

Holding Conversations about Health

Existing Resources & Training

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Produced by:

The National Practice Development Team

Published:

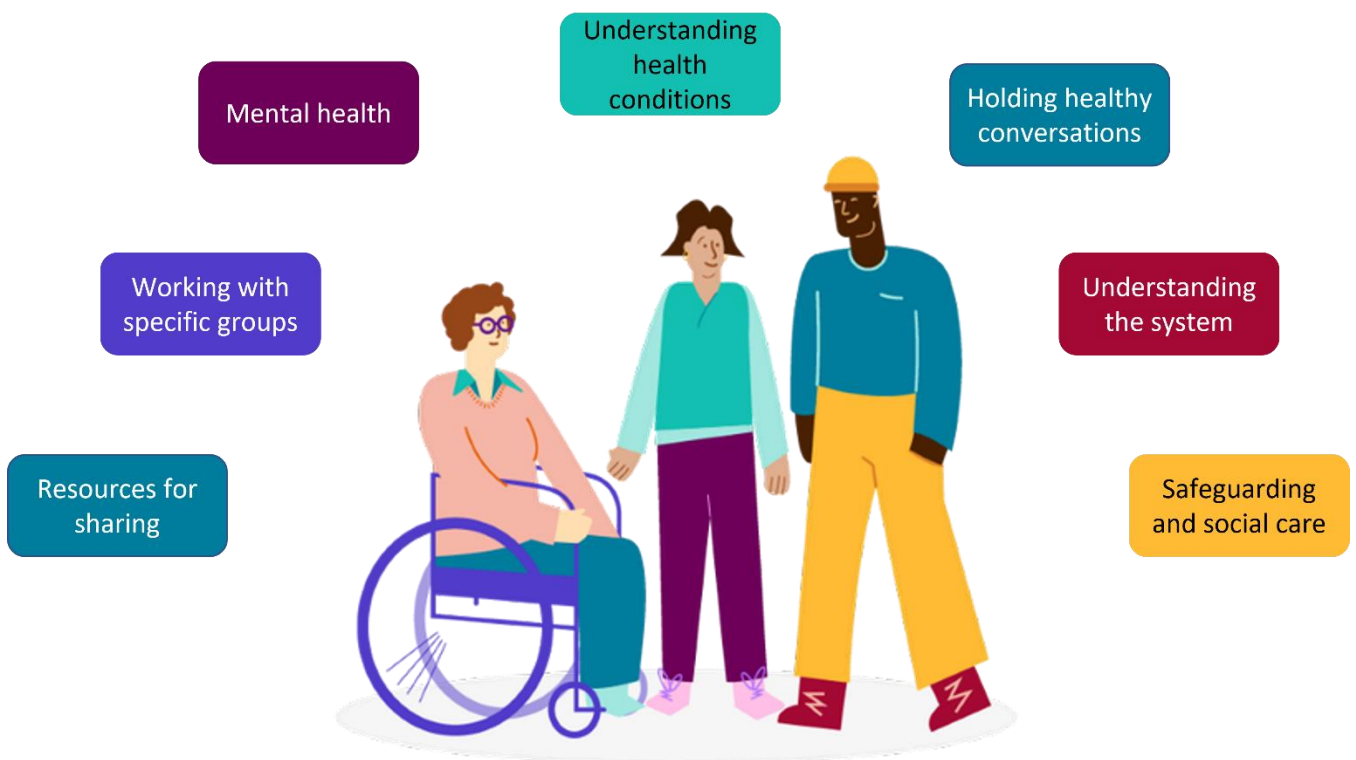
March 2023

Introduction

This guide has been produced to support those working in the homelessness sector to hold conversations about health with people experiencing homelessness. Whilst there is no expectation that workers should develop expertise on health issues, it is useful to have access to relevant information.

This guide contains resources on different topics, some of which are designed to be shared with people experiencing homelessness. Other resources are designed to help workers feel more informed. This guide is one of a suite of resources created within the 'Bridging the Health Gap' project.

To navigate this resource, please click on the titles in the image below to take you to that section. Recommended resources are marked with a *.



Resources for sharing with people experiencing homelessness.

Information and Resources:

Topic	Source	Link
Navigating health services	Groundswell	Information and printable cards
Healthy Eating	Groundswell	Workbook
Keeping Active	Groundswell	Workbook
Sleep & relaxation	Groundswell	Workbook
Accessing NHS Health Services for non-UK Nationals	Government	A government guide to accessing NHS health services for non-UK Nationals: covers entitlement & includes a case study from Doctors of the World.
Health issues and access to care	Doctors of the World	A range of leaflets in 66 different languages designed to explain health issues and access to care.

