



Information for Families



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## Turn2us – Fighting UK Poverty

Turn2us is a national charity providing practical help to people who are struggling financially. Anyone can be put into a real financial crisis, which is why they can help you find the support you need to get back on track. The **Benefits Calculator** takes less than 10 minutes to complete and it will tell you which means-tested benefits you may be entitled to, including tax credits. The **Grants Search** can help you look for funds that might be able to give you a grant or other types of help. Go to [www.turn2us.org.uk/About-Us](http://www.turn2us.org.uk/About-Us) to find out more.



## COVID Infections in the UK Today

The COVID-19 Symptom Tracker app has been developed by King’s College London and health science company ZOE. 2,982,715 participants have downloaded the app and they are using it to regularly report on their health, making it the largest public science project of its kind anywhere in the world.

Using this app will help the NHS and contribute to vital research on COVID-19. By combining the reports with software algorithms, they are able to predict who has the virus and track COVID infections across the UK. Daily reporting is also being used to generate new scientific understanding of the very different symptoms the virus causes in different people. They are also studying the way that risks vary between individuals because of their own personal characteristics. Visit <https://covid.joinzoe.com/about> to read about the research, listen to webinars, and read the academic papers that are being produced.

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 & 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)



For up to date government guidance visit  
[www.gov.uk/coronavirus](http://www.gov.uk/coronavirus)



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

## Helping Families to Help Themselves

Covid-19: 4th Edition – Newsletter 8 May 2020

# Ideas For Activities...

## Simple Science activities at Home—Imperial College London

Imperial College London have sourced and handpicked their favourite science activities for you to do at home during the lockdown. They bring new ideas for you to do together at home as a family. When trying these activities, the most important thing is to be safe, ask questions and have fun! Other than that, it really doesn't matter if an experiment works or not. Science is about trying something out and seeing what happens, not about always getting it right.

### Make a T-Rex (9 + years)

[www.nhm.ac.uk/discover/origami-tyrannosaurus-rex-dinosaur.html](http://www.nhm.ac.uk/discover/origami-tyrannosaurus-rex-dinosaur.html)

This activity from the Natural History Museum uses paper to make a dinosaur model. Why not colour it in? You can even make it a glittery dinosaur if you like! You will need two pieces of square paper. Origami often uses square paper, so once you know how to make a square you can do lots of other projects too.

### Make a mind-bending mask (5 + years)

[www.rigb.org/families/experimental/hollow-masks](http://www.rigb.org/families/experimental/hollow-masks)

In this activity from the Royal Institute you get to make a mind-bending hollow mask. This activity will need a balloon, newspaper and some glue. As well as making a mask you'll learn more about how our brain understands shapes and faces. In this example the mask is painted on the inside. You could always paint on the outside too, so you have two masks in one.

As ever, you can share your creations and experiments with them on social media by tagging them on Twitter - [@InventionRooms](https://twitter.com/InventionRooms)

## Covid-19 family Survival Pack

Here are a couple of cheap, easy and fun activities to do at home:

- 1) Make music with bottles or glasses filled with water. Line 5 glasses up. Fill the first with a little water and gradually fill each glass up with more water (add food colouring for more interest). Notice how the tones are different. The glass with the most water has the lowest tone and the least water has the highest tone.
- 2) Cut out letters and faces from newspapers/ old magazines. Cut out single letters and jumble them up to make poems or nonsense sentences, or for smaller children put together different eyes, hair, noses and mouths etc to make strange faces.
- 3) Get wet! Fill up the kitchen sink with water and bubbles and let the children wash up/ get wet! Children love playing with water and pouring, so fill it with plastic jugs and cups. The bath is great for this as well. You can get washable paints, so if you dread the thought of mess, get them to do all the messy play in the bath.

## Lockdown Gardening Ideas

### If you have soil:

Don't throw away sprouting old potatoes - pop them in the earth and grow a whole new plant. The same goes for garlic or ginger.

### If you don't have soil:

Wash out an old jam jar and put in some tissue or cotton wool. Put in a dried pea or bean or some mustard or cress seeds and put them on a sunny windowsill and keep the tissue damp. If you have an avocado stone, balance it on top of a jar or glass with its bottom hanging in the water and watch it grow roots.



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