

57 – 59 Bath Road  
Reading  
Berkshire  
RG30 2BA

15<sup>th</sup> April 2020

Tel: 01189 503 094

Dear Colleague,

The current Coronavirus pandemic is placing new and unexpected pressures on us all – not least the sudden changes it's brought to everyday family life.

Research from a range of agencies show that the stay-at-home and social isolation guidelines are putting huge pressures on family life. Parents and carers are struggling with concerns around jobs, budgets, health and the welfare of family members whilst children are finding the constraints of suddenly being confined to the house, away from school and friends, a real challenge.

Our role is to keep these people safe and well which is why we've produced an easy and accessible guide - **'#Coping: Family life during the lockdown'**. It features the best and most reliable sources of support and information from national agencies and more local organisations.

It's been put together by a range of partners including the local NHS, local authorities and the Berkshire West Safeguarding Children Partnership. We are keen the guide reaches as wide an audience as possible and would be grateful if you could communicate it to your pupils, parents and carers and any other of your relevant partner agencies.

It's available <https://www.berkshirerwestsafeguardingchildrenpartnership.org.uk/scp/helping-you/coronavirus..> We are also planning to promote it via social media and through the usual local media channels.

We hope that you find this useful and 2 further guides, one for Children and Young People and more general information on 'Five ways to Wellbeing' are planned to be published and sent next week.

Yours sincerely



Andy Fitton  
Assistant Director for Joint Commissioning  
**Berkshire West CCG**