

Lambethtalk

SPECIAL EDITION FOR FAMILIES AND YOUNG PEOPLE / APRIL 2020



Families #StayInPower

lambeth.gov.uk/coronavirus-cyp



For safety, this magazine has been delivered following Public Health England guidelines. It may be safely read.

the Gaia centre

Run by Refuge

Working in Lambeth
to end gender-based violence

Do you feel threatened or at risk of violence?
We can support you.

The Gaia Centre is OPEN during lock-down,

providing support via phone, email and text –
whatever is safest.



One-to-one support session

What support is available from the Gaia Centre?

The Gaia Centre provides confidential, non-judgemental and independent support services for those who are experiencing gender-based violence in the London Borough of Lambeth.

We support women and girls aged 13 or older, and males aged 16 or older who are experiencing gender-based violence.

We also support young people of all genders aged 11-17 who have been impacted by domestic violence.

We will work with you to create a support plan that helps keep you safe.

What is gender-based violence?

- Domestic violence (physical, sexual, financial, emotional or psychological abuse)
- Rape and sexual assault
- Stalking
- Prostitution
- Trafficking for sexual exploitation
- Female genital mutilation (FGM)
- Forced marriage
- So-called 'honour'-based violence

How can I access the Gaia Centre?

Telephone: **020 7733 8724**

Email: **lambethvawg@refuge.org.uk**

Website: **www.refuge.org.uk/gaia**

Lambeth Council on your side

As a parent of two Lambeth school children I know this is a really hard time for families.

Keeping up with school and other work, exercising, limiting screen time and not losing patience with each other are all big challenges. We're trying our best as a family, but my son plays way too much Fortnite, my daughter seems to have forgotten how to brush her hair and I am eating twice as much as I used to.

All of these small things will get better when normal life returns and every day the end of this situation gets closer. In the short term, screens, hair and snacks are not as important as people feeling safe and hopeful for the future.

This magazine has contact details for support for those who don't feel safe; as well as other help and services. Please get in touch if you feel unsafe or you are worried about someone else.

It's also got lots of ideas for us to stay as healthy and happy as possible in this challenging time. I wish you and your families health, happiness and all the best grappling with computer games, hairbrushes and the temptations of the fridge.



Cllr Ed Davie

Cabinet Member for Children and Young People

For the last 20 years I have worked with marginalised young people in Lambeth as a teacher, mentor and key worker.

In the best of times, through no fault of theirs, our most vulnerable young people can find it hard to manage their mental health, find decent housing, work and training opportunities. As everyone knows these are not the best of times, and so it is more important than ever that we support our young people and let them know help is there for them.

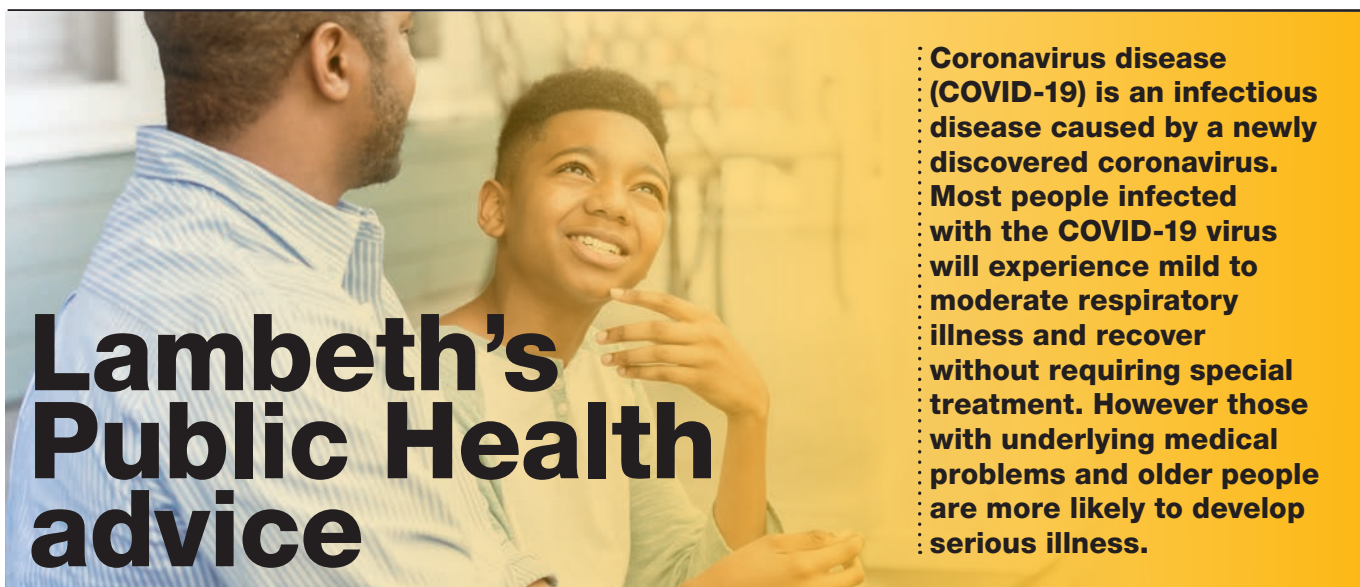
In this crisis and beyond we need to share resources and knowledge and make sure we create opportunities for everyone to be able to fulfil their potential.

