



## **News from Justlife** a Frontline Network Partner



### **Coronavirus (COVID-19) email update (28th April)**

Here are the latest updates...

If you want to be added to our mailing list (you may have had this forwarded to you from a colleague) or want to share anything as part of this email please contact: [kate@justlife.org.uk](mailto:kate@justlife.org.uk)

Kate and Simon  
Brighton & Hove Frontline Network Team

## Local news

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### Food & Supplies for People who are Homeless

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Food provision is still being coordinated for certain groups placed in temporary/emergency/hotel/supported accommodation. We will keep you posted if there are any significant updates re this.

Also don't forget, for others needing support accessing food **Brighton and Hove Food Partnership** have lots of information. This [link](#) takes you to their general COVID-19 update page, and [here](#) is the link about accessing emergency food parcels across the city.

### Fulfilling Lives South East

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**Fulfilling Lives South East** have just released an **'Initial Findings' report** on the impact of COVID-19

The report shares recent research and findings outlining how the COVID-19 outbreak has affected their clients and frontline workers, as well as how services and systems have responded to COVID-19 in the local area, and the subsequent impact these changes are having on people with multiple and complex needs ('MCN').

Fulfilling Lives are using this information to assess how best to respond to support people with MCN. If you are interested in them supporting you with a new piece of work, or sharing learning during this time, please do get in touch with: [lewis.edwards@bht.org.uk](mailto:lewis.edwards@bht.org.uk)

**They have launched a Fulfilling Lives Blog**

<https://southeastfulfillinglives.wordpress.com>

This will be regularly updated with the latest news and learning from FL South East.

## Update from Evolve - Brighton YMCA

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Evolve usually offers work and learning-related support, for those connected with a housing related support or homelessness service, in Brighton and Hove.

### Under the current circumstances Evolve are:

- Still taking referrals for 1-1 Coaching, which they are now doing via post, phone or online.

They work with people to explore their strengths and interests and shape goals around work, learning and volunteering.

These goals are client-led and can be broad or small - at this time, this can simply be supporting people to fill time and take part in activities, and to build some blocks for when isolation ends; as well as planning for the future.

*To access this service please complete the [referral form](#). This can be a self-referral or by a support worker/provider.*

*However, Evolve can complete the form over the phone if need be – **their phone number has temporarily changed to 07873 164977.***

- Continuing a slimmer timetable of activity online - see [here](#) or join them on Facebook: **EVOLVE\_Brighton** for updates. This week they have Chair Yoga at 2 pm Tuesday 28<sup>th</sup> and a Virtual Quiz at 2p.m. on Thursday 30<sup>th</sup>. *If any other services would like to*

*participate in this timetable or have tutorials etc they could share please contact Georgia: [Georgia.Leigh@brightonymca.co.uk](mailto:Georgia.Leigh@brightonymca.co.uk)*

- Also offering virtual drop-ins with services/premises who still have shared household space. Please contact Georgia as above if interested. This could include mindful activity, book groups, music, quizzes, yoga...whatever can help keep people active and motivated at this time.

## **Brighton & Hove COVID help Directory launched**

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A [Brighton & Hove COVID help Directory](#) has been launched. This is a helpful directory of services for anyone living in the Brighton & Hove area for a whole range of issues including food, money, mental health and even technology.

## **Dentists**

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[Here's](#) some information about accessing dentists during this time.

## **Digital Brighton & Hove**

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Here are a couple of highlights that may be of interest:

Join **Citizens Online** and **AbilityNet** for an online event: [Remote Digital Skills Support and Accessibility Basics](#) (11am, 30th April) where they will be discussing how we can best support people's digital skills at this time, with a focus on accessibility.

Click [here](#) for all the latest updates from Digital Brighton & Hove.

And [here](#) are some more general coronavirus support resources from Citizens Online.

## Working from Home

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[Think Productive have some more dates for their webinars](#) full of useful tips on helping you get to grips with working from home.

## Wellbeing

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It's time to take a pause, here is the second blog from Abby Perrins - [Time to put down this heavy load and soak up some lightness and fun!](#)

*Abby worked as a frontline worker in homelessness and drug and alcohol services for 7 years - she has since trained as a counsellor and is passionate about using her experience and training to support frontline workers in managing their wellbeing. She facilitates reflective workshops for frontline workers in wellbeing and self care and was due to deliver a workshop as part of our Wellbeing Forum that we postponed last month.*

[Abby Perrins Counselling](#)

**This week's Homeless Link Feel Good Friday Webinar is for those who are managers:** [remote supervision and management](#) - it will focus on how managers can continue to support and sustain their team members remotely.

## Brighton & Hove City Council main COVID-19 page

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[here](#) is the link to the Council's main COVID-19 page.

## National news

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### National Frontline Network Team:

[Apply to the VRF - Emergency Fund](#)

[Join the C-19 Frontline Worker Support Forum](#)

### Homeless Link Resources and Information

#### ***Webinars/training:***

Homeless Link continue to run weekly online sessions, many of which are free. Click [here](#) for details of the latest sessions.



In addition to the now regular **Wednesday update webinars** and **Feel-good-Friday wellbeing webinars** this one may be of interest:

[ensuring safety of women experiencing homelessness during covid 19 crisis and beyond](#) (Thurs 30th April)

Also, Greg (Partnership Manager for London & South East) shared:

A **webinar aimed at frontline workers in supported accommodation settings** anywhere in the UK, hosted by the **Healthy London Partnership**, [Supporting Homeless Hostels in responding to COVID-19](#) (Wed 29th April 13.30-14.30)

#### ***Online Network:***

**COVID-19 Homelessness Response Online**

**Network.** Non members request to join from [this webpage](#).



**Find out what other local networks are doing across the UK, read the latest stories, search for events and explore what funding opportunities are available to you as a frontline worker.**

**You can also sign up to the latest news from the national Frontline Network [here](#).**

# The Brighton & Hove Frontline Network

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The Brighton and Hove Frontline Network is for local frontline workers who support people experiencing homelessness to come together and share ideas and expertise.

The Brighton and Hove Frontline Network is hosted by [Justlife](#) and is part of the national [St Martin's Frontline Network](#).



You are receiving this email because you have attended a Frontline Workers Network meet up or have asked to be updated or are someone we think may be interested.

[Registered](#) for the Frontline Network Monthly Enewsletter

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