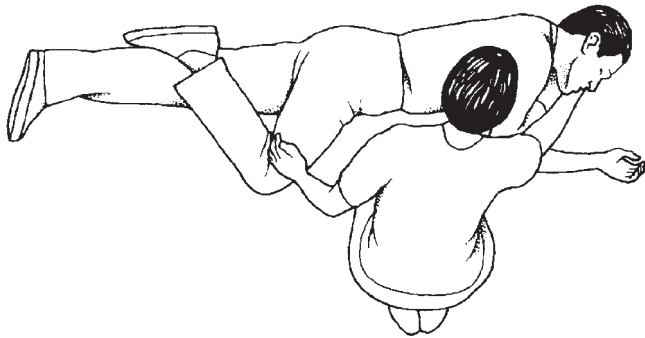


Street Health Tips

- A large percentage of your body heat is lost through your head. So if you are sleeping out you can keep warmer by wearing a hat
- If someone is unconscious and breathing you could save their life by putting them into the recovery position. Make sure that their airway is open by tilting their head back and lifting their chin (see below)



- Alcohol makes your blood vessels dilate so your body temperature drops. Be aware of this if you are out in the cold and drinking for long periods of time
- It is better to wear shoes that are too big than too small. If you can't wash your feet every day, try to air them. This will help you to avoid infections like athlete's foot
- Abscesses should not be squeezed, cut or have needles stuck into them as this can spread infection. If you have an abscess go and see a GP or the SJA Homeless Service Team for treatment. Don't leave it or treat it yourself as this can lead to greater damage or even loss of limbs.

About St John Ambulance

St John Ambulance is the UK's leading first aid, transport and care charity. Its mission is to provide medical support services, first aid, caring services in support of community needs and the education, training and development of young people. Our volunteers are supported entirely by charitable income.

The Brighton Homeless Service

was established in 1998 in response to inequalities in access to primary health care services for homeless and vulnerably housed people.



You can find us at...

The Peace Statue, Brighton and Hove Seafrost
Every Thursday 7-8pm

And at **St Patrick's Hostel**
1st and 3rd Wednesdays 6.30-7.30pm

For further information:

Brighton Homeless Service
St John Ambulance Sussex

Crowhurst Corner,
Crowhurst Road, Hollingbury,
BRIGHTON BN1 8AP

Tel: 01273 371539 Fax: 01273 371501

Email: brighton-homeless@sussex.sja.org.uk



Brighton Homeless Service

The Homeless Service aims to deliver a high quality primary health care and first aid service to homeless and vulnerably housed people by providing a nurse led, client focussed, health, educational, informative and practical outreach service.

One of the key objectives is to promote access to mainstream health care and other services...



If you are homeless or living in temporary accommodation, your health may be at risk. You may have problems keeping warm, eating well or keeping yourself clean. You might find it difficult to get a doctor.



What the Homeless Service offers...

- A nurse to advise, assess and treat health care issues
- A podiatrist for treatment of foot problems
- A friendly, non-judgmental service for those seeking support
- Information on health-related matters from a trained team of volunteers
- Support and referral to appropriate local services, to address physical and mental health needs
- Links into mainstream health and housing services
- Specialised first aid training and health promotion sessions



What we can do...

- Discuss current health concerns
- Treat wounds and change dressings
- Make referrals to appropriate services
- Give support and listen
- Administer first aid
- Carry out basic health assessments

What we cannot do...

- Prescribe medication
- Provide needle exchange
- Provide transport
- Secure accommodation