This special edition of Lambeth Talk has a number of local community organisations that are offering specific support and we hope people will find it useful. I know things can seem dark for our young people but Lambeth has great opportunities and, when we get through the other side of this, we must make sure everyone can make the best of them.



Cllr Mahamed Hashi

Deputy Cabinet Member leading on Youth



Coronavirus disease (COVID-19) is an infectious disease caused by a newly discovered coronavirus. Most people infected with the COVID-19 virus will experience mild to moderate respiratory illness and recover without requiring special treatment. However those with underlying medical problems and older people are more likely to develop serious illness.

How can we protect ourselves from coronavirus?

There are 2 important things we can do to protect ourselves, our friends and our family.

• WASH YOUR HANDS

Wash your hands regularly with soap and water to help get rid of the virus. Whenever this is not possible, use sanitiser gel and avoid touching your face.

• STAY AT HOME

To stop the virus spreading, we need to keep away from others, even friends or family. The virus can be spread even if people don't have symptoms. Stay at home and only go outside for food, health reasons or work (if you cannot work from home). If you go out stay 2 metres (6ft) away from other people at all times. Accurate information can be found on gov.uk/coronavirus

Keeping healthy

- Keeping healthy by being active and eating a balanced diet across the day. Keep hydrated by drinking water regularly. nhs.uk/live-well/eat-well

- Exercising at home is simple for most ages and abilities, e.g. cleaning, dancing, going up and down stairs, and seated exercises. nhs.uk/change4life/activities.

- Currently you can exercise outside with family members you live with, once a day, for an hour. Sunlight helps maintain Vitamin D levels, important for healthy bone and muscle. This is particularly important for people from African/ Caribbean or Asian backgrounds and older people. If you can't go outside much, you can take a **Vitamin D** supplement – mums-to-be and under 4s can get **Vitamin D** free: evelinalondon.nhs.uk/ and healthystartcheme.gov.uk

Mental health and wellbeing support for children

Children can text SHOUT to **85258** to text-chat 24/7 with trained volunteers; or call ChildLine's **0800 1111** helpline anytime free.

Be up to date with vaccinations

Make sure your whole family's vaccinations are up to date for protection from other diseases. Contact your GP online or by telephone if you're unsure about your vaccination history or to book a vaccination appointment.

A&E advice for parents

It's extremely important to follow Government advice to stay at home, but remember NHS **111**, GPs and hospital emergency departments (A&E) still provide the same safe care as always – if your child needs a doctor urgently, go to A&E or phone **999**. Visit <https://www.rcpch.ac.uk/>

