

# THE PLYMOUTH ALLIANCE



Newsletter - February 2024 edition

Welcome to the latest edition of the Plymouth Alliance Newsletter.

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# CHANGING FUTURES LEARNING EVENT

In follow up to the Learning Event that we held in December at Plumer House, we are now excited to share with you some creative outputs that have come out of the day!

Firstly, we are thrilled to share a short film that Fotonow have produced for us that we feel captures the experiences, activities, and energy from the event, along with the shared sense of motivation for change going forward. Please click [here](#) to watch it and see if you can spot yourself or anyone you know!

Dave Smith, who did live drawing on the day, has produced the fantastic graphic below that captures the spirit of the event and points to the cultural values of our work.

Last but not least, please click [here](#) to watch the Trauma Informed Approaches to Recruitment film that was premiered on the day, that features our wonderful Peer Researchers. This is the first of a series of three films about the value of lived experience in the workforce, so keep an eye out for the next one.

For those of you that couldn't make the Learning Event, I hope these creative outputs provide a flavour of what the day was like.

Special thank you to Fotonow and to Dave Smith for capturing the event, and thank you so much once again to all that attended for making the day possible. It was great to all come together before Christmas to reflect on 2023 and what we'd learned, as well as looking to the year ahead and considering what culture of support do we want to see for people in 2024.

If you're interested in joining any of the groups, forums, or projects that are connected with Changing Futures, please click [here](#) for more information.

Changing Futures Team



# HAMOAZE HOUSE UPDATE

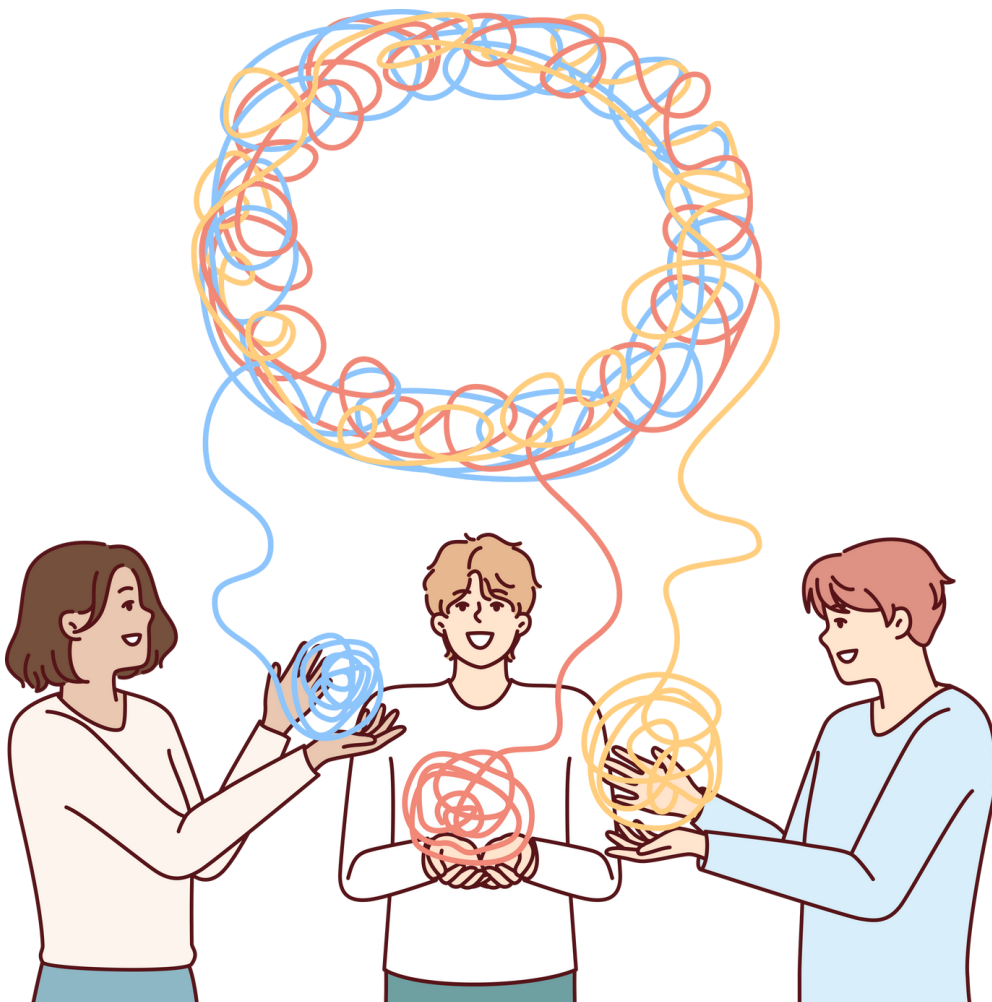
As we move through 2024 and beyond, Hamoaze House will be introducing a more therapeutic programme which we will inform you of at each stage of implementation. In March, the first of these changes will be implemented with the introduction of the Preparation and Motivation Group (PAM Group).

The PAM group has been created as an introduction to Hamoaze House, what to expect from being a member of a therapeutic community and what we can offer through additional stages. It is the first stage of a more comprehensive programme that will deliver the right content at the right time for people using our service. Each person who enters into the PAM group will review with staff how long they remain in PAM group based what their individual needs are.

When persons are referred into the PAM group by other professionals, we will be requesting information such as desired outcomes and involvement with any care plans / treatment plans in the spirit of partnership working to deliver the best possible service.

Our referral paperwork can be downloaded from our [website](#) or you can contact us on [office@hamoazehouse.org.uk](mailto:office@hamoazehouse.org.uk)

More to come...



