

# The ClementJames Centre

## Updates

### April 2020

#### Closure due to Coronavirus (Covid-19)

The ClementJames Centre closed due to the Coronavirus outbreak on Wednesday 18th March 2020. However, we are working from home and are still able to offer support online and over the phone where this is possible.

#### Appointments

Employment, Advice & Guidance, and Literacy and Numeracy appointments are available online and over the phone - please get in touch with your adviser.

- For **Employment Support**, please email [employment@clementjames.org](mailto:employment@clementjames.org)
- For **Advice & Guidance**, please email [advice@clementjames.org](mailto:advice@clementjames.org)
- For **Literacy & Numeracy**, please email [lit-num@clementjames.org](mailto:lit-num@clementjames.org)
- For **Wellbeing** support, please email [wellbeing@clementjames.org](mailto:wellbeing@clementjames.org)

You can also get in touch by leaving us a voicemail on 020 7221 8810 and a member of the team will call you back from a withheld number.

#### IntoUniversity North Kensington

Unfortunately we have had to cancel homework club, mentoring, and all other activities until further notice. We are hoping to offer some online support in the near future and will be in touch about how this will work. For any questions, please contact [youngpeople@clementjames.org](mailto:youngpeople@clementjames.org)

#### Adult Learning

If you are already a student, your tutor should have been in touch about how you can access classes online.

New students should email [adultlearning@clementjames.org](mailto:adultlearning@clementjames.org) or leave a voicemail on 020 7221 8810 with their name, query, and contact number and a member of the team will be in contact as soon as possible.



#### Other Queries

For any other questions or queries, please email [reception@clementjames.org](mailto:reception@clementjames.org) or leave us a voicemail on 020 7221 8810 with your name, query, and number and we will call you back from a withheld number.

For more information on support available in RBKC and Coronavirus, please see the next page.

We are constantly monitoring this situation. Please keep an eye out for further updates by email, on our website and noticeboard, and social media channels.

#### Keep in contact :



Twitter  
[@ClementJames](https://twitter.com/ClementJames)



Facebook  
[@theclementjamescentre](https://www.facebook.com/theclementjamescentre)



Instagram  
[@theclementjamescentre](https://www.instagram.com/theclementjamescentre)



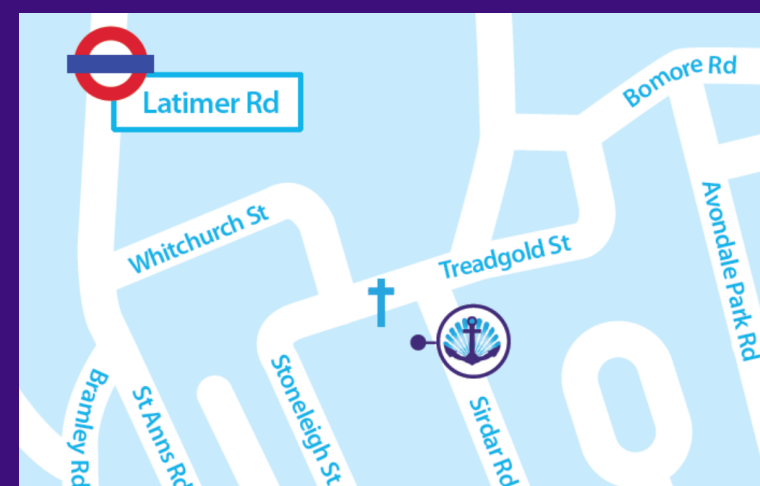
Phone  
020 7221 8810



Email  
[reception@clementjames.org](mailto:reception@clementjames.org)



#### Where are we?



95 Sirdar Road, London, W11 4EQ

# What is Covid-19?

Covid-19 is an infectious disease caused by a virus. Most people infected will experience mild to moderate symptoms such as a cough or a fever without treatment. However, older people and those with underlying medical problems are more likely to develop a serious illness.

## How can I help stop it spreading?

To help stop the spread, the government is advising that we:

- **stay at home** (only go outside for food, health reasons, or essential work)
- **stay at least two metres away** from other people at all times when not at home
- **wash hands** as soon as we get back home
- **do not meet others**, even friends or family

You can find the latest advice at [www.gov.uk](http://www.gov.uk)

NHS advice is to:

- **wash your hands often** with soap and water for at least 20 seconds
  - **use hand sanitiser** if soap and water are not available
  - wash your hands as soon as you get home
  - **cover your nose and mouth** with a tissue or your sleeve (not your hands) when you cough or sneeze
  - **put used tissues in the bin** immediately and wash your hands afterwards
- Do not touch your eyes, nose or mouth if your hands are not clean

## What support services can I access in RBKC?

RBKC Covid-19 Hub - **020 7361 4326**  
Food and drink distribution of Government packages for the most high risk RBKC residents  
[c19@rbkc.gov.uk](mailto:c19@rbkc.gov.uk)

Age UK K&C - **020 8969 9105**  
Food and basic essentials distribution and support service for those aged 65+ without any local support networks

Notting Hill Methodist Church Foodbank  
**020 3728 9003**  
Tuesdays 11 am - 1 pm  
Fridays 1 pm - 3 pm  
[kensingtonchelsea.foodbank.org.uk](http://kensingtonchelsea.foodbank.org.uk)

Early Help - **020 7598 4601 / 020 7361 4129**  
Help for families to manage emerging difficult circumstances  
[earlyhelp@rbkc.gov.uk](mailto:earlyhelp@rbkc.gov.uk)

## What online resources are available?

[doctorsoftheworld.org.uk](http://doctorsoftheworld.org.uk): For Covid-19 NHS and lockdown information translated into different languages

[mencap.org.uk](http://mencap.org.uk): For Covid-19 information in an easy to read format

[mind.org.uk](http://mind.org.uk): For information about how to manage your mental health at home

[nhs.uk/oneyou/every-mind-matters](http://nhs.uk/oneyou/every-mind-matters): For tips, guidance, and information on how to look after your mental health

[youtube.com - PE with Joe](https://www.youtube.com/watch?v=PEwithJoe): Free PE class Monday - Friday 9 am for children (and adults!)

[youngminds.org.uk](http://youngminds.org.uk): Online support for young people's mental health during the Coronavirus pandemic

[tes.com](http://tes.com): Free resources for teaching children at home

[manybooks.net](http://manybooks.net): Free ebooks available to read online and download