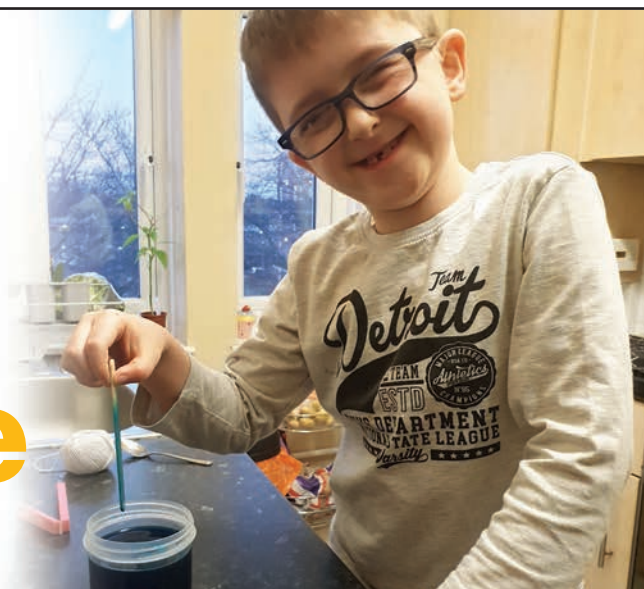
Mental health and wellbeing for adults

For Lambeth Living Well Single Point of Access (SPA) to mental health services for adults, call **0800 090 2456**. Visit <https://www.nhs.uk/oneyou/>

Jennie Colyer lives with her family on the top floor of Albert Carr Gardens, a council estate in Streatham overlooking the common with her husband, her mum and 8 year old son James Welch.

She is a keyworker providing security for NHS hospitals and buildings.

Quarantine diaries



Jennie describes her son James as full of life, he goes to Immanuel St Andrew CE Primary School in Streatham. They are currently in the process of having him assessed for an ECHP due to his hyperactivity.

When schools closed due to the lock down they were concerned about the thought of how to keep James busy and active during their time at home, especially as they were in a flat with no outdoor space.

Jennie said “The thought of keeping James at home was daunting at first; I thought he would be climbing the walls after day 2. But after I checked out a few resources online and on facebook groups, I was amazed at how many simple and creative ideas there were out there.”

Jennie continues “Keeping a routine and a little planning is really important, we always start with a bit of exercise in the morning, not Joe Wicks which I think is too hard for him, but using some easy worksheets I’ve downloaded, or

‘Cosmic Yoga’ if we want a calm start. We then go on to do activities which I introduce to him as options the night before.”

Jennie described some of his favourites:

“Gardening, we’ve grown seedlings and once they are big enough will replant on the balcony. Science experiments – we’ve grown crystals and made slime. Building – LEGO!!!! And baking cookies.”

“We plan various activities; like this week we will be making bath bombs and making clothes for his stuffed toys.”

“He loves to draw and paint so we have painted pottery and pictures for my office windows too.”

“I use various mum’s groups on FB for ideas, such as ‘Gin mummies’ and the ‘Motherload.’ The ‘Covid Time Capsule’ is a great one we do, so we can remember this unusual time in the future.”

“For learning we use the Twinkle worksheets, which are now free to use and as they use them at school

too, James is familiar with them and they are fun.”

“As I work full time, my mum or partner are getting involved in all activities too. Although I tend to organise them the night before.”

He loves his game console too, and I try not to give myself a hard time about letting him relax gaming with his dad!”

“The thing is it’s not school, it’s just fun at home with a bit of learning for us all.”



“

Keeping a routine and a little planning is really important, we always start with a bit of exercise in the morning.”

Jennie Colyer

*Jennie Colyer was interviewed by Shaff Prabatani from Lambeth Made on 14/4/2020

Support for families



Lambeth Children's Centres

Lambeth children's centre buildings may be closed at the moment, but that isn't stopping children's centre teams from providing services and support to families with young children!

Each of our children's centre **Better Start** teams have been busy developing activities for you to do at home, from making playdough to arts and craft activities, and online story and rhyme times with lots of familiar children's centre faces.

Many families may need a bit more help at the moment, so we have also set up a new Children's Centre phone line for families to get in touch with children's centre teams for help with things such as parenting and managing children's behaviour, support with feeding babies and young children, and advice around finance or employment. Call **020 7926 2369** or visit lambeth.gov.uk/coronavirus-cyp and select **Children's centres**.

Support with infant feeding

Are you pregnant, or do you have a young baby? Do you need help with baby feeding? There's lots of support available, including one to one advice by phone, and the opportunity to join online infant

feeding support groups led by peer supporters! lambeth.gov.uk/coronavirus-cyp and select **Early Years health services**.