# NEWS FROM HARBOUR



In January, Hugh Price, Substance Misuse Specialist and Outreach Worker retired after 13 years service at Harbour. Hugh enjoyed a cake filled farewell on his last day! Hugh will be much missed and we know that he will be kept busy with all the voluntary work that he carries out for the community.

## Warm Packs



Jenny Dean was able to use grant funding to provide "warm packs" for people who use services. The packs include a fleecy blanket, LED torch, false candles, coffee mug and power bank. The packs will be distributed to service users at Harbour, Shekinah, The Salvation Army and the George.

## Third Year Medical Students

Every Tuesday and Friday Harbour has been hosting third year medical students from the University of Plymouth Medical School who have been shadowing sessions and learning more about our service users and the work done at Harbour. We have also been hosting Sam, a second year Student Social Worker also with the University of Plymouth who has been with Harbour on a 70 day placement supervised by Sean Gray. Ellie Jarvis has also been delivering lectures on drug and alcohol treatment to medical and criminology students.

## Harbour Music Group

After a short break over the Christmas period, the Harbour Music Group has now resumed. The group meet at Harbour, Hyde Park House on Tuesdays at 1.30pm with the group being made up of Harbour staff, students and people accessing our services. The group learns a variety of songs from Elvis to Adele!



# THE ALLIANCE IN ACTION

(Q3) OCT - DEC 2023

**737**

prescriptions were prescribed inhouse by Harbour and Livewell.



**2503**

clients (on average) were open to services each month.

**76**

clients left the system in a planned way (excluding brief interventions).

**27**

clients were seen at homeless drop in clinics by the complex needs team.

**37**

clients moved on into private rented accommodation.

**51%**

of service users at Harbour showed substantial progress.

**438**

individuals were supported to maintain their tenancy (homeless prevention).

**80**



clients needing temp accommodation were referred to A2A (on average each month).

**274**

young people were seen in the young people's hub.

**63**

Rough sleepers were accommodated.

# HARM REDUCTION IN 2023

I'd like to share with you all some numbers which tell us how we have done with all things harm reduction and where we will be focussing our attention in the coming year.

**81,500**

Total number of syringes distributed from Hyde Park House

**320**

Total number of Prenoxad kits distributed from Hyde Park House

**442**

Total number of nasal spray (Nyxoid and Naloxone 1.26) distributed from Hyde Park House

**167**

Total number of DBSTs (dry blood spot tests) completed at Hyde Park House

We are, as always, doing an amazing piece of work from our NSP - providing needles and syringes is evidenced to reduce deaths and limit the spread of blood borne viruses.

We have provided a combined 762 kits of naloxone from Hyde Park House; The Plymouth Alliance annual report 2023 told us we distributed a total of 775 kits across the whole city for the year 22/23 so we look to increase on this number. We hope to see an increase next year too with the introduction of peer to peer distribution.

2023 has seen us complete the highest ever number of DBSTs (dry blood spot tests) at Harbour which is a great achievement however we still need to increase this in the next year. We need to have offered a test to 100% of people in treatment and tested 100% of those at risk of Hep C (injecting) to be able to evidence micro-elimination. With the support of all of the managers and all of the staff at Harbour, I hope and believe we will be able to achieve micro-elimination by Christmas 2024.

Sean Gray - Harm Reduction Coordinator, Harbour

# SHEKINAH EVENTS

## Shekinah Ball

**Date:** Saturday, 4th of May

**Venue:** Boringdon Park Golf Club

**Arrival Time:** 5-6pm

**Sit down time:** 6:30pm for presentation and a 3-course meal

**Cost:** £55 per ticket or £500 for a table of 10

**Event Highlights:** Raffle and auction prizes, DJ, Photobooth, and games



## Shekinah Golf Day

**Date:** Friday, 12th of July

**Venue:** Boringdon Park Golf Club

**Arrival Time:** 8:30am for registration, followed by a bacon roll, and tea or coffee

**Tee Time:** Starting from 9:30am

**Team Configuration:** Teams of four

**Cost:** £200 per team (includes all fees, breakfast, and a one-course meal at the end of the day)

**Event Highlights:** Raffle and prizes for the top three teams, longest drive, and nearest the pin



### Additional Information:

We have tables available for the Shekinah Ball and welcome donations of raffle prizes. For ideas, please check out our wish list on [Amazon](#)

For the Golf Day, we're finalising details with a potential main sponsor and seeking hole and drinks sponsorships, with prices starting from £25.

Please contact Daniela for further information for either event: [daniela.austin@shekinah.co.uk](mailto:daniela.austin@shekinah.co.uk)

# THE ALLIANCE NOTICE BOARD

## 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](mailto:Terriann.Britzman@pathdevon.org)

Dates:

Tuesday 21st May  
11am - 2pm in person  
Thursday 20th June  
11am - 2pm Teams  
Tuesday 16th July  
11am-2pm in person

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.

## First Partnerships and Pathways Session of 2024

The first Partnerships and Pathways sessions took place on 20 February in the training room at Hyde Park House. This event focused on substance use and was well attended by a variety of Alliance organisations. Good discussions were had and connections were made.

*"It was good to hear what the services were doing and that there was someone from the City Council Alliance board there listening to the problems. It felt like some joined up work with recovery services, mental health services and housing would benefit the clients in the longer term."*

Feedback Feb 2024

The next session will focus on homelessness and is on 1 May, 1:30pm - 4pm in the training room at Hyde Park House. If you or anyone on your team would like to attend the next session, please check with your manager and email the Alliance Business Support Coordinator, Amy - [amy.mackay2@nhs.net](mailto:amy.mackay2@nhs.net)

## Words Matter Language Guide

Please click the [link](#) to access the Words Matter Language Guide which offers an excellent breakdown of language used by professionals around drug and alcohol use and users.

SCAN  
ME!

