



## News from Justlife a Frontline Network Partner



### Coronavirus (COVID-19) email update (5th May)

Amongst the latest updates this week we have included a **short survey** asking what support you would like from this, your local Frontline Network, in the coming weeks and months.

Also, we bring to you the **3rd Blog by Abby Perrins**, which she has written especially for the Brighton & Hove Frontline Network. You can find it in the **Wellbeing** section below.

And finally, 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](#)

## Food Support

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**Justlife** have produced a [short guide](#) for Frontline Workers on **COVID-19 Food Support for people who are in the homelessness pathway** in Brighton & Hove or placed outside of the city (as far as we currently understand it!)

Visit **Brighton & Hove Food Partnership** for details on [Food Banks and Community Food Hubs](#).

## Training from Rise

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Rise are offering some online training **specifically for frontline workers in the homeless sector**. If you are interested in attending email:

[jen.pringle@riseuk.org.uk](mailto:jen.pringle@riseuk.org.uk)

*Weds 13th May - 10-12am (Basic DA training)*

*Thurs 21st May - 2-4pm (Trauma informed DA training)*

(please note spaces are limited)

## Offer from Antifreeze

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Steve Brunton, from **Off the Fence's Antifreeze**, is offering Chaplaincy/Pastoral Support to both clients, and those working with the homeless, in Brighton and Hove throughout this Covid19 crisis to help relieve stress, provide encouragement.

Email Steve at [steve.brunton@offthefence.org.uk](mailto:steve.brunton@offthefence.org.uk) to book a telephone or zoom appointment.

## Updates from Digital Brighton & Hove

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

**Citizens Online** are running weekly online sessions around supporting people with digital skills and helping them get online. [Here](#) you can find out details of upcoming sessions, plus access recordings of past sessions.

Did you know people can borrow e-Books, e-Audiobooks, e-Magazines, e-Comics and e-Newspapers from [Brighton & Hove City Libraries](#)?

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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Here is our third blog from **Abby Perrins** - [Finding your anchors for managing stress and anxiety](#).

*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](#)

**Mind in Brighton and Hove** have been releasing [Weekly Wellbeing Information](#) sheets, with each one focussing on one of '5 Ways to Wellbeing'. Keep an eye on their [news](#) page for the last the last one...

There is **no Feel-Good-Friday** webinar from **Homeless Link** this week as it's a **Bank Holiday!**

## Key Local Information/Help Pages

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[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:**

[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.

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

#### **COVID-19 Homelessness Response Online**

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



## 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

Our mailing address is:

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