for now. We will also be looking carefully at the guidance around trips—we know already that the Year 5 Sayer's Croft trip will not be able to happen as usual in the Autumn term but we are looking to move to later in the year when hopefully overnight school trips will be allowed. In September we will be able to give you more information on this. We're really looking forward to welcoming the last two classes back next week—Years 3 and 4. We're so pleased to be able to welcome back all our year groups before the summer—my staff have been incredible to support this. They have been so busy with the children we have in (as you can see from the work on the next pages) and we've been really impressed by the resilience the children (and you!) have shown around coming back and getting back into the swing of things. Have a great weekend and see you next week as we enter the last two weeks of what has been a very strange academic year!

Research Project

We have been contacted by a research team at Imperial College London. They have developed an eSurvey to capture perspectives from parents & legal guardians of school children who are receiving distance learning. Specifically, they want to know how the lockdown is affecting the mental health of parents & their school children- with a focus on feelings of social isolation & loneliness.

The short (10 min) survey can be accessed via PC or mobile:

https://imperial.eu.qualtrics.com/jfe/form/SV_4IA3e7Kqj2GUWUd

Parent/Carer Session on Online Safety—Extra Sessions due to popular demand!!!

The session we advertised last week on online safety for parents were so popular that the Camden Centre for Learning is repeating it. If you had tried to register and weren't able to, or couldn't make the original date, this is another chance. With the increase in time children have been spending online during lockdown and the ever changing online habits and apps out there we would really recommend this to all.

Tuesday 7th July: Parents and Carers - Online Safety Discussion Led by Mary Rebelo for Camden Learning

Sign up for the 1-2pm session at: <https://forms.gle/BAR2fnJw5mwh3nx9>

Sign up for the 7-8pm session at: <https://forms.gle/SEdckaESnfNyPFS28>

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

Pick-up and Drop-offs from next week

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

Next week we welcome back Year 3 and Year 4. With the whole school able to be back it is really important that, more than ever, you stick to your child's start/pick up time and location to avoid groups crossing. We really appreciate your support with this and your patience in making it work!

- **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-Junior Playground—9am-9.15am drop off; 3.45pm pick-up—wait area—car park**

- **Year 4—Agincourt Road Entrance-Nursery Gate—9:15am-9:30am drop off; 3.45pm pick-up—waiting area—infant playground**
- **Year 3—Main Gate—9:15am-9:30am 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

<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

 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

 020 7380 6099

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

How are you? Covid-19, Communities and You

The Covid-19 pandemic is changing the way we go about our day-to-day lives and can be a challenging time for many of us.

Camden and Islington's Public Health team would like to **invite you to share your experiences** of daily life during the pandemic through an online discussion.

Sharing your experiences will help us to ensure we offer the right support to residents over the coming months.

We will be holding **online group discussions** in July and August to learn more about how the pandemic is affecting you during this time.

Taking part is an opportunity to share your experiences and also listen to other's experiences too.

If you decide to take part in a discussion you will be provided with a £10 shopping voucher as a thank you for your time.

Please get in touch on the contact details below if you'd like to take part in a discussion.



If you'd like any further information/support or to take part in a group discussion, please contact us on: covid19survey@islington.gov.uk.

Sustrans Exercise Challenge - Week 8

STAY ACTIVE WITH SUSTRANS

WEEK 9: HOUSEHOLD OBJECT ART

WIN A BIKE
OR SCOOTER!

The Challenge

Create a collage of a bike or scooter using household objects. The objects can be laid flat on the floor to create a 2D picture or if you fancy a challenge you could even try to make the bike or scooter 3D! Take a photo of your finished design!

How to stand out – for children

We're looking for artistic flair and creativity. What unusual household objects could you use to create different parts of a bike? What round household objects could you use to make scooter wheels? Make sure you take a look at the video below to see our example before you get started.

How to enter – for parents and carers

- Upload your photo to Facebook or Twitter using the hashtag **#SustransActiveLondon**
- Or send your photo to 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 8th 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 9th 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.

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 15th July**.

DID YOU KNOW...



Art Attack was a British kids TV show that often made art in a similar way to this challenge by repurposing physical objects. You can look at some old episode of the programme on [youtube](#) for inspiration.

