



The Plymouth Alliance



Plymouth Alliance Newsletter – October 2022

Welcome to the October Edition of the Alliance Newsletter.

This month we have welcomed Amy McKay to the Team. Amy has taken over the role of Business Coordinator for the Alliance and is currently based at Harbour, Hyde Park House. One of Amy's roles will be producing the Alliance Newsletter every two months – if you have any good news stories or information to share please send them to Amy. Her e-mail address is amy.mackay2@nhs.net.

Football News

George House and Shekinah Mission recently had a friendly 5 a side football match after interest was shared by the customers. Molly from George House and Scott Fraser from Shekinah put two teams together and the customers played at Brickfields. Everyone is looking forward to the next match and then we will all be coming back to George House to share a meal and carry on the positive activity. A big well done to the Shekinah team who won 7-3!



News from Hamoaze House

We had our annual fun day at Hamoaze at the end of the school holidays, it was great to have it back our first since COVID and a very nice way to celebrate our 20th birthday. The day itself was very well attended, lots of children who had been with us all summer for fit and fed with their families. A very tiring but lovely day was had by all. I would like to say a special thank you to all the staff and clients who helped us on the day to make it one of the best fun days we have ever had.

We have the pleasure of announcing a few new groups at Hamoaze, the debate group, a knitting and natter group and a peer led LGBTQ+ group. The debate group runs every Wednesday afternoon, where the clients pick a topic that is related to recovery and mental health. They have time to research and then they decide whether they are for or against. The aim of the group is to help clients have a voice on a subject they feel strongly about and the opportunity to be heard but learning the skill of listening to others along the way

Our Knit and Natter group will be running every Friday afternoon led by a lovely lady called Angela, so if anyone would like to learn how to knit or crochet, please come along.

Our LGBTQ+ group has been running for a couple of weeks and is growing weekly, it is a peer led group and clients report that they get a lot of support from each other.

Bystander Interventions



VS

Four ways to help someone who's being targeted by hate, if it's safe to do so:

1. Take note of your surroundings and any **memorable landmarks.**
2. **Pay attention to what's happening** so you have **information to report the crime if you choose.**
3. **Start a conversation with the victim** to **distract the offender.**
4. **After the incident, check the victim is OK and ask if they'd like to call a loved one or the police.**

Service User Story

Shekinah have shared this inspiring story from someone who has accessed their services:

When I first came through Shekinah's doors, I was a complete mess, in self-destruct to say the least. I know now that I suffer with the disease of addiction and my using was out of control. My mental health issues were running riot, I'd stopped eating, I trusted no one, couldn't even look anyone in the eye let alone communicate anywhere near effectively. I was barely surviving. I had no one and nowhere left to turn.

I can't remember how I found my way- who referred/sent me, when I started my first course, (Revive) I didn't know why I was there or any idea what it was about, I didn't even know what the course was called and had to ask before writing this as I couldn't remember. What I do know is it wasn't just life changing, it was lifesaving.

Slowly but surely, I began to feel safe, I began to trust someone. That person was a remarkable lady called Donna, who has this crazy kind of knack of knowing how to talk to people. Not just that though, she knows what to say, when to say it and how to say it for her words to be accepted and understood.

Because of her encouragement I came back for the second course (Redevelop). It wasn't easy but I began to face and understand me, why I reacted the way I did in different situations and towards different people. I still hugely lacked confidence, sometimes I still do, but that's ok because I can use the tools and guidance given to try and react more appropriately. More importantly how to recognise when I need help to do this.

I decided to take on the Mentoring courses so that I could help and understand others better, I found it hard and I stumbled a little because I thought I wouldn't be good enough. But again, Donna waited a while and reached out encouraging me to complete the second level. The break was all I really needed and flew through; I had self-doubt to begin with, but again I was encouraged because Donna could see the potential in me that I couldn't. Or wouldn't.

Within less than a year I have made giant leaps forward, I am forever grateful for the opportunities given to me. I know my mental health issues will always make it a struggle sometimes but I also know that Shekinah will always be there for me when I need them most.

I have come from the brink of death to living a drink/drug free life. I truly am alive today because of the people and things on offer within this remarkable organization. Not only am I alive today but I am able to live.

I have been encouraged to follow my dreams and propped up when needed with a kind guiding hand. I have just secured a place at Arts University Plymouth on an Extended BA Honours degree in Drawing, Painting and Printing. Due to ongoing health conditions I've had to defer until September 2023. Because of Shekinah I

didn't panic and didn't worry. I was honest and up front, did what I had to do without delay. Therefore, my request was immediately granted and future place secured.

I'm also hoping to volunteer for Shekinah so that in some small way I can help others and give a little bit back to what I affectionately call 'my safe place'. I can never repay just how much I've been given, but hope to somehow do my best.

I will never forget, Shekinah is in my heart, it breathed life back into my soul.

Harbour

Harbour had a stand in Plymouth City Centre on the 31st August. Staff working at the stand offered information around helping someone who had overdosed, staying safe and were also able to train the public in administering Naloxone. Naloxone kits were also issued. Julie Howes and Sean Gray were also interviewed on Omnium Radio on the day.



Training Opportunities

Tenancy Training

We are excited to be able to return to delivering these sessions in person to staff. If you would like to book on please e-mail David.Ringwood@pathdevon.org . We are limiting to a max of 12 people per session at the Path Offices at the Harwell Centre. We'll have facilities for Tea/coffee.

Dates:

Thursday 10th November, 1pm – 4pm

Thursday 1st December, 10am – 1pm

We hope this is an excellent way to help arm Plymouth's workforce with the knowledge needed to help people with housing issues.

In these sessions we 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.

