

# ESSEX CHILDREN IN CARE COUNCIL

Hi

We hope you are well.

we wanted to get in touch to let you know that because of what is happening with Coronavirus there may be some changes in the way we keep in touch with you.

Staying in touch with each other is important at this difficult time and there are lots of other ways we can do this if we are unable to visit you in your home or where you live. It might be that we decide to talk over the phone, text or Facetime or even send letters to each other. You and your worker may want to talk together with your parent or carer so we can plan this together in a way that works well for all of us.

We are here to talk through any worries and concerns you may have.

If you want to talk or get in contact with us, call your social care worker

If they miss your call, please leave a message or text me and they will get back to you as soon as they can.

There might be times when they are not at work but you can call the **Duty Team**

You could also contact the Involvement Service on [involvement@essex.gov.uk](mailto:involvement@essex.gov.uk)

If it is really important for you to speak to someone straight away please call the **Duty Team**, someone will answer this between 9-5.30pm.

After this time someone will talk to you on the Emergency Duty Team

You could also speak to another person you trust who can get in touch with us too.

I will be in contact soon