

Message from the head:

I'd like to take this chance to welcome you all back to school after the half term break. As the country goes into another lock down I for one am very pleased that schools have not been included in this and that we are able to remain open and support the children with their learning and development. Thank you for the trust you have shown in us by continuing to send your children in everyday.

In the newsletter this week you will see on this page some information regarding a 'parent's webinar series' being put on by the NHS and on page 3 details of two online parent workshops we are putting on specifically for Fleet parents over the next few weeks. I would urge you to try and join these events as we think they will be very useful to help you support your children and yourself during these stressful times. As a parent myself I know how difficult it has been since March in terms of managing my children's wellbeing and education, doing my job, as well as looking after my own mental health at a time when things seems to change daily. I hope to be able to join the webinars myself to help gain some insight and hopefully some ideas to help me and my family. If you have any barriers to being able to join these events, lack of device connection or not sure how to do it, please speak to Ms. Wall via the office and she will be happy to help you.

The number of children arriving at school late has crept up this week. If your child/ren are one of those coming late please do all you can to get them here on time. Not only is there an issue with them arriving unsettled and missing education time, there is the added health risk of them (and you) crossing with children and adults from other bubbles. This invalidates our bubble system and could lead to wider class closures in the event of a positive Covid test in school, impacting a number more children and families that it would need to. Please consider the whole school and get here within the 5 minute window for your child's class.

Finally I want to encourage as many of you as possible to make use of the outdoor spaces on our doorstep like the Heath over the weekend. Children are no longer able, while the lockdown is on, to do many of the activities they would do out of school. Fresh air and exercise are so important for all our health and wellbeing. Take them out on their bikes and scooters, or for a walk/run, so they and you are not stuck inside all weekend. Outdoor exercise is permitted, and encouraged, in the guidance on the new national lockdown. I look forward to seeing you all on Monday morning. Best wishes.

Home Learning Projects

The home learning projects for Years 2-6 are due in this coming Monday—remember this year rather than bring in the item the children have made, be that a poster, sculpture, painting, drawing, model etc. we are asking that you take a photo and email it in to school on the usual address: admin@fleet.camden.sch.uk. We will be sharing them in class with the children showing their photo and then explaining what it is and what they did. There will then be a special sharing assembly next week so the classes can share with each other what they have created. Thank you for your support with this.

Attendance Meetings and Letters

Attendance is such an important factor in children achieving the best possible outcomes from school. We are constantly monitoring attendance and looking for ways to support you where attendance and/or punctuality are a problem. Next week we will be sending out letters to some families to highlight any concerns we have around this. In some cases we will also be requesting a meeting with Mr M'Gibbon. These meetings will be held via zoom. You will be sent a link to join the meeting (you can do this from a phone or from a laptop or tablet). Occasionally a meeting may run over, please hold on if you are not admitted to the call exactly at the time you were given. If you have any issue with being able to use 'Zoom' please let the office know so we can make alternative arrangements.

Parents' Webinar Series

The NHS mental health support team who work within your school and many others in Camden are excited to be able to offer an online webinar series for all parents and carers of primary school children in Camden.

The series will include online workshops via Zoom. The topics covered, scheduled dates and times are:

Topic	Day and Date	Time
Parent Self Care	Friday 13/11/20	12pm
Understanding and supporting your child with worries	Friday 20/11/20	12pm
Sleep	Friday 27/11/20	12pm
'Good enough' Parent and Child interactions	Friday 04/12/20	12pm

Each workshop will last up to 60 minutes and have an optional follow up 20 minutes for further questions for those parents who are interested. You can opt in for all four sessions, or whichever most appeals to you. To find out more information and to register for any of the workshops (for free) please go to the 'Eventbrite' webpage:

<https://www.eventbrite.co.uk/e/parent-webinar-series-tickets-126950144299>

Punctuality Award

This week, our Punctuality award goes to Year 3 with just 1 late (narrowly beating Year 2 with 2 lates). Unfortunately there were over 50 lates for the whole school—Year 5 and Year 6 were both in double figures (10 and 21 lates). Please ensure your child is in school on time. In the event of a positive Covid test of a child, if we cannot stop children from crossing with other bubbles, as happens when they come in late, we may be forced to close more classes than we would with our bubbles being kept properly apart. This is for all of our safety as well as ensuring your children's education is not interrupted by unnecessary closures.



