Homeless Health Project

Hammersmith & Fulham Guidance on COVID-19

Monday 22 June 2020

St Mungo's
Ending homelessness
Rebuilding lives
www.mungos.org

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

Below is the updated first aid guidance for people who are first aiders, when administering first aid:

- PPE should be worn when delivering first aid
- Where this it's not possible to maintain 2m distance disposable gloves & apron should be worn
- Where first aider is likely to come into contact with blood or bodily fluids they should wear a fluid-resistant surgical face mask & eye protection – these should be disposed after use
- Ensure equipment is readily available to first aiders along with resuscitation masks
- If casualty is conscious & it is possible for them to perform first aid on themselves i.e. cleaning wound & applying bandage supplies should be provided to them & staff should instruct them from a safe distance
- If casualty is unconscious first aider should wear PPE, apply mask to the casualty or place cloth/towel over victim's mouth & nose & carry out the first aid required

Service Updates

Substance Misuse Training

Turning Point are providing a free 2 hour substance misuse Zoom webinar for anyone living or working in HF, KC or Westminster on **Friday 17 July** from **10.30am-12.30pm**. By attending the sessions, participants will:

- Gain a greater understanding of the range & effects of substance use on physical & psychological health
- Be more aware of the signs & symptoms of overdose
- Different attitudes to substances & categories of substances
- Signs of substance misuse
- Where to get help

To register please complete the Eventbrite registration: **www.eventbrite.co.uk/e/substance-awareness-webinar-tickets-108103163472**

Addictions: Innovative Practice in COVID-19

The Faculty of Homeless & Inclusion Health are running a meeting discussing how clinicians have adapted during COVID-19 to care for homeless patients with addictions. The meeting will take place on **Tuesday 23 June 2020** from **5-6pm**. Creative ways of treating homeless patients during a pandemic will be discussed & tools to ensure positive care experiences for patients.

To register please complete the Eventbrite registration: **www.eventbrite.co.uk/e/faculty-for-homeless-and-inclusion-health-registration-108791761086?utm_campaign=post_publish&utm_term=shortLinkViewMyEvent&utm_content=EBLinkEvent&utm_source=eventbrite&utm_medium=email&mc_eid=a68a4bea62&mc_cid=c511527440**

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Oral Health Podcasts

While dentists have been given the go ahead to now reopen, dental surgeries have been closed for a number of months due to the pandemic. Along with a high number of people being scared or fearing the dentist it is important to maintain good oral health.

As part of National Smile Month the Oral Health Foundation has produced a series of oral health podcasts. This series can give people information about different important areas of oral health.

1. **Healthy Gums** – discussion about why healthy gums are important & what gum health looks like. Gum disease & tackling bleeding gums is discussed: https://soundcloud.com/oralhealth/healthygums
2. **Diet & Your Teeth** – discussion about the food & drinks that play havoc with our teeth. Some great advice about healthy alternatives is provided: https://soundcloud.com/oralhealth/the-oral-health-podcast-episode-two-diet-and-my-teeth
3. **Dental Erosion** – discussion on how common it is & what causes it. Looking at the consequences of erosion to our health & how we can go about preventing it: https://soundcloud.com/oralhealth/the-oral-health-podcast-episode-three-dental-erosion

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

Sexual Health

SASH (Support & Advice on Sexual Health) provide sexual health support for all residents 14+ in HF, KC & Westminster. SASH are committed to supporting everyone to engage in safer practices by raising awareness & increasing knowledge around sexual health.

All services (both group & individual support) are now delivered via online platforms or over the phone. The following activities are being offered in Jun & Jul:

- Managing you Sexual & Reproductive Health during COVID-19
- LGBTQ+ Youth Chatroom
- MTV Shuga – series of 4 workshops based on TV Drama: Love, Sex & Money
- Sex Education Quiz

For more info & to register please visit the website **www.SASHLondon.org** or Eventbrite page: **www.eventbrite.co.uk/o/sash-london-18485477853**

Eastern European Resources

Eastern European Resource Centre (EERC) aims to give a voice & resources to Eastern European migrants who experience poverty, exploitation & social exclusion in order to help them make choices about their lives & realise their potential as equal members of the community.

During the current situation EERC are working to help communities affected by the pandemic offering free information, advice & support via phone, email, WhatsApp or Skype. Information is also available through Facebook, YouTube & the EERC website: **www.eeac.org.uk/#/**

Posters are attached, available in English, Polish & Romanian. For more info please contact **Ana** on **07730 032 986** or **ana@eerc.org.uk**

Contact details
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St Mungo Community Housing Association, a company limited by guarantee
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