

The HHP (Homeless Health Project) is a health project commissioned by LBHF which aims to improve the access to healthcare and reduce the health inequalities of people experiencing homelessness across Hammersmith and Fulham. This includes rough sleepers, people living in supported accommodation and those who may be at risk of homelessness.

There is a lot of information going around at the moment about COVID-19 (coronavirus) from different sources. This newsletter provides relevant info, updates on changes to services and useful tips for those living or working in Hammersmith and Fulham.

Key things to remember

Now that some of the lockdown restrictions are being slowly lifted in the UK the impact of anxiety can still be an issue.

The term *Coronaphobia* is being used to describe the fear of returning to normality; a fear that is completely understandable given the big changes that have happened & constant media stories circulating.

Anxiety UK have provided guidance for people:

1. Get back into some form of routine – whatever that means to you individually. Start pre-planning & structuring your days.
2. Continue to observe social distancing, for example, take an extra 30 seconds for someone to pass at a safe distance.
3. Take time to get used to everything going on. It's OK to allow yourself to slowly move back into your pre-lockdown routine.
4. Don't tackle everything in one go, for example, if you are anxious about taking public transport, try to do this at quieter times in the day.

Service Updates

Homelessness & Multiple Disadvantage Training

Homeless Link are running a free training on understanding factors that may affect decision making during the COVID-19 crisis. This includes past experience & hidden brain injury. The webinar will look at:

- Why not everyone is able to stay indoors, exploring factors such as institutionalized understanding of risk, the effect of hidden brain injuries & exploitative support or fear of reprisal.
- What may hinder decision making & ways to support individuals to improve
- Guidance on supporting assessments such as Mental Capacity Act, when unable to do a face-to-face assessment due to social distancing
- The transition period from temporary accommodation as the crisis eases.

Sign-up to Homeless Link to access resources www.homeless.org.uk/membership

CPD E-learning Opportunities

Social Care Institute for Excellence (SCIE) aims to improve the lives of people by co-producing, sharing & supporting the use of the best available knowledge & evidence about what works in practice.

Along with transformation, training & consultancy SCIE provide courses for care providers, which can be accessed online. Topics range from infection control to safeguarding adults. There is a small fee for the e-learning but courses are accredited for CPD.

For more info please visit the website: www.scie.org.uk/e-learning

Hammersmith & Fulham Guidance on COVID-19

Mental Health Awareness Week

This week is **Mental Health Awareness Week** (18th-24th). The theme is kindness & looking out for each other.



Kindness strengthens our relationships, develops community & deepens solidarity. Examples of things anyone can do:

- Call a friend you haven't spoken to in a while
- Send a letter or text to someone you are out of touch with
- Check on someone who is on their own or going through a tough time
- Offer to help someone who is vulnerable

Mental Health Foundation Kindness Matters Guide:
www.mentalhealth.org.uk/campaigns/mental-health-awareness-week/kindness-matters-guide

If you have any info you would like to see added to the newsletter or if you want to provide an update on a service then please just let me know on:

Tel: 07701 391 069

Email: Richard.Banks@mungos.org

New Local Information

HF Mental Health Support

HF Richmond Fellowship Employment & Wellbeing Service are providing telephone check-in services for vulnerable clients who suffer from varying mental health issues. This is open from **Mon-Fri from 9am-5pm**.

If anyone needs help during this difficult time please contact using this message link:
www.hfemploymentandwellbeing.org.uk/contact/

HF MIND have a number of resources available on their website including managing anxiety during COVID-19 & staying well while working from home. They also include a directory a local emergency numbers for mental health & Mental Health Awareness Week info: www.hfmind.org.uk/

Food Shopping & Mental Health

In addition to anyone with a health condition receiving support, anyone who is finding it hard to get their food shopping done at the moment because of their mental health please contact an **NHS Volunteer Responder** on **0808 196 3646**

Virtual Activities in HF

Outside Edge Theatre Company focuses on improving the lives of people affected by any form of addiction. OETC have an online weekly schedule of activities for service users:

- ❖ **Tues** – Theatre Club (6.30-8.00pm)
- ❖ **Weds** – Write Now (3.30-5.30pm) & Drop-in Drama (6.30-8.30pm)
- ❖ **Thurs** – Women's Drama Group (12.30-2.30pm) & Virtual Theatre Trip (7.00pm-)
- ❖ **Fri** – Peer Led Check-in (1.00-3.00pm)

To express your interest in the above activities please complete the form here:
<http://edgetc.org/participation/register-to-join-workshops/>

Contact details

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Tel: 07701 391 069

www.mungos.org

St Mungo Community Housing Association, a company limited by guarantee
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Ending homelessness
Rebuilding lives