



Shop & Drop Scheme

Family Friends has set up a new scheme to support current, past and new families through this uncertain time.

The Shop & Drop scheme is available to families who are supported by the charity and self-isolating or finding it difficult to get out. Volunteers will shop on behalf of the family and they may also collect items such as prescriptions or Foodbank parcels.

Families should have received a text message, but if you have not or have missed it and want to find out more information, please email shopdropscheme@familyfriends.uk.com with the following information:

1. Your name
2. Telephone number
3. Email address

Thank you to the volunteers who have signed up to the scheme, it wouldn't be possible to support families without your help. If you would like to get involved please email: shopdropscheme@familyfriends.uk.com



For up to date government guidance visit

www.gov.uk/coronavirus

For Borough specific news visit



London Borough of Brent

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



London Borough of Hammersmith & Fulham

www.lbhf.gov.uk/health-and-care/coronavirus-covid-19-latest-information-and-advice



The MBE for volunteer groups



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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

Ideas For Activities...

Easter Bunny Corner Bookmark–DIY Origami for Kids

This Easter Bunny corner bookmark is a perfect little Easter origami for kids to make.

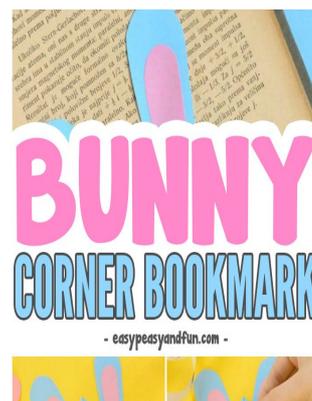
Folding your own corner bookmark is a great way to encourage reading too, as in the end this lovely project will have to find it's place in a book the kids will read.

What you need:

*origami paper (or regular paper cut into a square) – pastels colours work great for Easter – we went for blue and pink. *wiggle eye stickers *white paper *black marker *scissors *glue

For an easy to follow tutorial video and written instructions go to:

www.easypeasyandfun.com/easter-bunny-corner-bookmark/

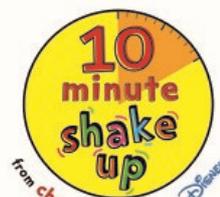


10 minute shake up: Indoor activities for kids

Go to www.nhs.uk/change4life/activities/indoor-activities for loads of great indoor children's activities and games for them to play so they can still get the activity they need even when they cannot get outside.

Useful tips from YoungMinds

For tips on how to talk to your child about coronavirus or looking after yourself while self-isolating go to www.youngminds.org.uk



RBKC Services for families with children under 5

While all children's centres are closed until further notice RBKC services are committed to supporting you and your family. They have Under 5 home play resource packs for you to do with your children. To arrange collection or delivery of your packs telephone: 020 7938 8400. For more info visit www.rbkc.gov.uk/kb5/rbkc/fis/family.page?familychannel=2



Easy flatbreads 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. Catch all the episodes on www.channel4.com/programmes/jamie-keep-cooking-and-carry-on

Ingredients:

* 350 g self-raising flour, plus extra for dusting * 1 teaspoon baking powder * 350 g natural yoghurt * Garlic and herb butter (optional) * 2 cloves of garlic * Bunch of fresh soft herbs (e.g. parsley, tarragon, basil, dill) * 40 g unsalted butter

Makes 12 Cooks in 35 minutes

Method

Add all the flatbread ingredients to a mixing bowl and mix together with a spoon, use hands to pat and bring everything together.

Dust a clean work surface with flour, tip out the dough. Knead for a minute or so to bring it all together. Put the dough into a floured-dusted bowl and cover with a plate and leave aside.

If making the garlic butter: peel the garlic cloves and crush them with a garlic crusher. Pick the herb leaves onto a chopping board and finely chop them, discarding the stalks. Melt the butter in a small pan over a medium heat, then stir through the garlic and chopped herbs and set aside.

Dust a clean work surface and rolling pin with flour, divide the dough in half, then divide each half into 6 equal-sized pieces (roughly the size of a golf ball).

With your hands, pat and flatten the dough, then use a rolling pin to roll each piece into 12cm rounds, roughly 2mm to 3mm thick.

Use a knife to cut 6 lines into the centre of each round, leaving about 3cm at each end

Place the griddle pan on a high heat, then once hot, cook each one for 1 to 2 minutes



on each side, or until bar-marked and puffed up, turning with tongs.

Brush the flatbreads all over with herby garlic butter as they come off the griddle drain and toss with your chosen sauce.