Early Years Childcare

Early Years childcare settings such as nurseries and childminders are currently only able to offer childcare to children of key workers and those who meet certain criteria set by the government. If you need childcare because you are a key worker and your current childcare setting is closed, or if you want to find out more about childcare provision in Lambeth at the moment, please visit lambeth.gov.uk/coronavirus-cyp and select **Childcare**.

Lambeth Parenting

Being a parent is difficult at the best of times, never mind in lockdown! Visit lambeth.gov.uk/parenting to sign up for free online courses to provide you with tips and techniques for managing your toddler, child or teen, reducing your parental stress and supporting your relationship with your child. If you are unable to complete the online form please call **07547 805 700** for further support.

Free support for couple and co-parenting relationships

Co-parenting relationships can be particularly challenging, whether you are in a couple or separated. Visit lambeth.gov.uk/parenting to sign up for free, one to one, virtual support with your co-parenting relationship. If you are unable to complete the online form please call **07547 805 700** for further support.



COVID-19 affects everyone's daily lives. It's really hard for children. Some will show it soon, some later, but all will be affected. They could feel sad, angry, or afraid, but hold it inside. They might fixate on the virus and want to talk about it all the time or avoid it completely. However they seem, it's really important that carers look after their mental health and wellbeing during the outbreak.

Stand by me

Six tips for parents and carers

- **Listen to them** – they may find it hard to explain but take their worries seriously.
- **Give clear information** – be open and honest, explain what's being done and what they can do to stay safe and healthy.
- **Be a positive example** – make sure they see adults being calm, kind and supportive to each other.
- **Connect regularly** – if you can't be at home with them, phone or video call and make sure they understand why you can't meet.
- **Create a new routine** – have a plan for the day and the week, keep them learning, physically active and stick to normal bedtime routines.
- **Be careful with TV and social media** – not none, but limited access to news; make sure they always have a chance to talk about what they see and hear.

If you are worried about supporting children you can arrange to speak to a Lambeth Educational Psychologist by emailing adesausmarez@lambeth.gov.uk.

The Children's Commissioner also has online guides to help you explain what's happening, keep them active and keep them safe online: childrenscommissioner.gov.uk/coronavirus/

Some tips for planning your children's days:

- Mix quiet activities like reading with active games like tag
- Cooking is fun and great for learning maths
- Make films and stream them for relatives
- Keep a daily lockdown diary in writing or with photos.



Lambeth's Families Information Service Directory is being updated all the time with new ideas and activities at lambeth.gov.uk/fid. Following them on Twitter @LambethFIS is a great way to stay up to date. You can also search social media using Lambeth's #StayInPower.

#StayInPower

Lambeth Made has teamed up with Lambeth's Youth and Communications Teams to put together the 'Young people's guide to Coronavirus'. Our mission is to bring community, public service and business, together to create positive change for children and young people in Lambeth. Keeping the community safe, healthy and positive. That's our focus now.



Coronavirus makes working together more important than ever. It's a tough time for young people. They want to be out in the world, independent and active. Instead, they're locked down. They need reliable, trustworthy information, to know where to go for support and loads of ideas on what to do with their time.

The guide is the one-stop-shop for young people in need of up to date knowledge. There's advice on staying safe from harm, avoiding risks, looking after themselves, their families and their friends. The guide helps keep minds fit and healthy too, pointing out places to get emotional support and stay positive. There're hints on staying digitally connected, a coronavirus fake news buster and a call out to tell everyone else in Lambeth how they're getting through it.

Most of all, it's a place where the Lambeth Made spirit is alive and where youth providers can offer their ideas and services. To keep up with what's out there, visit lambethmade.org/covid19 and share your awesome ideas for lock down action by posting on social media using the unique hashtag **#StayInPower**.

Here're just a few ways to be active but still stay in:

Straight out of West Norwood comes **BIGKID Foundation's** Virtual Youth Club. FIFA tournaments and movie nights, positivity and inspiration. Loads online for 11-25 year olds running 12 noon to 9pm daily. Check out Instagram [@bigkidfoundation](https://www.instagram.com/bigkidfoundation) or Twitter [@BIGKIDcharity](https://twitter.com/BIGKIDcharity).

