

Homeless Health Project Hammersmith & Fulham Guidance on COVID-19

Monday 29 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

NHS Test & Trace plays an important role in the fight against coronavirus.

Contact tracers will **only call you from the number 0300 013 5000**. Anyone who does not wish to talk over the phone can request the NHS Test & Trace service to send an email or text instead, inviting them to log into the web-based service.

All text or emails sent by NHS Test & Trace will ask people to sign into the contact tracing website & a reference number will be provided. It is advised people to **type the web address <https://contact-tracing.phe.gov.uk> directly into their browser**, followed by the reference number given to you, rather than clicking on any link provided in the message.

If you think you have been a victim of fraud, please report it to Action Fraud at www.actionfraud.police.uk or by calling **0300 123 2040**.

Service Updates

Homelessness Webinars

Healthy Partnership London (HPL) aims to make London the healthiest global city by working with partners to improve Londoners health & wellbeing.

HPL have recorded two free collaborative online webinars:

1. COVID & Primary Care with two fellows from **Pathway**
Please click [here](#)
2. About the patient Journey with **Groundswell & NW London**
Please click [here](#)

For more info on the HPL please visit the website: www.healthy london.org/

Alcohol Awareness Training

The Alcohol Service (TAS) by Change, Grow, Live (CGL) offers advice & support for those with issues around alcohol use in HF.

TAS are running webinars to provide a forum for their partner agencies & interested parties to raise their alcohol awareness. Topics will include:

- ❖ How alcohol units are measured
- ❖ What constitutes alcohol misuse
- ❖ Impacts of alcohol on health
- ❖ Why people drink – beliefs vs reality
- ❖ How to refer to TAS
- ❖ Treat pathways on offer

The training will be run 3 times on **02 Jul, 30 Jul & 10 Sept** all from **12.30-2.30pm**. To reserve a place on one of the sessions please click [here](#)

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Loneliness

The **British Red Cross** have launched a report showing that although social distancing & lockdown measures will continue to be eased, loneliness will remain, & for those most left behind, it may continue to grow. The lack of meaningful contact, a reduction of support & increased anxiety have exacerbated loneliness during the crisis. Please see full report attached.

Mental Health Foundation have provided tips on helping others who might be experiencing loneliness including getting in touch with someone who lives alone or might not have relatives or close connections to check in on them. A message or a phone call could make a big difference to someone who hasn't heard from anyone in a while

Across HF a number of COVID-19 **Mutual Aid Groups** (MAGs) have been set up by local residents to support residents during the current pandemic. The different MAGs, plus signposting to other services that can help with isolation, loneliness & low mood can be found online [here](#)

For more info on MAGs please contact the **HF CAN** service on **0800 145 6095** or can@lbhf.gov.uk

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

Football

MIND UNITED are a peer led organisation whose aim is to use sport as a medium to connect the community & reduce isolation. They aim to improve social, emotional, physical health & mental health by regularly meeting up for fun & friendly football sessions.

They have resumed their training sessions every **Saturday** from **12-2pm** following guidance from the FA i.e. socially distanced. To subscribe to the newsletter, find info on their FA Just Play Centre & to join Zoom meetings please email info@mindsunitedfc.com or visit the website [here](#)

Mediation Offer

Headspace is a meditation service aimed at improving people's mental health & increasing their happiness. They are providing free meditation tools through their **Headspace Plus** for those who are unemployed due to COVID-19 implications. This includes:

- Guided meditations & courses
- Mini meditations
- Sleepcasts, music & sounds to improve sleep
- At-home workout by expert trainers
- Daily bite-sized videos to inspire more mindfulness in everyday life

To sign up for this free service please complete the registration [here](#)

Gambling Support

GamCare is the leading provider for free info, advice & support for anyone affected by problem gambling. To speak to an adviser **24/7** please ring **0808 8020 133**

Additional Live Chat, Group Chat & Forum support is available too. For more info on these please visit the website [here](#)

Contact details

Broadway Centre, 13 Market Lane, W12 8EZ

Tel: 07701 391 069

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St Mungo's Community Housing Association, a company limited by guarantee
Charity No. 1149085 • Company No. 8225808 (England and Wales) • Housing Association No. LH0279

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