Attendance Award

Our Attendance Award this week goes to Year 2 with 99.62%! No class was below 97% this week—amazing! This year's whole school target is 96% - we're currently at 96.91%. Thanks for all your efforts.



Star of the Week Awards this week's winners...

Well done to our 'Stars of the Week' for this week. We are very proud of their hard work and effort.



Fleet Art Week 2020

The week before half term was our art week. The theme this year linked in to our Happiness Project. Children across the school worked on projects looking at art, colour and emotions. The children produced some wonderful work and at the end of the week we had a sharing assembly via Zoom where each class was able to share their work with the rest of the school.

Well done to all the children and a big thank you to Beth for organising another successful art week. We look forward to seeing the same levels of creativity in the home learning projects from half term (years 2-6) which are due in on Monday. We hope to share some photos of what the children have done in next week's newsletter.



Well done Jarod



The Covid-19 pandemic has greatly limited what children have been able to do—not just in school but outside too. While many would have been looking forward to dressing up and going out for Halloween this year that was not possible. However, as you will have seen in the newsletter for the last few weeks Queen's Crescent Market were holding a Pumpkin Carving Competition. We are pleased to say a number of our children enjoyed taking part and the fabulous example here was entered by Jarod in Year 2. The customers at the market obviously agreed with us as it was voted for 24 times as the favourite and earned Jarod second place. Well done Jarod—we're very proud of you.



Weekly Wellbeing Update

Relationships with parents are valued hugely at Fleet and we're very much missing seeing everybody as regularly as we usually would. Therefore we'd like to look at alternative ways of communicating and helping each other; at this difficult time we'd like to know how best to support you. We'll shortly be sending out a Parent Wellbeing Questionnaire. Please take the time to complete and return it so that we can tailor our support to help as much as possible.

Wellbeing Tip of the Week!

An initiative brought to you by Camden Learning's Health and Wellbeing Team

Wellbeing Tip of the Week – Taking Time to Relax

Take some time for yourself this week, just 20 minutes (or more if you can) to do something you find relaxing e.g. take a bath, go for a walk, read a book, listen to some music, do mindful meditation or take some time to just rest. Taking time to relax is vital to help your mind and body switch off from the everyday stresses and pressures of life. It aids positive thinking and decision making and reduces blood pressure and relieves tension. Taking this time out can re-energise us to face what's next. Enjoy!

Parent Workshops—open to everybody

Weds 18th Nov, 12.30-13.30

'Helping your child build resilience and positive mental health'

- Understand the terms "mental health," "wellbeing" and "resilience"
- The impact of Covid-19 and lockdown and the signs of poor mental health
- Strategies and activities to boost your child's mental health and emotional resilience

Join Zoom Meeting

<https://us02web.zoom.us/j/85064594996?pwd=Ykl0emU1OWQ0YXJxcG15YlZaTElOUT09>

Meeting ID: 850 6459 4996

Passcode: 114229

Weds 25th Nov, 12.30-13.30

'Supporting your child to cope with anxiety and stress'

- Know the signs, symptoms and causes of stress and anxiety
- How Covid-19 may have affected stress and anxiety
- Strategies and activities to help your child to cope better with stress and anxiety

Join Zoom Meeting

<https://us02web.zoom.us/j/87969281254?pwd=cW0vblZ1RUU1aVd1cDNvU2lveUtxZz09>

Meeting ID: 879 6928 1254

Passcode: 654721

Check out these videos for parents developed to help you support your primary aged children:

1. How to Talk to you Child About Covid-19

<https://www.bbc.co.uk/bitesize/articles/zkxwnb>

2. Encouraging Your Child to Take Care at School

<https://www.bbc.co.uk/bitesize/articles/z8g6jsg>

3. How to Deal with Anxieties

<https://www.bbc.co.uk/bitesize/articles/zj4p2v4>

4. Communicating with School

<https://www.bbc.co.uk/bitesize/articles/z7ksxbk>



Happiness Project

Fleet Happiness Project

GREAT DREAM

Ten keys to happier living

GIVING



DIRECTION



RELATING



RESILIENCE



EXERCISING



EMOTIONS



AWARENESS



ACCEPTANCE



TRYING OUT



MEANING



This year we'll be running the Fleet Happiness Project across the school. This is a project that we ran a few years ago with the aim of looking specifically at ways that we can increase our own, and others', happiness.