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

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
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 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

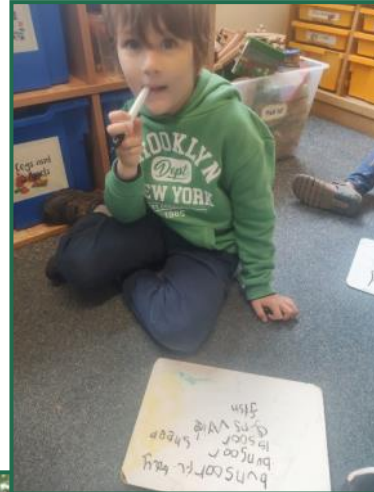
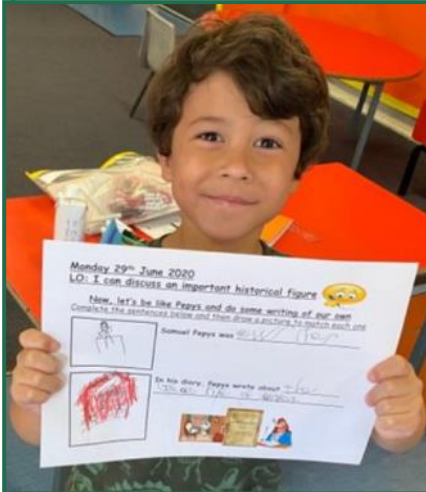
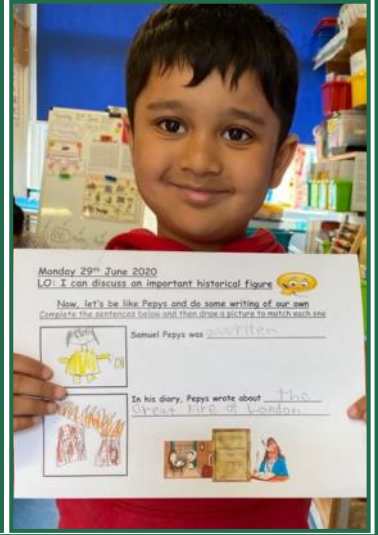
Essential Meals for Vulnerable and Isolated in Camden

CAMDEN CALLING

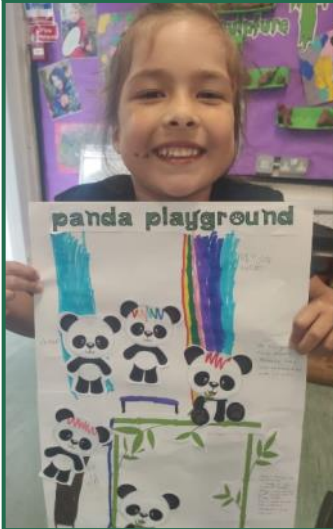
There is one urgent action required, an action from the heart.
We need to unite and support people struggling in the Camden community during this extraordinary food poverty crisis.
'ROCK & ROLL RESCUE' & 'FOOD FOR ALL' have joined forces to assist those unable to leave their homes to shop for food, so 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 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
Food For All, Registered Charity No. 1077897

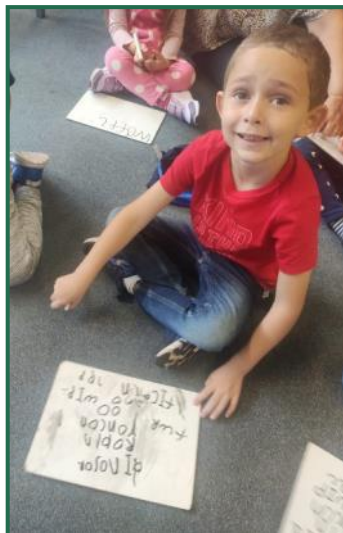
Food Bags For You.
If you are one of many who have lost their job and are experiencing hardship as a direct consequence of the Covid - 19 Pandemic
CALL US NOW on 07551 798767 or 07748 091604 e-mail: andrewhncc@outlook.com to arrange FREE food parcels to your home.
(HNCC Covid -19 Community Response Team)

This week we welcomed back even more children for the first time since the lockdown. Nursery, Reception, Year 1, Year 2, Year 5 and Year 6 children have been very busy as well as the children in our Key Worker and Vulnerable children group.