Live from Kennington, street dance classes from **The Boury Academy**, 2pm Sundays. Like them on Facebook, follow them on Instagram, search on YouTube [@thebouryacademy](https://www.youtube.com/c/thebouryacademy)

Kinetika Bloco's virtual jazz jam has young musicians playing OutKast's Spottieottiedopaliscious online. DM them on Twitter at [@KinetikaBloco](https://twitter.com/KinetikaBloco) or email aneria@kineticabloco.co.uk to get involved.

Knights Youth Centre runs hangouts Monday, Wednesday and Friday at 6pm from Clapham Park. Email Ryan@knightsyouthcentre.org.uk or Ellie@knightsyouthcentre.org.uk to find out more.

Reprezent Radio usually broadcasts out of Pop Brixton. Right now though, the Sound of Young London's Lockdown Lock-in is coming from DJs from bedrooms all over the capital. They're looking for new talent too. Tune in and find out how you can listen in or get involved at represent.org.uk

Anyone for Capoeira? Dance or martial art? It's both. Streatham's **UINCAP Capoeira Centre** will run online Capoeira classes. Email Sarah Moltoni at ddlcapoeira@gmail.com or text her on **07739 937 890**.



LambethMade.org/covid19

Back when things were different, on Tuesday 3 March, Streatham Youth and Community Trust were one of the first winners of the Lambeth Made Gold Charter Mark Award. Right now they're teaming up with Urban Pubs and Bars to make sure families in need in Streatham are getting hot meals.



Worthy of Platinum Award

“We saw a need for cooked meals during lockdown. Lack of cooking facilities and fuel poverty have added to the stress families are facing” said Angie Farrar, SYCT's CEO.

“So, we built a partnership with the brilliant Urban Pubs and Bars. John Massingham, our Early Years and Play Manager, is working with his best mate from Australia, Beth Deleon, Urban Pubs' Executive Chef, who has volunteered to cook for us. So, we'll be sending out great food cooked to professional standards.”

SYCT champions Mark Wood and Tommy Shadbolt are coordinating referrals and delivering meals with the help of a couple of SYCT's young leaders. Alongside the food, they will be distributing nappies, baby food, sanitary products plus books and games

and any other crucial items they can get their hands on.

Shaff Prabatani, leader of **Lambeth Made**, said, “We already knew SYCT were one of Lambeth's most important supporters of children and young people, that's why we gave them the Gold Award. Now, they and Urban Pubs have stepped it up to another level. Maybe we'll need to give them both a Platinum Award next time!”

The **Lambeth Made** Charter Mark Awards event ran in partnership with Lambeth College. The awards recognised college students, business' that hosted apprentices, offered internships and work experience placements. Gold Charter Mark Award winners alongside SYCT were Spiral Skills training providers, Berkeley Group developers, El Chico's Mexican

Restaurant, Squire and Partners Architects and The Old Vic Theatre. All of them have worked alongside **Lambeth Made** to help make the borough one of the best places in the world to grow up in.

Lambeth Made now want to link up with more businesses who want to step up and offer support to families affected by the Coronavirus. They could donate resources, like laptops for disadvantaged school children or expertise and support to organisations, maybe helping set up communications to get their messages out there. Contact Shaff Prabatani, Lambeth Made, if you are a business that can help sprabatani@lambeth.gov.uk. Contact Angie Farrar, SYCT, to refer a Streatham family in need of a meal, angie@syct.org.uk, **07554 333 162**.

Think about feelings



This is a stressful time for everyone: adults, children and babies. LEAP's Parent and Infant Relationship Service (PAIRS) explores ways you can support babies and young children with their feelings.

Help your baby or young child to cope with change

Young children will have lots of questions about changes to their routine.

They need help to understand change and explore their feelings. Even babies and children not yet talking will notice and feel change, particularly differences in their parents' mood.

Answer your children's questions so their worries don't build up over time. Young children need simple

answers that won't scare them, and babies need soothing and reassurance. Think about how you explain things. Some children may understand words like 'virus', others may respond to pictures or stories.

Protect them from too much anxiety

Young children need adults to be honest, but they don't need all the worrying details. Protect them from worrying conversations, pictures and news, and try to stay calm in front of them.

Coping with anxiety (both parents and young children)

- listen to and understand your worries
- keep your mind and body active
- find ways to distract yourself
- notice positive things.

