



## News from Justlife a Frontline Network Partner



### Email update (12th May)

You may have noticed we've changed the name and subject line of these emails as we don't necessarily want to just focus on COVID-19 (although we're sure much of the subject matter will still be related to this).

We hope that in these coming weeks we can continue to serve frontline workers with information and resources that are both helpful to you as individuals, and those you support/the services you provide. On that note...

...there is still time to complete our **short survey** asking what you would like from this, your local Frontline Network, in the coming weeks and months.

And don't forget our **Blog series** written by **Abby Perrins** especially for us. (It's in the **Wellbeing** section.)

And remember, 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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## Let us know your thoughts...

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Here at the **Brighton & Hove Frontline Network** we recognise it's been a challenging few weeks as we all adjust to working during this current COVID-19 crisis.

With this in mind, we're asking if you could spend a couple of minutes letting us know how we can best support you as a Network during this time.

[Complete the survey here](#)

## Activity and Distraction Packs

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We are aware that services are putting together Activity and Distraction Packs for those they support during this time of social/physical distancing.

We wondered whether it might be helpful to connect those who are leading on this in their organisations - to give you the opportunity to link up; share resources; and ideas.

If you are interested in joining this group, or would like to know more, please contact [kate@justlife.org.uk](mailto:kate@justlife.org.uk)

In the meantime this document [Activities during lockdown.pdf](#) from **Homeless Link** is full of useful resources.

## Food Support

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In case you missed it last week, here's **Justlife's** [short guide](#) for Frontline Workers on **COVID-19 Food Support for people who are in the homelessness pathway**.

## Updates from Digital Brighton & Hove

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

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

## Wellbeing

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Why not take a few minutes to consider how your energy and wellbeing levels are during this difficult time? Whether on your own with a cup of tea, or meeting online with some colleagues, take a look at Abby's blog and reflect on, and discuss, some of the questions it asks. Wouldn't it be great to have more energy this time next week rather than less?

### **Abby Perrins - [Wellbeing Jug](#)**

*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 earlier in the year. [Abby Perrins Counselling](#)*

## Key Local Information/Help Pages

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Don't forget to check out this new [Brighton & Hove COVID help Directory](#) - full of services for anyone living in the Brighton & Hove area for a whole range of issues including food, money, mental health and even technology.

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

## National news

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### National Frontline Network Team:

Sarah Hughes, from Mayday Trust, talks to the Frontline Network about the importance of community and creativity during the COVID-19 outbreak - [Community, Creativity and a Pandemic](#)

And don't forget you can still apply to the [VRF - Emergency Fund](#) for

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



## Homeless Link Resources and Information

Homeless Link are providing an ever-growing list of helpful resources and updates that you can access [here](#).

And don't forget they are still running weekly online sessions, many of which are free. Click [here](#) for details of the

latest sessions.



The graphic features a light grey background. At the top left, there is a red outline of a speech bubble containing two smaller speech bubbles. To the right of this icon, the word "Community" is written in a red, sans-serif font. Below the speech bubble icon is a red outline map of the United Kingdom, including Great Britain and Northern Ireland. A large, thin red line starts from the bottom right of the map, loops around the right side, and ends at the top of the speech bubble icon.

[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

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

Our mailing address is:

Justlife  
1479-1489 Ashton Old Road  
Openshaw  
Manchester, Eng M11 1HH  
United Kingdom

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