**In
school
this
week...**



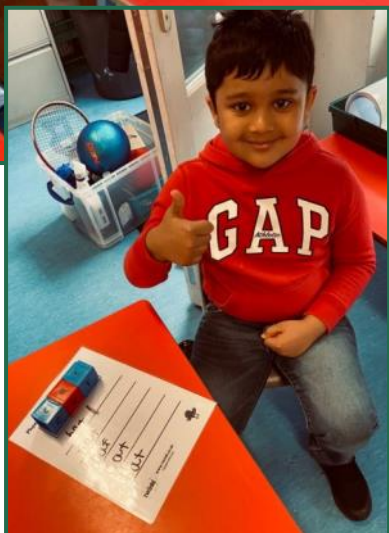




In school this week...



He heard a horrified voice whisper "Ash". He shivered. It was his name, someone or something was calling for him. He could ^{tolerate} the bitterness of his sweet role down his cheeks. "Ash?" The door started getting thrown back and forth. Ash kicked away to the wall.



I can write a setting description for a given story.
 Tuesday 9th June 2020.

The breeze swayed ^{gently} in the wind, casting long shadows on the wet grass. The sky was pitch black. And the moon gave just enough light to see a large wooden mansion. Its white paint was peeling, and the splintered veranda had cobwebs smothering the door. I could smell smoke. In the shattered windows you could see nothing but blackness apart from a once red prayer curtain. The silence was almost deepening. The roof had holes so big that it looked like a small asteroid had hit it. The mist ^{clouds} closed in around me, and in lots of the windows I could see a small candle flickering. The wood looked slightly charred around the burnt door. I shivered. Now I knew why the house was abandoned. I could hear laughter and chatter coming from inside the house. Rain started to pour, soaking me to the bone. I stood there drenched and shivering. Finally the mist had pulled itself in around me. I was filled with dread.



**in
school
this
week...**

Fantastic Home Learning and Fun!

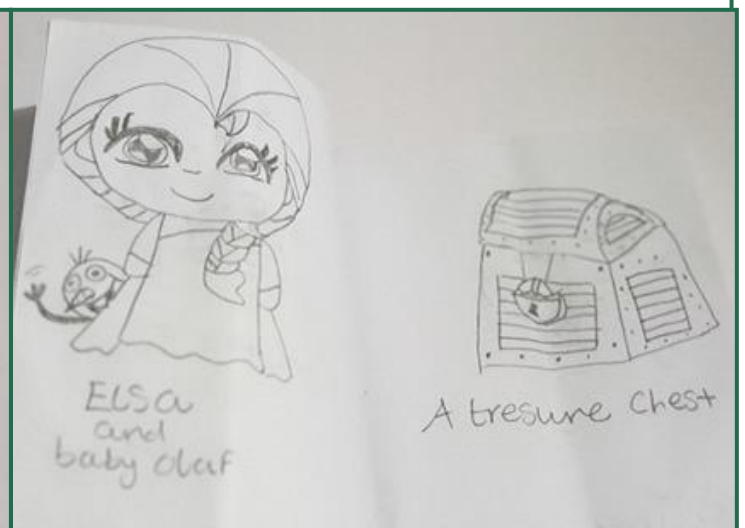
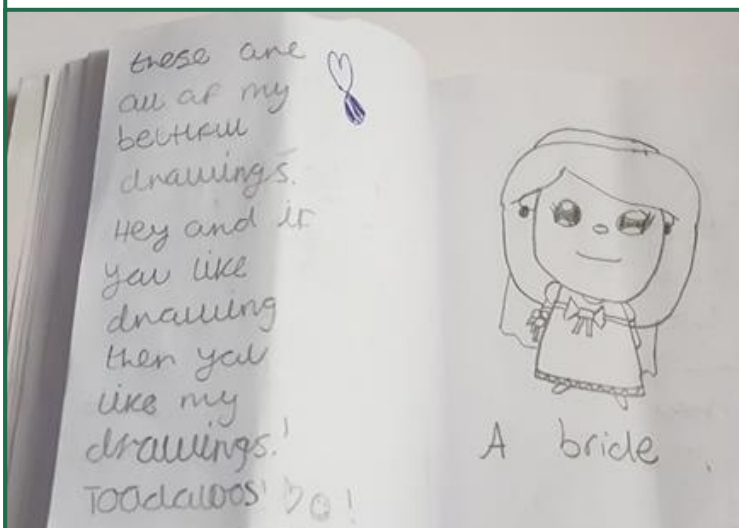
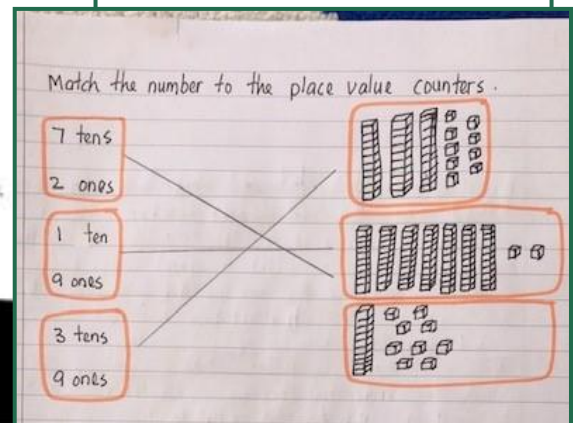
Huge thank you to all you are doing to support your children and each other. These are some of the pictures and work you have shared with us this week —remember admin@fleet.camden.sch.uk to send us images (put the class teacher's name and class in the subject). On the previous few pages we had work from 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 that children have been doing at home. Well done Evangeline, Luca, Tamanna, Esema, Maureen, Amine, Hiba, Lizzie, Lottie, Humayra, Frankie, Isaac, Peter, Ella, Rosa, Ugo and Lola . 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.

