



News from Justlife a Frontline Network Partner



Email update (19th May)

Here are a few more updates and information that might be of interest.

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

Kate and Simon
Brighton & Hove Frontline Network Team

Local news



Thank you for letting us know your thoughts...

Thank you to those of you who completed our **survey** over the last couple of weeks. We will use your responses to inform our work plan over these coming weeks. **So, watch this space...**

Commissioning Team Weekly Updates

We thought it might be helpful to make people aware that Health & Adult Social Care Rough Sleeping and Supported Accommodation Service send out weekly updates to commissioned services, where information can then be shared with workers within the relevant organisations.

With this in mind, and to minimise duplication, these Brighton & Hove Frontline Network emails generally won't focus on sharing details of these communications. (Although we may share the odd thing that we think would be useful to this wider audience too).

If you are not receiving these updates please contact your programme/service manager.

Activity and Distraction Packs

Again, don't forget you can get in touch with Kate if you want to connect up with others who are working on **Activity and Distraction Packs**

If you are interested, or would like to know more, please contact kate@justlife.org.uk

Groundswell Research

Groundswell are undertaking research to understand the impact of COVID-19 on the lives of people experiencing homelessness.

The project aims to understand how COVID-19, and the response to it, is affecting the lives of people who are homeless and include the voices of people experiencing homelessness in the national and local decision-making processes.

If you are supporting someone who you think might be interested in getting involved and sharing their experiences, click [here](#) to find out more.

Wellbeing

Here are all **4 blogs** written by **Abby Perrins** over the last few weeks. We realise that many of you may not have had the opportunity to sit and read them, so we thought we'd share them again.

Maybe you could find a colleague to catch up with online and use these blogs as topics to chat through over the next few weeks.

- [What are you soaking up?](#)
- [Time to put down this heavy load and soak up some lightness and fun!](#)
- [Finding your anchors for managing stress and anxiety](#)
- [Wellbeing Jug](#)

Abby worked as a frontline worker in homelessness and drug and alcohol services and has since trained as a counsellor and is passionate about using her experience and training to support frontline workers in managing their wellbeing. [Abby Perrins Counselling](#)

Homeless Link have some more **free wellbeing focused webinars** coming up over the next couple of Fridays:

[Using effective time management to balance priorities and manage wellbeing \(10-11am Fri 22nd May\)](#)

More than ever, the effective use of time is important. Home and work life are now so entwined that we need to maintain a balanced approach in how to keep priorities in all aspects of our lives in their appropriate place. This webinar will explore some useful tips.

Pie at Home - creating a healthy remote working space (10-11am Fri 29th May)

COVID-19 has plunged many of us into homeworking at short notice. No matter how large or small our homeworking space may be, this webinar will give useful tips as to how to create a homeworking space that is psychologically informed, contributing to wellbeing and better productivity.

COVID-19 Homelessness Response Fund

This may be of interest to those of you with responsibilities for applying for funding in your organisations:

The **Ministry of Housing, Communities and Local Government (MHCLG)** has announced £6 million of emergency funding, which will be administered by **Homeless Link**, to provide relief for homelessness providers directly affected by the COVID-19 outbreak.

The application window is now open until Wed 27th May. Click [here](#) for more details.

Key Local Information/Help Pages

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.

Council's main COVID-19 page.

Digital Brighton & Hove - go here for updates on services and information that may be helpful for getting people online.

Brighton & Hove Food Partnership (emergency food and foodbank info)

National news

National Frontline Network Team:

The C-19 Frontline Worker Support Forum is an open space for frontline workers to start conversations and share solutions between hundreds of frontline workers across the United Kingdom.

[Join the Conversation Today!](#)

Below are a few of the most popular threads on the C-19 Frontline Worker Support Forum



Support For Frontline Worker Wellbeing

This thread has been created so that frontline workers can put forward suggestions on how to look after your wellbeing at this difficult time.

[READ MORE](#)



Good News and Positive Experiences

Do you have a positive example you would like to share with other frontline workers? Whether it is little or large, we welcome you sharing any successes or positive news from the frontline.

[READ MORE](#)



Local Authority Support

This space is to encourage Local Authorities across the UK to share best practice and good examples of how they are adapting their support to people experiencing homelessness during the COVID-19 pandemic.

[READ MORE](#)

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

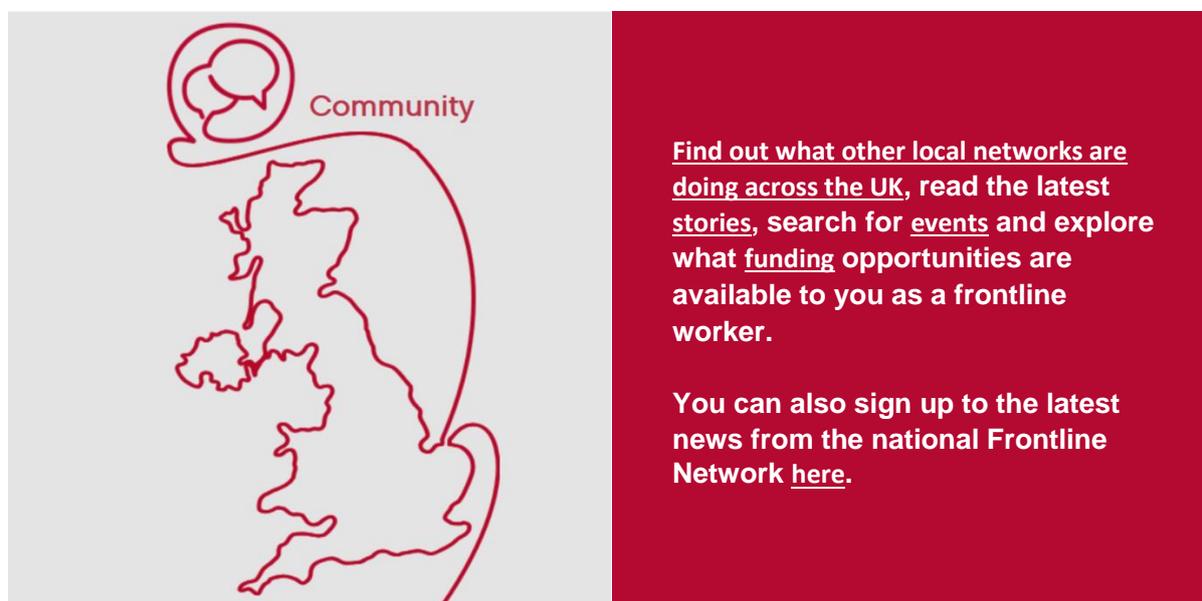
Homeless Link Resources and Information

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.

Here is a **free** webinar on **Thursday 21st May** that might be of interest:

[homelessness and multiple disadvantage - understanding factors that may affect decision making during the COVID-19 crisis.](#)



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](#).