Think about your baby or young child's feelings

Babies and young children will have big feelings right now. They may be happy about having more time with you and unhappy about other changes. Children's stress comes out in many ways. They may:

- be more upset/angry/clingy
- be more or less communicative
- go back to younger habits
- their sleep may be disturbed.

Try and understand these feelings, even if you don't get it right all the time. Watch, listen and play with your child to understand more. You are the best person to soothe and reassure your child.



Think about your feelings too

Understanding your own feelings and looking after yourself makes it easier to help your child. Think about what keeps you going and how to manage your worry.

- limit the amount of news you watch
- use relaxation techniques
- exercise
- stay connected with people who make you feel safe by phone, video, social media or just in your mind.

Spending more time with your child can feel great, but also overwhelming. Routines are helpful, but don't worry about having the perfect timetable – young children are happy with very small things. If it's safe for your child, take time to rest

and recover, especially when you're feeling very stressed.

Social distancing and isolation

You are the centre of the world for your child, but you can help them keep in touch with others - set up calls with friends and family. Children don't need to have a 'conversation' on these calls, they can play with other children or adults, and toys/stories can help.

Pregnancy – mothers/fathers to be and your baby

It's normal for pregnant mothers and their partners to have strong feelings, including lots of worry.

You may feel worried and disappointed about changes to your birth plan, your midwife changing, or not being able to introduce your new baby to loved ones straight away.



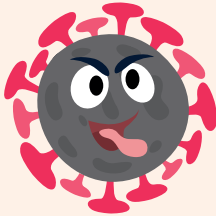
Try to keep a calm environment. Connect with your baby and reassure them through talking, touch and music. Reach out to loved ones, take exercise, use relaxation and distracting techniques. Ask a professional (your midwife or health visitor) if you need help.



The PAIRS team can provide one-to-one support via phone and video to families in Coldharbour, Stockwell, Tulse Hill, and Vassall. Contact the team to discuss your needs and what support can be offered. Call **020 3228 6771** or email: **PAIRS_Lambeth@slam.nhs.uk**

CORONAVIRUS

Fact sheet for kids



WHAT IS CORONAVIRUS?

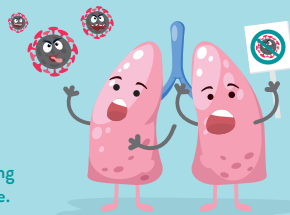
A coronavirus is a type of virus. Coronavirus (COVID-19) is a new strain of coronavirus, which means no-one has caught it before and our bodies are not immune (protected) from it yet. It spreads very quickly and is making a lot of people poorly at the moment.

HOW DOES A VIRUS WORK?

1. Your body is made up of millions of tiny cells.
2. Viruses can't survive outside the body for long, so they try to get into our cells.
3. When viruses get inside our cells, we get infected.
4. Once a cell is 'infected', the virus multiplies and can spread around the body.
5. Our body produces antibodies that fight the virus and help us get better.

WHY IS CORONAVIRUS DANGEROUS?

If the virus gets into the cells in our lungs, it can stop the cells from doing their job, which is to help us breathe.



WHO CAN CATCH IT?



Children can catch the virus just as easily as adults, but it doesn't make them as poorly.

Adults who are already poorly and elderly people are the most affected, but most people can get better from it.

HOW CAN WE PROTECT OURSELVES?

The virus can spread very easily and we carry it and pass it onto others even if we don't feel poorly ourselves.

There are 2 important things we can do to protect ourselves, our friends and our family.



WASH YOUR HANDS

Washing your hands with soap and water helps get rid of the virus. This will prevent the virus from getting into our bodies and spreading to other people. Let's all remind one another to wash our hands!



AVOID OTHER PEOPLE

To stop the virus spreading, we need to keep away from other people and stay at home for a time. But don't worry - life will go back to normal!

HOW ARE SCIENTISTS TRYING TO KEEP US SAFE?

Scientists are working hard to find a Coronavirus vaccine. A vaccine can help protect the body from being infected.



Community Early Help Service

Families who need advice, support, or guidance can contact their local **Community Early Help Service**. The team of Early Help practitioners can help at the early stage before problems get worse, or can help you access the right service for your family. Direct line: **020 7926 9079** 9am–5pm from Monday to Friday.