



## Coronavirus (Covid-19) Update

As you are aware, Family Friends have followed government guidance and suspended all weekly visits to families. We continue to support families via phone contact either through our volunteers or coordinators. We want our families to know that we are here for them and happy to have a chat and help in any other way we can during these difficult times. Family Friends is also in the process of setting up a 'Shop & Drop' scheme for families which we will launch next week.

We are currently working from home, so the best way to contact us is via email [info@familyfriends.uk.com](mailto:info@familyfriends.uk.com) or the work mobile phone **07919184634**.

Follow our twitter account [@Family\\_Friends1](https://twitter.com/Family_Friends1) and our Instagram account [@familyfriendscharity](https://www.instagram.com/familyfriendscharity) where we will be putting updates and links to useful information.

During this time we will be sending out a fortnightly newsletter to you all with some useful tips and suggestions to help you with the current situation.

Please look after yourselves and remember



For up to date government guidance visit

[www.gov.uk/coronavirus](http://www.gov.uk/coronavirus)

For Borough specific news visit



London Borough of Brent

[www.brent.gov.uk/coronavirus](http://www.brent.gov.uk/coronavirus)



THE ROYAL BOROUGH OF  
KENSINGTON  
AND CHELSEA

The Royal Borough of Kensington & Chelsea

[www.rbkc.gov.uk/health-and-social-care/coronavirus-covid-19/coronavirus-covid-19](http://www.rbkc.gov.uk/health-and-social-care/coronavirus-covid-19/coronavirus-covid-19)



London Borough of Hammersmith & Fulham

[www.lbhf.gov.uk/health-and-care/coronavirus-covid-19-latest-information-and-advice](http://www.lbhf.gov.uk/health-and-care/coronavirus-covid-19-latest-information-and-advice)



## Helping Families to Help Themselves

Family Friends is a charity registered with the Charity Commissioners under Charity Number 1028214 and a company limited by guarantee and registered in England and Wales under Company Number 02863464.

Registered office: 73 St Charles Square, London W10 6EJ

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# Ideas For Activities...

## PE Class with Joe Wicks, The Body Coach!

Join Joe Wicks Monday to Friday for a fun PE class, it's the perfect activity for children and parents alike! To join, go to YouTube and type "The Body Coach TV" to see Joe Wicks live PE classes at 9am, Monday to Friday. They are all saved after so you can do them in your own time if you prefer.

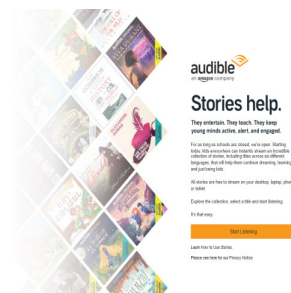
Go to [www.youtube.com/user/thebodycoach1](http://www.youtube.com/user/thebodycoach1)



## Free Audio books for children!

Audible UK have created a page where children can listen to hundreds of audiobooks completely free. No accounts or passwords are needed. Just click, stream and listen at <https://stories.audible.com>

David Walliams, author of the "The World's Worst Children" and "Gangsta Granny" is also offering a free daily audio story for the next 30 days. Go to [www.worldofdavidwalliams.com/elevenses/](http://www.worldofdavidwalliams.com/elevenses/) and click the link to listen.



## Calm Zone at Childline.org.uk

There are lots of ways for children to feel calmer. It's about finding what works for you. Try some breathing exercises, activities, games and videos to help let go of stress.

Visit [www.childline.org.uk/toolbox/calm-zone/](http://www.childline.org.uk/toolbox/calm-zone/)



## NHS Wellbeing Audioguides for parents

It's important we all look after our mental wellbeing. The NHS website has a series of mental wellbeing audio guides to help boost your mood. You can listen to them, in your own time, to help you through feelings such as anxiety or a low mood.

Go to [www.nhs.uk/conditions/stress-anxiety-depression/moodzone-mental-wellbeing-audio-guides/](http://www.nhs.uk/conditions/stress-anxiety-depression/moodzone-mental-wellbeing-audio-guides/)



## BBC Bitesize

Over the coming days and weeks, BBC Bitesize will be bringing you daily content that supports your children's education and wellbeing.

Go to [www.bbc.co.uk/bitesize](http://www.bbc.co.uk/bitesize)



## Keep cooking and carry on by Jamie Oliver

Jamie Oliver has created a series to show us some recipes, tips and hacks specifically tailored for the unique times we're living in. Have a go at making super quick fresh pasta with Jamie Oliver's recipe using just flour and water! Catch all the episodes on [www.channel4.com/programmes/jamie-keep-cooking-and-carry-on](http://www.channel4.com/programmes/jamie-keep-cooking-and-carry-on)

**Ingredients:** 2 large handfuls of plain flour , plus extra for dusting

### Method:

Put the flour in a bowl, then gradually mix in just enough water to bring it together into a ball of dough (if it's sticky, add a little extra flour). Knead for just a couple of minutes, or until smooth and shiny.

On a flour-dusted surface, use a rolling pin to roll out the pasta to about 2mm thick.

Dust it well with flour, then loosely roll it up. Use a sharp knife to slice it ½cm thick, then toss it with your hands to separate the strands.

Cook in boiling salted water for 2 minutes, then drain and toss with your chosen sauce.



Please call or e-mail Natalie ([natalie.rubio@familyfriends.uk.com](mailto:natalie.rubio@familyfriends.uk.com)) with any suggestions/contributions