We'll be focussing on 10 themes across the year with lots of activities, assemblies and learning in class about each one.

Autumn 1	Direction Meaning
Autumn 2	Acceptance Giving
Spring 1	Awareness Emotions
Spring 2	Resilience
Summer 1	Relating Trying Out
Summer 2	Exercising Happiness (wellbeing week)

The first theme that we'll be thinking about is 'Direction'. In assemblies we've been discussing inspirational people who have worked towards their goals, and the children will be setting their own goals and thinking about steps that they can take to achieve them.

Direction

Have goals to look forward to



Set a goal and take the first step to make it happen

Fleet Facts!

- Learn your number facts
- Pass the tests
- Reach the top!



Fleet Facts is our whole-school programme aimed at improving the children's knowledge of key number facts.

Children work their way through the different stages, securing important addition, subtraction, multiplication and division facts—essential for enabling them to access the wider maths curriculum.

In the front of your child's home learning journal is a tracker, which shows the objective your child is currently working on e.g. 'doubles of numbers within 20' or '3 x table'. When children pass a test, their name will appear below.

Well done to these children who have passed their Fleet Facts test this week!

Year 2: Jarod, Layan, Shajai, Lorik, Samaraah, Jake Sidoli, Marcel, Arafat, Noah, Lenny, Mickey, Lashanty, Mia, Fatma, Ursula, Amreen, Samuel, Yacub

Year 5: Youssef, Peter, Rosa, Maureen, Maya, Isabelle, Hannah, Gaby, Erina, Freddy, Zainab, James, Nathan, Nida, Gloria, Mason, Sami, Abubakar, Rosie



Raise FREE donations for

FLEET PRIMARY SCHOOL

every time you **shop online**

Find us on **easyfundraising.org.uk**

<http://www.easyfundraising.org.uk/causes/fleetps>

4,300 online sites will give us a free donation
when you shop with them - at no extra cost to you!



Download the easyfundraising App



£ Over £32 million raised

★ Trustpilot ★★★★★

👤 1.8 million users

New lockdown rules for England

Main restrictions from Thursday 5 November



Pubs and restaurants closed
but takeaways permitted



Non-essential shops, leisure and
entertainment venues closed



No households mixing indoors, or
in private gardens, unless in your
support bubble



Stay home – only leave for specific
reasons including education and work



Schools, universities and colleges
remain open



Outdoor recreation encouraged, you can
meet one person outside your household

From National Online Safety

At National Online Safety we believe in empowering parents, carers and trusted adults with the information they need to hold an informed conversation about online safety with their children, if they feel it is needed. This guide focuses on one game of many which we believe trusted adults should be aware of. Please visit www.nationalonlinesafety.com for further guides, hints and tips for adults.



What parents & carers need to know about ...

AMONG US

PEGI
7

Among Us is one of the most popular games of 2020. A space-themed 'social deduction game' where 4-10 players take on the guise of Crewmates, who must complete various tasks around their spaceship, while randomly selected Imposters must try their hardest to sabotage the others' efforts. The Imposters have to remain undetected through rounds of voting to win. While Among Us is a largely safe game, it's still prudent to be aware of any potential risks young ones might encounter when playing.

Inappropriate chat



While Among Us can be enjoyed locally via wi-fi, it is commonly played online. Between rounds, players come together to discuss who they think the Imposter is with a text chat, and it's here where children will come into contact with others. There is a profanity filter on the game as standard, but it can very easily be disabled and (like any unmoderated chat groups) children can be exposed to inappropriate, sexual or explicit language.

In-game purchases



Among Us is currently available on both PC (via the gaming service Steam) and mobile devices. On the PC, the game costs a flat amount of £3.99 and has some in-game purchases, whereas the mobile version is free to play but contains adverts and in-game purchases. You can pay to remove the ads or purchase in-game cosmetic items. While these amounts are relatively low, there's still the possibility that young ones could accidentally spend lots of money on the game without realising it, as the process is complete in a couple of taps if a card is connected to your store account.

Risk of hacking



Among Us has been the target of hacking activity. Indeed, only recently the game's developer, Innerloth, tweeted advice that users play private games or with people they trust, in response to hacking issues. As yet, there has been no breach in player accounts. However, if a big enough hack were to take place and player details were accessed, it could lead criminals to having access to credit card data and other personal credentials.