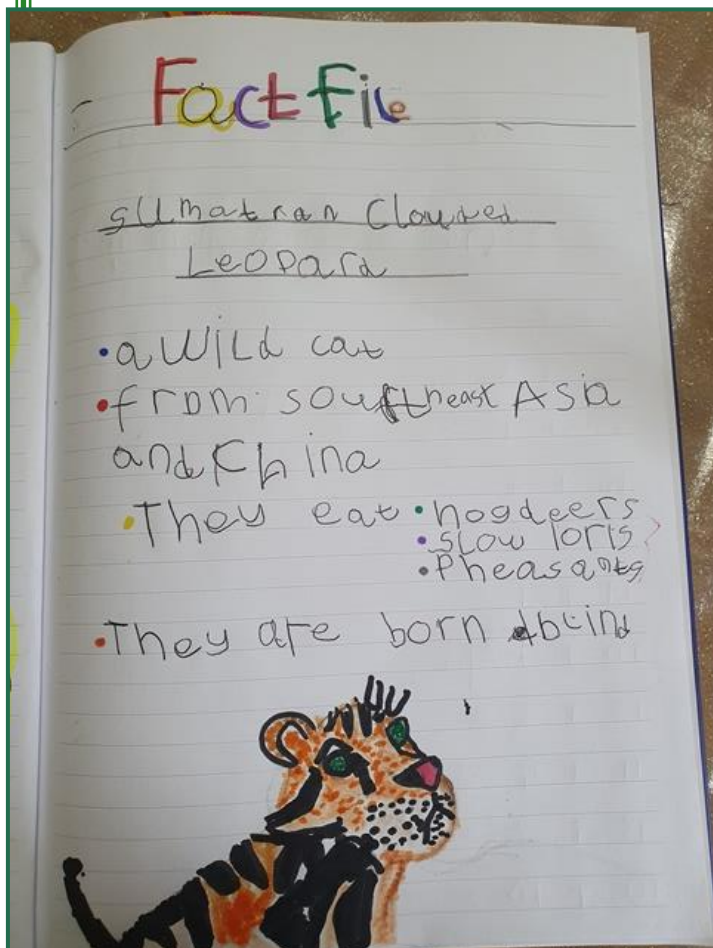
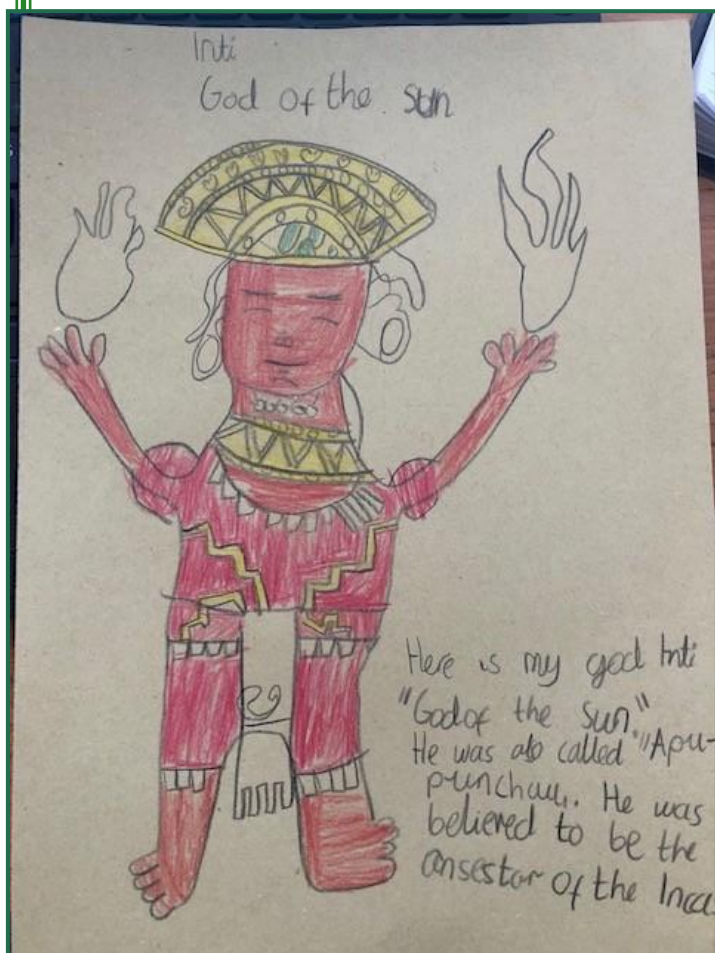
Luca Orjales 19th June 2020