Working with specific groups

Available Training Courses:

Training topic	Source	Link
Gypsy and traveller cultural awareness*	Friends, Families and Travellers (paid)	4 online training modules *Recommended course.
Cultural Competence	Royal College of Midwives (Free)	E-Learning
Working with women experiencing complex needs*	Aneemo (paid)	Online training module, 2-3 hours *Recommended course.
Women experiencing homelessness	Homeless Link (paid)	Trainer-led live session either online or in person. Full day.
Black, Asian and Minoritised groups & homelessness	Homeless Link (paid)	Trainer-led live session either online or in person. Full day.

Information and Resources:

Topic	Source	Link
Working with refugees and asylum seekers	British Medical Association (BMA)	Guidance designed for medical professionals.
Survivors of torture and trafficking	Helen Bamber Foundation	Therapeutic support to survivors in Greater London. They also have a range of links to other useful resources on their website.
Survivors of Torture	Freedom from Torture	Therapeutic support to survivors in London, Birmingham, Manchester, Newcastle & Glasgow.
Supporting young trans people in homelessness services	Homeless Link	Briefing by Homeless Link & AKT.
Supporting LGBTIQ+ people in homelessness services	Homeless Link	Briefing by the Outside Project with Homeless Link
Learning disabilities and homelessness	Homeless Link	Toolkit written by Dr Anna Tickle at Framework & Opportunity Nottingham.

Mental health

Available Training Courses:

Training topic	Source	Link
Rough sleeper mental health awareness*	Aneemo (Free)	Pre-prepared online training modules to be completed individually. 2-3 hours. *Recommended course.
Mental health skills training	Aneemo (paid)	Pre-prepared online training modules to be completed individually. 2-3 hours
Mental health and homelessness	Homeless Link (paid)	Trainer-led live session online or in person. Full day.
Mental health first aid	Homeless Link (paid – qualification available)	Mixed self-directed and trainer-led online over two weeks. Leads to a qualification.
Mental health service interventions for people sleeping rough	Homeless Link (paid)	Mixed self-directed and trainer-led online over two weeks. Leads to a qualification.
Mental health navigating services	Homeless Link (paid)	Trainer-led live session online or in person. Full day.

Information and Resources:

Topic	Source	Link
Mental Capacity Act	Homeless Link	Webinar on Understanding the Mental Capacity Act
Mental Health resources	Homeless Link	Mixed resources on accessing mental health services and using the Mental Capacity Act
Mental health services assessments for rough sleepers	Homeless Link	Downloadable guide
Mental Health & PIP	Homeless Link	Downloadable guide

Specific health conditions

Available Training Courses:

Topic	Source	Link
Alcohol and tobacco brief interventions*	E-learning for healthcare (free)	Online E-learning. Not homelessness specific. *Recommended course.
Adverse childhood experiences*	Fairhealth (free)	Online training module. Recommended. *Recommended course.
Autism and homelessness*	Homeless Link (paid)	Trainer-led live session either online or in person. *Recommended course.
Covid 19 support	Aneemo (Free)	Online training courses
Drug and alcohol use	Homeless Link (paid)	Trainer-led live session either online or in person. Full day.
Suicide prevention*	E-learning for healthcare (free)	Online E-learning. Not homelessness specific. *Recommended course.
Suicide and self-harm	Homeless Link (paid)	Trainer-led live session either online spread across 3 dates or in person for a full day.

Information and Resources:

Topic	Source	Link
		Factsheet

Alcohol-related brain damage (ARBD)	Alcohol Related Brain Damage Network via Groundswell	Thiamine and ARBD Factsheet
	Groundswell work with City of Westminster	General resources for working with people who are dependent on alcohol
	Alcohol Change UK, Change Communication, City of Westminster and Groundswell	Identifying and addressing cognitive impairment in dependent drinkers
Anxiety	Groundswell	Printable leaflet
Anxiety disorder and obsessive compulsive disorder	Homeless Link	Recorded webinar
Autism and homelessness*	Homeless Link	Downloadable toolkit. *Recommended resource
	Homeless Link	Webinar recording on autism and homelessness
Bacterial infection	Groundswell	Printable leaflet
Brain injury	Homeless Link	Briefing on brain injury and homelessness
Breast cancer	Groundswell	Printable leaflet
Dementia	Homeless Link	Resources from Homeless Link's Dementia training programme a handbook
Diabetes	Groundswell	Printable leaflet
Drugs, alcohol and wellbeing	Groundswell	Printable leaflet
Eye health	Groundswell	Printable leaflet
Foot health	Groundswell	Printable leaflet
GP Preventative care: screening and vaccinations	Groundswell	Printable leaflet
Hepatitis C	Groundswell	Printable leaflet
	Homeless Link	Information page and briefing
Illegal highs	Groundswell	Printable leaflet
Men's health	Groundswell	Printable leaflet
Monkey pox	Groundswell	Printable leaflet
Mouth care	Groundswell	Printable leaflet
	Doctors of the World	Downloadable leaflet