Use of external apps



Many players use external apps like Discord to voice chat with each other while they're playing. The problem with this is that it is unregulated by the game. Usually on Discord, players will only talk to other people they know in private chats, but a stranger could add a child on an external app: pretending to be interested in playing Among Us with them, when in reality they could be attempting to bully, groom or extort.

Mild violence

The art style of Among Us is cartoony but does contain some very mild violence. Imposters must kill off Crewmates one by one and can do this in a number of different ways. Some younger children might find this uncomfortable and could get scared or become upset when an Imposter is chasing them, or if they are the Imposter and are forced to kill. An age rating of PEGI 7 should help guide you in deciding if the game is appropriate or not.



Safety tips

Play with your children

Playing with your kids is one of the best ways to understand the game, and what makes it so popular. Among Us is free on mobile and is incredibly easy to pick up and play. It's also a great way to bond with your young ones - unless of course you're the Imposter or vote them out of the spaceship! You can do this by picking 'Local' on the main menu then 'Create Game'.

Use private lobbies

ENTER LOBBY

Among Us uses private lobbies to let players keep track of who they're gaming with. Using a uniquely generated code that can be given to friends prior to a game starting, it gives parents peace of mind knowing who their kids are playing with. To get a game code, simply select 'Host', choose the game settings, press 'Confirm', then send the six-digit code at the bottom of the screen to friends to invite them.

Deactivate credit cards

Having your credit card automatically paired with any online accounts that can be accessed by children is asking for trouble. A solution could be setting them up with their own account with no credit card attached. They can still ask you when they want to make a purchase, but it's totally up to you as and when that transaction happens.

Use an alias

By default, your name on Among Us will be set to whatever name your device recognises you as. If this is your child's real name, you'll want to ensure they change it before hopping into a game. This is really easily done by clicking 'Online' on the main menu, then simply typing in a new name at the top of the screen.



Talk about the risks

It's a good idea to talk to your child about the risks associated with online gaming, especially when there are chat options and an ability to communicate with others. Try to maintain an open dialogue with your child: talk about their experiences of the game and who they're playing with. This will help you to stay on top of how they're feeling and ensure they know they can come to you if ever they feel upset or uncomfortable about anything they've experienced.

Meet our expert

Mark Foster has worked in the gaming industry for five years as a writer, editor and presenter. He is the current gaming editor of two of the biggest gaming news sites in the world, UNILAD Gaming and GAMINGBible. Starting gaming from a young age with his siblings, he has a passion for understanding how games and tech work - but more importantly, how to make them safe and fun.



Sources: <https://play.google.com/store/apps/details?id=com.innersloth.spacemafia>

www.nationalonlinesafety.com Twitter - @natonlinesafety Facebook - /NationalOnlineSafety Instagram - @nationalonlinesafety

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 28.10.2020

In school this week...



Check out this fantastic Rap Year 5 created in celebration of Black History Month:

<https://twitter.com/FleetPrimary/status/1319654003932880904>



Year 5



Lovely paintings by Year 5 inspired by Expressionism. Can you guess the emotions they convey?

Just before half term, the production of this year's school magazine, The Fleet Beat, got off to a great start with a zoom session with producer Cathy. The mag content is all designed, created and published by Year 5! Thanks again to Cathy for her support with this. We look forward to seeing previews of Year 5's work as we go through the year.



The children have been doing some fabulous writing this week—they have written the beginning of a sci-fi story set on a fictional planet—here are three brilliant openings. Can't wait to read the rest...



We had practical maths in year 5 this week with the children using capacity, weight and measuring. As part of the work they measured out all the ingredients to make delicious rock cakes!



Junk modelling building lunar rovers—we wonder how the construction techniques will stand up to the testing process which is still to come.

Phew! I'm here. On the planet. Smiling broadly, I glance out of the slightly battered window. It looks just like I remember it. I calmly limp to the door, ignoring my broken leg. The planet Morta. I know it's dangerous. The life-threatening lava oozes past me singing my luxurious hair. The horrible odour of expired bodies creeps up my nostrils. I lock my drowsy eyes on the worrying volcano. I jump as...

By Gloria

Death stared at me...I had to get out as fast as I could. If he see's me then I'll die! I ran to a rock, then I got behind it. I could see a huge chocolate factory. Maybe I could sneak in there. I bravely walked but ...