English - LO: I can publish a story

There was once a child named Jack who was homeless, he is short and a very kind and polite person, Jack also has small curly hair and owned a dog named Rex. One day they were walking down a misty/dark and winding road. In a village they saw an odd looking house which was different from the others. The house looked abandoned. The boy thought it seemed scary, spooky and solitary. The garden looked overgrown. The house seemed to tilt to the right and the front porch looked in terrible shape. Jack went towards the house because it had started to rain so he wanted a roof over his head and wondered whether the house had some food to fill his belly with.

Jack knocked on the door there was a moment of silence but got no answer, he knocked again still no answer then Jack gave up. Strangely the door flung wide open so he stepped in cautiously. The house was completely empty with nothing in it, not even a TV. THEN ALL OF A SUDDEN; a freaky, spooky ghost came out of nowhere and shouted "BOO." Jack ran and hid behind the table in fright then strangely the ghost started crying. "What's wrong?" said the boy feelings sorry for the ghost. "I'm all alone" sobbed the ghost. "I know how that feels" whispered Jack. "You do?" said the ghost. "Hey I have an idea" said Jack excitedly. "How about we stay here forever?" exclaimed Jack. "Really that would be great" stated the ghost and they all live happily ever after.





Fantastic Art through topic learning!

The silence was deepening. I could feel the cool, damp air around me. The once grand paintings looked sad, and lonely. I shivered. There was a painting of a lady. She had blond hair and wore a purple dress. This picture seemed to stare at me. In the next room was a large four poster bed. It was made neatly, like time had never past. On the dressing table I could see a glittering ruby necklace. I crept through the dark corridor when suddenly I froze. I felt that I was being watched! I spun around, but saw nothing. As I walked into what seemed a parlour, I saw a young girl, maybe, 12 or 15, I could not tell. Suddenly I heard someone behind me. "Cathrine, have you taken your medicine?" I ducked behind a shelf just in time because a young woman wearing a black dress and a blood stained apron walked past.

