

THE PLYMOUTH ALLIANCE



Newsletter - September 2024 edition

Welcome to the latest edition of the Plymouth Alliance Newsletter.

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RECOVERY MONTH AT HARBOUR

Thanks to everyone who has taken part in activities for Recovery Month. We have seen Mandi and Ellie's team head out to Whiteleigh for a coffee morning with musical entertainment from the Harbour Music Group. Advice and information was given and there were also art activities and the Harbour Singing Group led a sing along. Lots of people stopped by and shared their own experiences of recovery.

We've also seen HIT (Homeless Intervention Team) put on a Health Day at Salvation Army with support from Michelle on harm Reduction who did loads of DBSTs (dry blood spot tests).

CJIT (Criminal Justice Intervention Team) joined with the Neighbourhood Police Teams to highlight and promote the work of Harbour in our communities. The Music Group sang at the front door again; the Families Team held an event at Harbour on Thursday 19th September and Sean headed to Brittany Ferries to promote the work of Harbour at their awareness week event.

A recovery walk also took place on Saturday 21 September, walking from Frankfort Gate to Freedom Park to support and celebrate recovery for everyone!

Sean Gray - Harbour



BCHA FAMILIES TEAM SUMMER EVENTS

During August, BCHA Families Team held some fun events for their families currently staying in emergency B&B or temporary accommodation. They collaborated with the Scrapstore, hosting 2 junk modelling sessions in the play space within the Uniform Store in the town centre.

Children were encouraged to let their imaginations run wild with their creations! Families were provided with a packed lunch and a summer activity pack to take home for the summer holiday period.

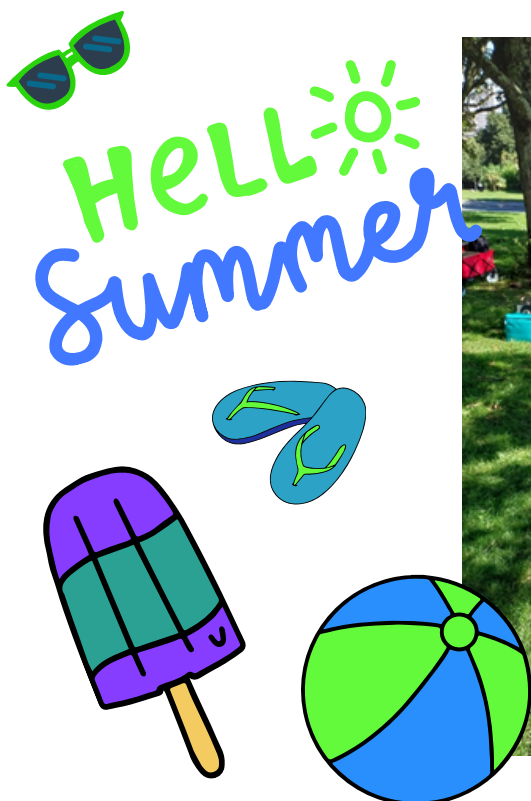
There was also an outdoor family summer picnics event for the families on The Hoe. Families enjoyed outdoor games, footballs, picnic lunch and plenty of bubbles. After lunch, ice creams were provided to top the event off!

The weather was gloriously sunny, a perfect break between two rainy days, making the outdoor setting ideal for the event.



All events were planned and hosted by The Families Team Health & Wellbeing Advisor along with the support team and the amazing Uniform Store and Scrapstore teams

BCHA



TRAINING OPPORTUNITIES

The training sessions below are funded by Changing Futures and are available for staff working with those that experience multiple disadvantage.

Trauma Informed Practice Training

Learn how trauma informed principles & practice can be applied when working with people experiencing multiple disadvantage



Operation Emotion Workforce Development Training

Operation Emotion is a Plymouth based user led charity that works with men 18+ who have been sexually abused. It began its work in 2005. They never ask what is wrong with someone but instead what happened to them. Operation Emotion are delivering a 3-hour Workforce Development training course to people who are working with individuals experiencing multiple disadvantage in the city. There are still a few spaces to attend on October 3rd!

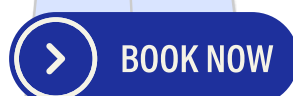


Other Training Offers Within the Alliance:

Acceptance & Commitment Therapy Applied to Psychological Trauma Training



Professional Resilience Training for Frontline Workers



Identifying housing status



Volunteer

Volunteering Opportunity

Our Youth Support Volunteers are vital to our work, providing a safe, confidential space for young people to talk. Our volunteers are trained to provide support with issues including:

				
Sexual Health	Emotional Health	Substance Misuse	Housing & Homelessness	Healthy Relationships

We offer:

- Comprehensive training
- Out-of-pocket expenses
- Practical experience of face - to - face support
- A rewarding role supporting young people

In return we ask that you:

- Attend selection day and training
- Commit to volunteering with us for 3 hours a week
- Are enthusiastic about empowering young people to live safe, healthy and positive lives!

Autumn 2024 Dates

Closing Date for Applications:

Wednesday 25th September

Selection Day:

Tuesday 1st October

Training:

Monday and Tuesday Evenings
8th October - 5th November



THE ALLIANCE NOTICEBOARD

Alliance Induction Sessions

Alliance induction sessions run every quarter. These sessions take place in the training room at Hyde Park House from 3pm - 4pm.

To book a place for you or a colleague, please check with your manager and email amy.mackay2@nhs.net



Changing Futures are still inviting responses to their workforce development survey, anyone who has not yet completed it to do so by 11th October. Information about the survey and what it's for are at the beginning of the form.

[CLICK HERE](#)

Tuesday 15th October

Come along to the next session on 1st May at Hyde Park House, 9:30am - 12:00pm to discuss substance use. Refreshments will be provided.

“The session was very informative, and the speakers were very engaging. It was good to meet with other Alliance members and talk about our experiences.”

Partnerships and Pathways 2024

“I found it really helpful to network and expand on my knowledge of what the Alliance has to offer.”

If you would like any further information, or to book a place, please speak to your manager and email the Alliance Business Support Coordinator - amy.mackay2@nhs.net



Thank you for reading The Plymouth Alliance Newsletter, if you have anything to contribute to the next issue, please email amy.mackay2@nhs.net

Tenancy Training

Path are offering Tenancy Training for staff. They have in person and an online sessions available. If you would like to book on, please e-mail Terriann.Britzman@pathdevon.org

We hope this is a good way to help arm Plymouth's workforce with the knowledge needed to assist people with housing issues. These sessions will cover:

- Legal requirements of landlords
- Legal obligations of tenants
- Different types of eviction notices
- Finding and securing private rented accommodation
- Getting deposits, rent in advance and applying for benevolent funds
- Finding furnishings, white goods and other local resources.

There is a limit of 12 people for in-person sessions at the Path offices in the Harwell Centre. There will be facilities for tea and coffee.

Dates:

Tuesday 8th Oct
10am - 1pm in person
Thursday 26th Nov
10am - 1pm Team