By Mason

Bang! There was glass everywhere. Breathing tightly, Luna wriggled violently out of her broken module, checking for blood around her body. She had some cuts on her arms, legs and face. Her feet crunching through the lilac snow and teal mist hugging at her ankles. It was a peculiar planet.

By Zainab



All manner of Halloween and Bonfire Night fun has been had in Reception recently. The book corner is also proving a popular place to spend some quality time reading with friends!

Reception





This week the children have been practicing their drawing and cutting out skills. They created silhouette skylines of London. They look great—can you identify any of the buildings from their silhouettes?



Another fantastic session w/Arsenal Coach Stefano for Y1 this afternoon - lots of great learning on following instructions and teamwork. Well done Team Y1!

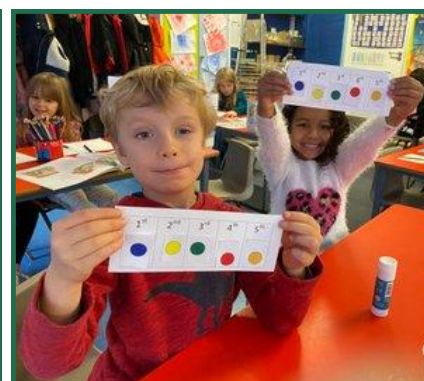


Fantastic Phonics Detectives in Y1 this week! Our challenge to you: look around and tell us what you can see with the phonemes -oo OR -th

The children had fun ordering ordinal numbers—ask them what they remember!



Some thoughtful and inspired colour mixing from Y1 during art week just before half term.

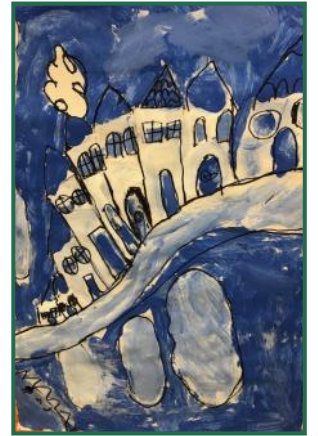




This week year 6 used their cutting and measuring skills to make Chimichurri Potatoes and Salsa. This has been inspired by their topic, 'Paradise and the Jungle', looking at Mayan and Aztec culture. While the making was fun, not half as much as the tasting at the end—a right royal Mayan feast!



Year 6's Masterchefs!



Year 2

As part of art week Year 2 created some fabulous perspective bending paintings of street scenes and since coming back they have been hard at work in maths looking at 3D shapes and making and building nets.





The Autumn sun came out long enough this week for some 'daily mile' exercise in the playground.



This week they wrote introductions to non-chronological reports. The reports are on their favourite characters from Greek myths. Here they are sharing their writing with the class and below are some examples.



Medusa

Medusa is best known for her snake-like hair. The story goes that Perseus defeated her with a mirror to avoid her eyes. You may have heard of that her eyes can turn you to stone. Read on to find out what happens next...

By Evangeline

Flying Pegasus

The Pegasus is best known for healing people and helping. The story goes that after Medusa's head was chopped off the Pegasus jumped out of her neck. You may have heard of the Pegasus. Read on to find out many more interesting facts!

By Alea

The Hydra

The Hydra is best known for her multiple heads. In Greek myths they talk about the Hydra. Every time you cut off her head two more grow back. The hydra has poisonous teeth and breath. The hydra is a huge snake, she is also a monster.

By Hunter

They finished their 'Little Mermaid' unit by designing invitation posters for a visit to the Sea King's palace

During Art Week the children made their own colour monsters inspired by the book.



During Mental Maths practice this week the children had fun with a subtraction dice game!



They may not be able to make it to the Globe at the moment but it was like being there when Year 4 were performing parts of their Romeo and Juliet scripts on our stage! Ms. Hanfling and Ms. Benbetka were so impressed with how they've engaged with this text.



Year 4's Kusama inspired art work is finished and it looks great! They used paints to add dots to their pictures and then cut them out and added them to their backgrounds. Well done Year 4!

Some fabulous artwork was produced this week when the children were painting their own Tudor portraits



The children have been practicing their mental addition and subtraction skills with some fun Maths games this week.



Year 4



Every Friday Nursery make their own toast. The children spread the butter and jam themselves. Of course their favourite bit is the taste test—Yummy!