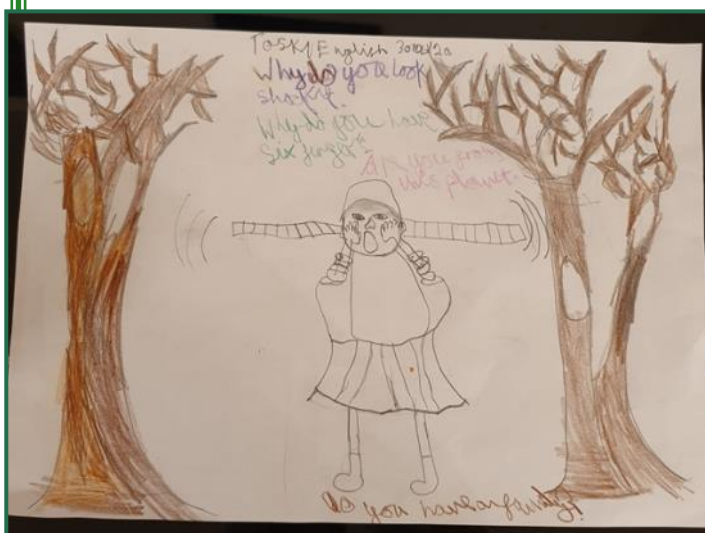
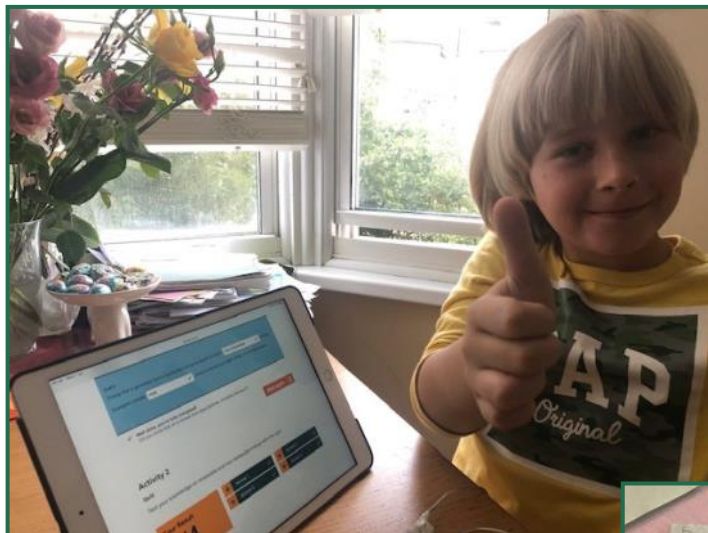
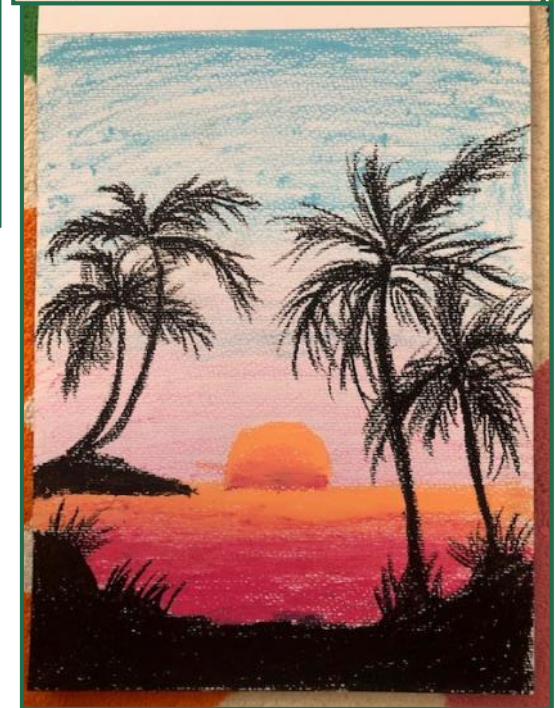
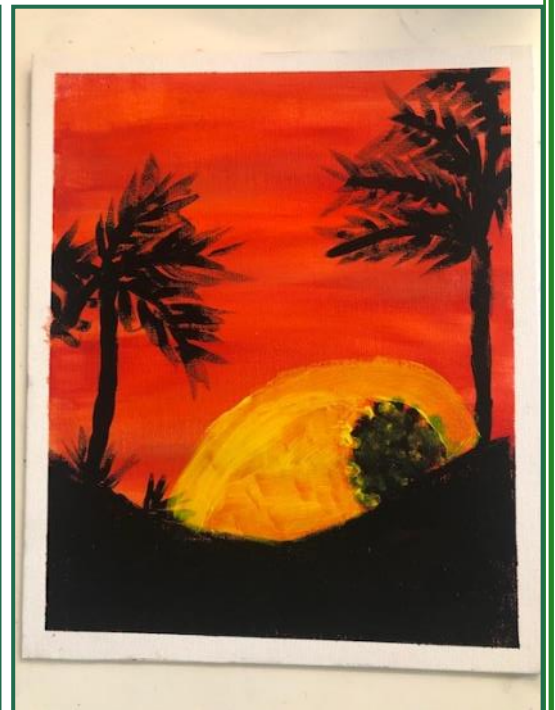


Scary Ghost story...

