

MEDIA RELEASE

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Health fair targets families experiencing homelessness

A free health and wellbeing event has been organised for homeless and low-income families in Leicester by specialist public health nurse (health visitor) for homeless families, Maxine Jenkins (pictured).

The health fair takes place on Thursday 24 January from 9.30 – 11.30am at the Corner Club, 33 Belgrave Boulevard, LE4 2JD, and will provide homeless and low-income families, as well as the professionals working with them, with information about a range of available services focused on improving their health and wellbeing. Adults and children are welcome to attend, and hot drinks will be provided.



Services represented at the fair will include:

- **Leicestershire Nutrition and Dietetic Service**, providing advice on healthy eating
- **Stop Smoking Services**, who will advise on support to stop smoking
- **Healthy lifestyle support services**, who will talk about free gym, keep fit and dance classes available locally and will offer tailored programmes to individual needs

- **The Early Start Service**, which provides additional support for vulnerable families
- **Adult Mental Health Services**, who will offer relaxation sessions and provide advice about who to approach when you need support with mental health issues
- **Leicestershire Recovery College**, who will provide information about a whole range of free self-help courses available to those looking for support with emotional well being
- **Child and Adolescent Mental Health Service (CAMHS)**, who will offer specialist advice about mental health for children and young people
- **The Warm Homes Service**, who will give guidance on how to deal with damp and mould in a property

Maxine has worked as a public health nurse (health visitor) for homeless families for nearly 20 years. She is also a Queen's Nurse, and recently contributed to a [film](#) produced by the Queen's Nursing Institute (QNI) about this specialist role. She was also involved in editing a learning resource created by the QNI entitled 'Transition to Homeless Health Nursing', designed to equip other nurses and trainee nurses quickly with the specialist knowledge and experience required to provide targeted support for people experiencing homelessness.

Maxine says: "It's important that all nurses gain an understanding of the challenges faced when working with homeless families. The numbers of children living in homelessness, poverty and substandard housing is growing all the time, and with continued shortfall in housing and cuts to public health funding, nurses and health visitors are much more likely to meet families in their day-to-day work who need this level of support."

According to the QNI, 120,170 children were living in temporary accommodation due to homelessness in England in June 2017. Thirty seven per cent of children in the UK are expected to be living in poverty by 2022 under current economic projections. This compares to 13 per cent in 1979.

Media invitation:

You are welcome to come along to the event to take photographs and talk to the specialist practitioners. Should you wish to arrange an interview, please contact

Rosie Huckle, communications manager for families, young people and children's services on 0116 2950802 [/rosie.huckle@leicspart.nhs.uk](mailto:rosie.huckle@leicspart.nhs.uk)

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NOTES TO EDITORS

Leicestershire Partnership NHS Trust (LPT) provides community health, mental health and learning disabilities services for the one million people living in Leicester, Leicestershire and Rutland. We have a budget in excess of £275 million and employ approximately 5,500 staff. For more information visit: www.leicspart.nhs.uk.

Healthy Together is the name for LPT's 0-19 public health nursing offer for children, young people and families across Leicester, Leicestershire and Rutland. The service also runs a confidential secure text messaging service, Chat Health, which operates Monday to Friday between 9am and 5pm, excluding bank holidays. All texts will be responded to by a public health nurse (health visitor/school nurse) within 24 hours. For Leicester City the text number is 07520 615381.

Raising Health is our registered charity (number 1057361) which raises funds to support LPT's excellent care initiatives, equipment and innovations which go above and beyond core NHS provision, to enhance the experience of our patients, service users and staff. www.raisinghealth.org.uk

For further information contact: Rosie Huckle, Communications Manager for Families, Young People and Children's Services, Leicestershire Partnership NHS Trust, Tel: 0116 295 0924, Email: rosie.huckle@leicspart.nhs.uk