Nursery

The children have been having a fantastic time creating firework inspired artwork this week. Such vibrant and colourful creations. Well done Nursery!



**PLEASE ENSURE YOU ALL HAVE THIS APP INSTALLED AND NOTIFICATIONS TURNED ON
THIS IS OUR PRIMARY MEANS OF COMMUNICATING WITH YOU**



Fleet Primary School

would like you to join their channel on Parent Hub.

Just tap “Add a School ” in the app and enter the handle below...

@FleetPrimary

The Parent Hub app is FREE to download and use.



What is Parent Hub?



Parent Hub is a FREE app that helps keep you up to date with what's going on at school. You'll receive messages, pictures, documents and newsletters, all in one handy place.

Instructions for Parents



1. Download the Parent Hub app from your app store (iPhone or Android).
2. Create yourself an account.
3. Choose “Add a School” and enter the school handle (above).

Visit www.parenthub.co.uk to find out more

Coronavirus: Weekly update from Camden Council

For the latest information and support from Camden Council and its partners, including updates to services:

- Visit camden.gov.uk/coronavirus – includes information in different languages
- Check the rolling newsfeed at camden.gov.uk/coronavirusnews
- Follow Twitter @CamdenCouncil
- Speak to someone at the Council directly by calling **020 7974 4444 (option 9)**.



SIGN UP to the Council's coronavirus e-newsletter at

camden.gov.uk/coronavirus-updates



Since the end of September, the number of people catching coronavirus has increased rapidly. I share the disappointment that I know many in Camden will be feeling, but there is now little alternative to this lockdown. We don't know what the next few months will hold but Camden Council remains committed to supporting our community and lobbying the Government to do what it takes to protect lives and livelihoods.

As a council, we will keep vital services running – even if they have to be delivered in a different way. We will continue to fight for our children, ensuring they do not get behind on their education or go hungry. We will ensure no council tenant loses their home because they are affected by COVID-19, and protect care homes and care staff. We stand ready, with our voluntary and community sector, to support any resident that needs it.

Thank you to everyone for the role you've played since the start of the pandemic. We have seen the depths of care and kindness in our community and we will need to pull on that energy again to make sure no one is left in need this winter.

As well as following the lockdown restrictions, it remains absolutely vital that you follow public health advice. The actions we all take over the next month will save lives and protect our NHS. I hope we can all look after each other as we do our bit to stop this virus.

Councillor Georgia Gould, Leader of Camden Council

NEW GOVERNMENT GUIDANCE

A month-long national lockdown begins today (Thursday 5 November) to control the spread of coronavirus.

It means that:



Non-essential shops and businesses will close.



You won't be able to mix indoors with people from another household, unless they are people within your support or childcare bubble.



You can only exercise or visit outdoor public places with people you live with, people in your bubble or 1 person from another household.



You must work from home if you can, unless you are in an essential service, or where your workplace is open and you cannot work from home.



You must stay at home unless you have to leave the house to work or you're leaving the house for a permitted reason such as exercising outdoors, taking a child to school, attending university, to shop for essentials, for care responsibilities, or to attend a medical appointment or seek medical advice.



The restrictions will be reviewed by the Government in early December. You can read more at gov.uk/coronavirus

Follow public health advice to keep yourself and loved ones safe

As well as following the lockdown restrictions, please keep following public health advice to keep yourself and others around you safe:



Regularly wash your hands for at least 20 seconds each time



Wear a face covering in all indoor public places, unless you're exempt



Stay 2 metres apart from people you don't live with.

If you develop symptoms – a new, continuous cough; high temperature; loss or change to your sense of smell or taste – you must self-isolate and request a test via nhs.uk/coronavirus or phoning **119**.

Self-isolating is vital because it will prevent you from passing the virus on to others. If you need any support to self-isolate, please call the Council on **020 7974 4444 (option 9)**.

How does following public health advice keep me safe?

Coronavirus usually spreads through droplets from coughs, sneezes and speaking. Unless you're exempt, wearing a face covering is so important because it covers up the nose and mouth, preventing these droplets reaching others and so preventing the spread of coronavirus. Washing your hands is important because it gets rid of these droplets, and social distancing prevents these droplets reaching others in the first place.

