



How To Make A Cloth Face Covering To Wear

Wearing a face covering:

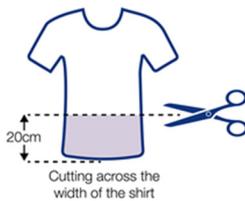
A cloth face covering should cover your mouth and nose while allowing you to breathe comfortably. It can be as simple as a scarf or bandana that ties behind the head. Wash your hands or use hand sanitiser before putting it on and after taking it off. Avoid touching your eyes, nose, or mouth at all times and store used face coverings in a plastic bag until you have an opportunity to wash them. Do not touch the front of the face covering, or the part of the face covering that has been in contact with your mouth and nose. Once removed, make sure you clean any surfaces the face covering has touched. You should wash a face covering regularly. It can go in with other laundry, using your normal detergent. When wearing a face covering, take care to tuck away any loose ends. Follow government guidance at:

www.gov.uk/government/publications/how-to-wear-and-make-a-cloth-face-covering/how-to-wear-and-make-a-cloth-face-covering

Making your own face covering: Using a T-shirt

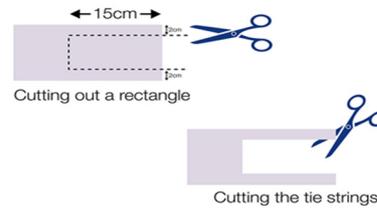
You will need 1) an old T-shirt that you do not want anymore (ideally size small or extra small) and 2) scissors

Step 1: Cut a straight line across the width of the T-shirt (front and back) approximately 20cm from the bottom of the T-shirt.



Step 2: From a point 2cm below the top right-hand corner of the fabric, make a 15cm horizontal cut through both sides of the fabric that is parallel to the top of the rectangle.

Step 3: Cut down towards the cut that runs parallel to the bottom of the fabric to make a rectangle that can be discarded.



Step 4: To make the ties, cut open the edge of the 2 long strips of fabric. Unfold the main piece of fabric and place over the mouth and the nose. The 4 strips act as ties to hold the cloth face covering in place and should be tied behind the head and around the neck.



Tying the strings behind the head, and round the neck

Making a face covering can be a fun activity to do as a family! We would love to see our Family Friends families making them. Please email info@familyfriends.uk.com a picture of you or your family members wearing your face covering. Each picture received will win a £10 Sainsbury's voucher, one entrance per family. Deadline end June.

For borough specific news visit



London Borough of Brent
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



London Borough of Hammersmith & Fulham
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



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Helping Families to Help Themselves

Ideas For Activities...

Brent Youth Theatre—Online Classes

Brent youth Theatre is an inclusive performing arts service delivered by Unique Community Charity bringing young people of all abilities together. In response to the Covid-19 pandemic they have delivered three online courses for young people from Brent and the surrounding boroughs to #keepupcreativity. All session will be delivered via ZOOM.

Scriptwriting—Weekly script-writing sessions online focusing specifically on developing new and imaginative stories with young people. They will develop a script over the coming weeks that will hopefully turn into a full length original play. Every Tuesday, Ages 7-11: 2pm-3pm, Ages 11-16: 3.15pm—4.15pm.

Drama Online—Weekly online class for two age group that will use drama to calm and distract. Participants will do: breathing, vocal, movement, character and story creation activities and play lots of games! We aim to develop a new show with the young people. Every Wednesday, Ages 7-11: 3pm-4pm, Ages 11-16: 4.15pm—5.15pm.

Creative Storytelling—Interactive storytelling sessions based on a different children's book each week with drama and drawing exercises based on the the themes and characters. Every Friday, Ages 5-8: 12pm—1pm.

Further information go to www.brentyouthzone.org.uk/providers/brent-youth-theatre-online-classes/



Cheap, Easy & Fun Activities To Do at Home

Dressing up Box. You don't need to buy expensive dressing up clothes, just hold on to some of your clothes if you're having a clear out. Children love wearing adult clothes. You can cut off legs of long trousers or use safety pins to make things fit better. Collect them all in a box or bin liner (including any old jewellery or hats you don't want) and see if your children can create a play or show. Let their imaginations run wild.

Doctors and Nurses. Line up the teddies and dollies (or Mums or Dads!). Collect some cotton wool balls, medicine spoons, a little mirror, a spare plaster or anything else that looks vaguely medical (a spare roll of loo paper for bandages?) and decide what is wrong with each patient and begin the checks. Temperature, heartbeat, ear, nose, throat, broken bones or other stranger made up complaints such as a dinosaur bites. Help smaller children with their bedside manner!

Tennis competition

Tennis is one form of sport that can be played under current government guidelines. To get more children playing tennis, we have some tennis rackets kindly donated by a past Family Friends volunteer. To win one all you need to do is answer the following 2 questions:

- 1) Who won the Men's singles at Wimbledon 2019?
- 2) Who won the Women's singles at Wimbledon 2019?

Please email your answers to info@familyfriends.uk.com



Traffic light chicked shish kebabs by BBC GoodFood

Ingredients

- ◆ 6 chicken breasts, chopped into large chunks
- ◆ 2 each red, orange and green peppers, deseeded and chopped into large chunks
- ◆ warmed flatbreads, chopped tomato and lemon wedges to service
- ◆ For the marinade and sauce:
 - ◆ 2 garlic cloves, finely grated
 - ◆ 300g natural or greek yogurt
 - ◆ 1tbsp paprika
 - ◆ 3 tbsp ketchup.

Method

1. Make the marinade by mixing all of the ingredients together in a large bowl. Spoon a third of the mixture into a smaller bowl, then cover and chill until needed. Stir the chicken into the marinade and set aside for 20 mins. *Can be chilled for up to two days, covered.*
2. If using wooden skewers, soak them in water for 1 hr before using. Alternately thread the peppers and chicken onto the skewers until you have 6-8 kebabs. You can do this in advance if you like, and chill the kebabs until needed.
3. Heat a barbecue to medium, or until a thin layer of coals has turned grey. Cook the kebabs for 10 mins, turning occasionally, until the chicken is charred and cooked through. Serve the kebabs with the reserved yogurt sauce, warmed flatbreads, chopped tomatoes and lemon wedges on the side.



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