"Horrid Henry's Monster Movie" ending by Lizzie

Horrid Henry wants to make a monster movie. Horrid Henry gets to work making a monster movie costume. When Henry is finished his monster costume he makes some more monster costumes and then he goes to ask for people to volunteer to help in his monster movie. Horrid Henry comes back home with his friends Rude Ralph, Beefy Bert, Anxious Andrew, Dizzy Dave, Brainy Brian and Jolly Josh. Meanwhile, at Moody Margaret's house Margaret and Susan were fighting over who was the boss. Margaret said it was her house so she was the boss. Susan said she was the guest so she was boss. At Henry's house Henry had already finished his monster movie.

The end



Even more fantastic home learning

A photograph showing two children engaged in a painting activity. They are sitting at a table with a white sheet of paper. One child, with dark hair and wearing a bright green shirt, is using a brush to apply dark paint to a drawing of a person. The other child, with light brown hair and wearing a black shirt with a colorful pattern, is holding the paper. A palette of colorful paints and a marker are visible on the table.



...and more
fantastic
home learning!

Once upon a time
there was a wolf
and he was friendly.
He was called Jake.
Jake was big and
black but he was
scary. THE END



Fleet Primary School, Fleet Road, London. NW3 2QT

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 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, 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

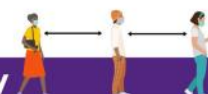


In Camden, we are committed to listening to and working with our residents as we work towards reducing and recovering from the impact of this virus.

COVID-19 has exposed how deeply entrenched injustice and inequality impacts our Black, Asian and minority ethnic communities. We have been working as a council and community to keep our diverse communities safe and address racism and inequality, but the loss of the last few months calls on us to listen, learn and take comprehensive action. Changing structural inequality will require all of us to reflect on how we use our power and our voices to fight for a fairer and more equal Camden – to make sure that instead of returning to the past, we build a better future for all our communities.

This week, we published our Local Outbreak Prevention and Control Plan, which supports all of our residents, communities and businesses to understand and feel safe and supported to follow public health advice. A key part of this plan is NHS Test and Trace (see below), which will help prevent a second wave and save lives. However, it will only work if the majority of residents with symptoms use it. We know that many in our communities want more information and reassurance, so our plan seeks to provide answers to your questions. In collaboration with our communities, we will continue to develop this plan as we learn more and as the situation develops locally and nationally.

Councillor Georgia Gould, Leader of Camden Council



Council meetings

Some council meetings have now restarted and are being held remotely. You can watch live or as a recording at camden.gov.uk/councilmeetings

Today (2 July) Licensing Panel A takes place at 10am, and on Monday 6 July at 3.30pm tune in for Audit and Corporate Governance.

Face-to-face advice surgeries are currently suspended but all councillors are available for online and/or telephone surgeries. Visit camden.gov.uk/councillors or call 020 7974 2792 to get in touch.

Accessing council services

If you need to access Camden Council services or have a question, please phone the Council on 020 7974 4444 or visit camden.gov.uk

For everyone's safety, residents should get in touch by phone or through the website in the first instance, and email or post documents to the address given on council correspondence.

Face-to-face services at the Council's 5 Pancras Square building should only be used by people in an emergency situation, or those who cannot access phone or online services.

Changes to Government guidance – from 4 July

Who you can visit:

Currently you can only meet indoors with members of your household or support bubble. From 4 July you'll also be able to meet indoors and stay overnight away from your home with members of **one** other household. You must continue to social distance from this other household both indoors and outside. It does not always have to be the same household, but you should not meet with more than one other household inside at any time.

What will be open:

More business will be able to open with

social distancing measures in place, including restaurants, pubs, cinemas, visitor attractions, hotels, campsites, community centres and places of worship.