Staying safe this Bonfire Night

While a second lockdown means all public fireworks displays are cancelled, please also think twice about organising a display at home. Fireworks are dangerous and you could put yourself at risk of serious injury, which could then also put additional strain on the NHS and other emergency services at a time when they are extremely busy. If you do organise one, please make sure it's in line with lockdown restrictions and please follow fire safety guidance. This includes storing fireworks safely to prevent fires and never drinking alcohol if setting off fireworks. Remember fireworks can scare animals, so keep pets indoors, make sure blinds and curtains are closed and keep them in an area where they feel safe. Find out more at london-fire.gov.uk



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



Camden Council is here to support you through this difficult time – if you have any concerns, please don't hesitate to contact the dedicated coronavirus helpline on 020 7974 4444 (option 9). Below is a reminder of some of the support available from the Council and its partners. For more details, visit camden.gov.uk/coronavirus

Your local health services are still here for you

If you're worried about your mental or physical health, need to speak to your GP, or have a scheduled appointment coming up, please know that local health services are still here for you. Services are running in a COVID-safe way, which means extra precautions are in place to keep you safe. Services might look a bit different – for example, you might speak to somebody over the phone instead of face-to-face – but please don't let that put you off accessing health advice, support or treatment.

Mental health support



It's understandable if you feel anxious and worried at the moment. Try to be kind to yourself, keep active, sleep well and stay in touch with loved ones. If you would like to talk to someone about how you're feeling:

- Speak to your GP, visit [icope.nhs.uk](https://www.icope.nhs.uk) or phone **020 3317 6670** to find out about free, confidential support.
- Kooth offers confidential online support for young people aged 11 to 18 at [kooth.com](https://www.kooth.com). More information about support for young people is available at camdenrise.co.uk/emotional-wellbeing
- Whatever you're going through, Samaritans are there to listen – phone **116 123**.
- If you or someone you know is experiencing a mental health crisis, phone the 24-hour crisis line on **020 3317 6333**.
- Visit camden.gov.uk/mental-health to find out about more support available, including advice in other languages.

Help with staying at home



If you need support with accessing food, prescriptions or other essential support, there are a range of organisations across Camden who can help. Visit coronavirus-help.camden.gov.uk to find out more or call **020 7974 444 (option 9)**.

Priority supermarket delivery slots are available to residents over 70 or with pre-existing health conditions, and those self-isolating due to exposure to COVID-19. To sign up visit camden.gov.uk/priority-food-delivery or contact **020 7974 4444 (option 9)**.

If you need extra support, you can also get a referral to a foodbank from the Council, your GP surgery or advice charities.

Accessing financial support

If you're struggling with your finances, there are lots of ways you can access support. Camden Council is here to help, so please get in touch.

- Check you're claiming the benefits you are entitled to – including a reduction in your council tax through the Council's Council Tax Support scheme.
- If you have no income or money in your account, you can apply for a one-off payment of around £50 through the Council's Local Welfare Assistance Fund to buy groceries or pay a bill.
- If you're self-isolating and on a low income, you may be eligible for a £500 Test and Trace Support Payment.
- If you're worried about your ability to pay existing debts like a mortgage, credit card bills or a loan, speak to your bank, credit card or loan provider to request a payment holiday.

To find out more, visit camden.gov.uk/coronavirus or call the Council on **020 7974 4444 (option 9)**

Support for Camden businesses



Camden Council would like to thank local businesses for their continued effort to protect our communities and jobs.

The Government has announced that it is extending furlough through November. This means businesses that previously furloughed

employees will continue receiving support to pay wages up to £2,500 per month. Employers can also enrol any member of staff on their payroll before Saturday 31 October. Find out more at gov.uk/government/news/furlough-scheme-extended-and-further-economic-support-announced

Businesses allowed to stay open under lockdown guidance must be COVID-secure. Find out more at gov.uk/guidance/working-safely-during-coronavirus-covid-19

In the coming days, the Government is expected to announce further details of support for businesses. Once this is available, the Council will provide information about who is eligible and how to apply. Please visit camden.gov.uk/businessadvice for the latest information.

Ending the digital divide for Camden pupils



Thanks to the incredible support from Camden's communities, a Crowdfunder launched by Camden Learning to end the digital divide for pupils has gone beyond its £50,000 target.

To support even more pupils in Camden to get access to the digital kit they need to learn from home, residents and businesses can continue to donate until Wednesday 2 December.

Find out more and donate at crowdfunder.co.uk/end-the-digital-divide-for-camden-pupils