Mouth health	Groundswell	Printable leaflet
Palliative Care	Marie Curie	Online toolkit
Safer injecting	Groundswell	Printable leaflet
Sleep	Groundswell	Printable leaflet
Smoking	Groundswell	Printable leaflet
Understanding speech, language and communication needs	Homeless Link	Recorded webinar
Ulcers	Groundswell	Printable leaflet

Holding healthy conversations

Available Training Courses:

Training topic	Source	Link
Alcohol: supporting people dependent on alcohol	Homeless Link (paid)	Trainer-led group session online, in person, public or in-house within your organisation. Full day
Making All Contacts Count through Advocacy (MACCA)*	Groundswell (paid)	Contact Groundswell for more information. *Recommended course
Trauma-informed approaches	Aneemo (paid)	Pre-prepared online training modules to be completed individually. 2-3 hours
	Homeless Link (paid)	Trainer-led live session online or in person. Full day. <ul style="list-style-type: none"> Theory and principles In practice For Managers
Psychologically-informed environments	Aneemo (paid)	Pre-prepared online training modules to be completed individually, 3-3.5 hours
	Homeless Link (paid)	Trainer-led live session online or in person. Full day.
Strengths-based approaches	Aneemo (paid)	Pre-prepared online training modules to be completed individually. 2-3 hours
	Homeless Link (paid)	Trainer-led live session either online spread across 3 dates or in person for a full day.

Information and Resources:

Topic	Source	Link
5 tips for communicating with clients affected by	Groundswell	Information document

alcohol-related brain damage		
Strengths-based practice	Homeless Link	A range of resources on a strengths-based approach and how to apply it in practice
	Homeless Link	Animation showing the principles of a strengths-based approach
Trauma-informed care	Homeless Link	A brief introduction to Trauma-informed care for volunteers webinar and slides
	Homeless Link	An introduction to Trauma-informed care and psychologically-informed environments
Self advocacy	Groundswell	Printable leaflet
Which health service	Groundswell	Printable leaflet

Understanding the system

Navigating Health Services: Leaflets, Information & Training:

Topic	Source	Link
Complimentary therapies	Groundswell	Printable leaflet
End of life care	Homeless Link	Training (not free). Trainer-led live sessions either online or in person. Full day
GP access	Groundswell	Printable leaflet
GP preventative care: screening and vaccinations	Groundswell	Printable leaflet
GP registration	Groundswell	Printable leaflet
Managing medication	Homeless Link	Downloadable briefing
Self advocacy	Groundswell	Printable leaflet
Structure of the NHS in England	Homeless Link	Downloadable briefing
Which health service	Groundswell	Printable leaflet

Safeguarding and social care

Information and Resources:

Topic	Source	Link
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Taking action when someone dies while street homeless.	Homeless Link	Downloadable briefing
Learning from Safeguarding Adults Reviews	Homeless Link	Downloadable briefing
Guidance on Safeguarding	Homeless Link	Downloadable briefing
The Care Act & Social Care Assessments	Homeless Link	Downloadable briefing

Accessing training and other resources

Finding and logging into training

Aneemo Courses:

Aneemo is a training organisation set up by Dr Emma Williamson, a leader in the development and delivery of psychologically informed environments and mental health support to homeless and multiply excluded populations.

The courses they offer are all online and are a mixture of video and written content. A small number of their courses are free of charge and others cost £36. Their rough sleeper mental health awareness course is free of charge and is recommended learning.

Sign up: To sign up for an Aneemo course you need to register on the website.

<https://www.aneemo.com/>

E-learning for Healthcare:

E-learning for Healthcare delivers a range of training courses for healthcare professionals, in association with various health-related bodies including Royal Colleges, Department of Health and Social Care, NHS England and NHS Improvement and Public Health England.

While the training is designed for healthcare professionals and does not focus on working with people experiencing homelessness or those with histories of complex trauma, some of the content may be of interest to those working in the homelessness sector.

To sign up you will need to create an account on the e-learning website. <https://www.e-lfh.org.uk/>

Homeless Link

Homeless Link is the national membership charity for organisations working directly with people experiencing homelessness in England. Their training is designed specifically for the homelessness sector.

They offer a range of courses on different approaches to homelessness including some healthcare related topics. All courses, whether online or in person, are live and led by an experienced trainer. There is a regular programme of [public courses](#) (some of which are free of charge) advertised on their website as well as the option to purchase [team training](#) to be delivered within your organisation.

Key websites and sources of information

Homeless Link

www.homeless.org.uk

Groundswell

<https://groundswell.org.uk/all-resources/resources/>

Doctors of the World

<https://www.doctorsoftheworld.org.uk/>

What We Do

Homeless Link is the national membership charity for frontline homelessness services. We work to improve services through research, guidance and learning, and campaign for policy change that will ensure everyone has a place to call home and the support they need to keep it.

Homeless Link

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www.homeless.org.uk
[@HomelessLink](https://twitter.com/HomelessLink)

Let's End Homelessness Together

