

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 spending time outside becomes more regular it is important to remember to remember to stay safe in the sun – particularly with the nice weather we have been experiencing. Please remember to follow this advice:

- ❖ Spend time in the shade between 11am-3pm
- ❖ Make sure you never burn
- ❖ Cover up with suitable clothing & sunglasses
- ❖ Use at least factor 30 sunscreen
- ❖ Stay hydrated

The NHS and British Skin Foundation have more guidance on things to remember in the sunny summer months.

www.nhs.uk/live-well/healthy-body/sunscreen-and-sun-safety/

Service Updates

Anxiety/Depression Training

EASL (Enabling Assessment Service London) will be running a free online staff training on Anxiety/Depression. This will be on **Thursday 11 June** from **10am-1pm**.

The aims of the session are:

- To better understand depression and anxiety, including different diagnoses, causes, what's normal, what's problematic
- Learn the symptoms and how to identify them
- Learn how to assess risk and plan accordingly
- Learn what treatments are on offer
- Consider what you can do to help

If you are interested in reserving a place on this training please contact **Richard Banks** (Richard.Banks@mungos.org)

Mental Health First Aid



Homeless Link are running free weekly Mental Health First Aid guidance for hostel staff & volunteers. This session aims to provide an intro to mental health first aid, as well as practical advice for supporting yourselves & others during this difficult time.

Sessions are on **Thursdays** from **2.15-3.15pm**. To book yourself onto these session please go to: www.homeless.org.uk/mental-health-first-aid-guidance-for-hotel-staff-and-volunteers

Hammersmith & Fulham Guidance on COVID-19

COVID-19 Welfare Checks

Groundswell Homeless Health Peer Advocacy service supports people experiencing homelessness to address health issues. The team will carry out calls to check-in with people around their health & whether they need COVID-19 or other health support.

Each person will receive an initial call from a Care Navigator who will collect info around COVID-19 risk, understanding symptoms, ability to self-isolate & other health issues that the person may need support with.

After this initial call anyone who wants regular check-ins will be assigned a volunteer, who will then carry out the welfare check calls at agreed times. Volunteers will:

- Check how the person is
- Ask if they have any symptoms and whether they are facing any issues around self-isolating
- See if there are any other health issues, they need support with
- Signposting, referrals & support

Referrals are accepted from anyone working in homelessness or health services. Please complete the referral form & email it to hpa@groundswell.org.uk. For more info please call Groundswell Homeless Health Peer Advocacy on **020 7725 2581**

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

Oral Health

With there being some uncertainty of when dentists will reopen fully **CLCH (Central London Community Healthcare)** have provided some guidance on tooth brushing. Please find attached with this newsletter guidance from Oral Health Foundation.

My-Mind TV

HF MIND have created a free TV Channel to upload resources & helpful videos to assist people experiencing mental health issues. Videos include:

- ❖ Services offered
- ❖ Wellbeing tips
- ❖ Info for parents
- ❖ Info for adults
- ❖ Advocacy info

New content is added every week & leaflets & posters with QR codes for the channel have been developed.

To access the channel, simply click on this link: <https://my-mind.tv/>. For more info please contact Arti on arti.modhwadia@hfmind.org.uk

Meals for the Elderly, Homeless, Vulnerable

Peer Drops is a non-profit emergency food delivery organisation in West London. With access to fresh food difficult for some people, Peer Drops deliver freshly prepared nutritious food for those in need during the COVID-19 crisis.

Chefs prepare fresh meals every day & volunteers deliver them to those in need 7 days a week.

To order a meal please contact **020 3286 5757** or contact@peardrops.co.uk. For more info please visit the website: www.peardrops.co.uk

Contact details

Broadway Centre, 13 Market Lane, W12 8EZ
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