Please continue to keep social distancing:

Please keep 2 metres apart from anyone not in your household or support bubble, wherever possible, including indoors. If this isn't possible, for example in shops, keep at least 1 metre apart and take other precautions, including wearing a face covering and using hand sanitiser. Remember it's also important to wash your hands regularly for at least 20 seconds.

For the latest guidance, visit gov.uk/coronavirus

For NHS advice, visit nhs.uk/coronavirus

NHS Test and Trace

NHS Test and Trace prevents further spread of coronavirus by:

- allowing people with coronavirus symptoms to get tested
- tracing the recent close contacts of people who test positive so that they can also self-isolate.

If you develop coronavirus symptoms, self-isolate for 7 days and organise a test by going to nhs.uk/ask-for-a-coronavirus-test or calling 119. Self-isolating means not leaving your home at all.

If you live with others who have symptoms, you'll need to self-isolate for 14 days from the day the first person started having symptoms. You may

be able to stop earlier than 14 days if everyone in your household with symptoms gets a negative test result.

If you have had close recent contact with someone who has coronavirus, you must self-isolate if the NHS Test and Trace service advises you to do so. If you are worried about being able to self-isolate, help and support is available from the Council so call them on 020 7974 4444 (option 9).

Visit nhs.uk/coronavirus for advice on symptoms, testing and self-isolation. If you're worried about your health or coronavirus symptoms call NHS 111.

camden.gov.uk/coronavirus
020 7974 4444 (option 9)



Complete Camden Council's communications survey

As part of its response to COVID-19, Camden Council wants to better understand how residents access information about the Council and its services.

Understanding how you use channels such as social media, email and print publications will help make sure the Council is communicating important information in a way that suits you.

Please take 5 minutes to fill in the survey at camden.gov.uk/communications



Unequal impacts of COVID-19

Camden Council is taking action to address the unequal impacts of COVID-19 on Camden's Black, Asian and minority ethnic residents. The Council has published a report of early findings, which includes evidence that some of Camden's Black, Asian and minority ethnic residents are more likely to have certain long-term health conditions that increase risk to COVID-19, are more likely to live in overcrowded homes and are more at risk of unemployment. Residents have reported that their mental wellbeing is being severely affected, and there are concerns

around the impact on children's education.

Read the findings so far at camden.gov.uk/disproportionalityreport – If you would like to share your experiences, email cohesionandequalities@camden.gov.uk

There will be further opportunities to get involved as the Council works with residents, public health and the voluntary and community sector to develop actions to address racial inequality in Camden.

Camden Summer University

Camden Summer University returns with an exciting range of free courses in arts, fashion, sport, media and film-making, life and business skills. This year's courses will run online or in a socially distanced way from 27 July to 28 August.

It's free to enrol if you're 13 to 19 and either live in Camden, go to a local state school or attend a council-run youth centre. Stay safe, have fun, learn something new, make new friends and gain accreditations to put on your CV.

View online courses from 29 June and socially distanced courses from 6 July by visiting cmdn.co.uk



SHAK community partnership

SHAK (South Hampstead and Kilburn) community partnership is planning to restart its ARC Youth Club-based activities this month with social distancing and safety measures in place. This includes its food hub project offering participants two meals a day, four days a week. SHAK continues to bring local adult residents together for online video workshops on health and wellbeing, digital skills, English and employment, as well as social clubs.

Residents who are shielding or self-isolating can also get support with shopping and prescription collections, a friendly phone call and other assistance through

the SHAK helpline on **0300 365 2003**

Volunteer Elena said: "Volunteering for SHAK has been a great experience and I am truly honoured for the opportunity to support their great work."



Find out more about services at shakonline.co.uk

Please attend health appointments

If you need to visit hospital or a local health service, they will make adjustments to ensure your safety while you are there. If you need urgent care, or have a new symptom that isn't normal for you, please don't delay in getting help. Call your GP or NHS 111 for advice.



Share your stories of kindness in Camden

Has a friend, neighbour, volunteer or community organisation helped you or someone you know during this crisis?

It could be anything from picking up a prescription, or delivering groceries, to organising online activities. Or perhaps you've helped your community in some way.

Send in your story by emailing camdentalking@camden.gov.uk or tweeting using **#WeMakeCamden** Thank you to everyone who has shared their stories so far.



**we
make
Camden**

camden.gov.uk/coronavirus
020 7974 4444 (option 9)

