

THE PLYMOUTH ALLIANCE



Newsletter - June 2023 edition

Welcome to the latest edition of the Plymouth Alliance Newsletter.

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UPDATE FROM HAMOAZE

You will recall from the last newsletter that additional grants to improve treatment services have been agreed over the next 3 years. Hamoaze will benefit from this money which will be used to increase our workforce. This year we are recruiting two additional team members. This will allow us to better support those who are considering services but for a variety of reasons are not quite ready or able to attend consistently. Next year we will employ a further two members of staff who will also join the Adult Team which will allow us to build on the times we open during evenings and weekends. We are also planning this year to recruit a Deputy Chief Executive.

Hamoaze House continues to remain very busy; we offer face to face work and continue to offer virtual support which became our main source of support during Covid. The learning from Covid and the development of our digital presence means that we can remain in regular contact with clients when they move from Hamoaze to access residential detox and treatment. Anecdotally this has proven to be successful as we are able to support those individuals to remain in treatment to complete their residential stay.

The Affected Others Group which takes place on a Friday afternoon has grown considerably since Covid and we are exploring the possibility of offering an additional group one evening during the week. This group takes referrals from citywide in Plymouth, so should you have anyone whose life is affected by someone else's problematic use of alcohol and drug use, please contact John Richards: john.richards@hamoazehouse.org.uk or telephone [01752 566100](tel:01752566100).

Peer Researchers

Earlier this year through Changing Futures Improving Lives, we welcomed 3 peer researchers to the team. Although a very new initiative, this has proven to be very successful. All 3 of these researchers have made a significant impact to our offer. Amongst the many benefits of having them here, they all facilitate their own individual weekly session; creative writing, music and a fun based improving fitness activity. All 3 sessions are popular and well attended. The sessions are open to all and if you would like details please contact Claire O'Gorman: cogorman@hamoazehouse.org.uk or telephone [01752 566100](tel:01752566100). I understand that it is the aspiration of both the music group and creative writing session that this will lead to a Hamoaze House Annual Review (some of you may well recall pre Covid performances). We will ensure all Alliance Staff and those using services receive an invite. The peer researchers are an asset to Hamoaze and I believe improve both service user engagement and positive outcomes.

Whilst Shekinah relocates, the HIPP Team (Health Improvement Pathway Plymouth) has temporarily relocated to Hamoaze. It has been a pleasure to host them and has undoubtedly improved access to health services for clients across the city.



UPDATE FROM HAMOAZE CONTINUED...

Hamoaze continues to host students citywide in Plymouth including medical, probationary police, social work and mental health students. The medical students that we host under learning outside of the classroom is quite an event. Over a two-day period, we receive around 160 students, approximately 80 on each day, with an initial meeting in our Main Hall with input from Dr Richard Ayers, Gary Wallace (PHE) and myself. They then split into groups of 15-20 and meet with service users who facilitate a question-and-answer session around the topics of experience of services, health support, recovery and essentially what helps and what does not. This is beneficial to both the students and people engaged at Hamoaze. The service users facilitating the groups are the experts.

Despite being a charity, we also as an organisation fundraise annually for a few charities including Comic Relief and Children in Need. Recently we raised £300 approximately for Comic Relief with the “whole house” participating in a sponsored walk around Burrator Reservoir and a well-earned picnic afterwards. There was also a “Tramathon” and a sponsored days silence for one of the adult team members. It will not surprise you to know that the adult team member sponsored silence raised almost two thirds of the total amount!

Finally, I wanted to remind you all that anybody referred to Hamoaze can start immediately. We do have an assessment process, but people do not need to wait to complete an assessment before engaging. I don't think I need to remind you that we take referrals from all of you and other partners across the city including self-referrals.

One last update, (and it really is the last update!) earlier this year we were able through the Night Shelter Transformation Fund to employ 2 full time and 1 part time Complex Needs Support Workers to compliment and increase the offer through individualised support to the Night Shelter provision managed by BCHA. Allowing us to build upon the success of Vicky Jennings of BCHA and the team who have moved on a considerable number of people experiencing homelessness into accommodation.

Mark Bignell

CEO of Hamoaze



PARTNERSHIPS AND PATHWAYS SESSIONS

We have now run 3 Partnerships and Pathways sessions and all 3 have been successful events. We've had lots of feedback from attendees and are taking all points into consideration. To book a place, please talk to your manager and then email amy.mackay2@nhs.net.

From the feedback we have collected so far:

- 100% of attendees found the session useful
- 100% of attendees said they had a better understanding of the featured Alliance services afterwards

You said, we did...

"I recommend creating an Alliance directory of contact information for staff members who are part of the Alliance."

We are considering this. It may not lead to a directory (they tend to go out of date very quickly) but may include similar ideas.

"Maybe the session could be longer as it felt like we didn't have enough time at the end to chat to other people that were there."

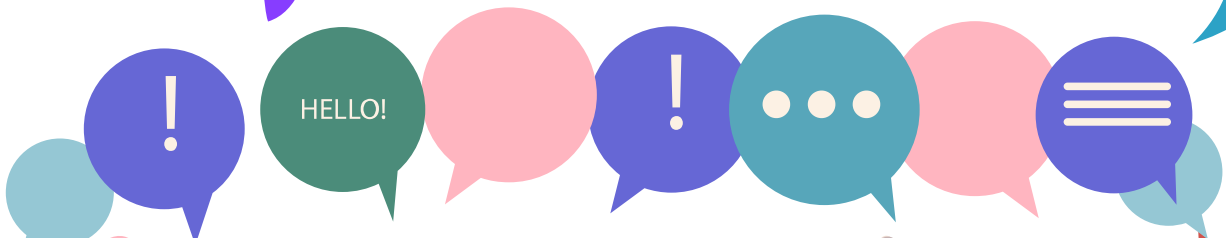
We have extended the sessions by 30 minutes.

More frequent sessions so we can have a chance to meet different people from all services

I found it really helpful to network and expand on my knowledge of what the alliance has to offer, thank you.

It was really interesting to speak to people in other services that have the same/similar views and opinions. It was good to share frustrations around what doesn't work and praise the benefits.

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, and referring going forward



HARBOUR/LIVEWELL SERVICES

Livewell Southwest Substance Misuse Services are co-located at Harbour. Working across the Alliance, it is made up of 3 teams; the Complex needs team, Plymouth Specialist Prescribing Service and the Community Detox Team. Livewell Southwest are working closely with Harbour and the Alliance to implement the Dame Carol Black Report recommendations.

There is an ongoing recruitment strategy, with the recent addition of social workers and mental health nurses to the complex needs team, and planned recruitment of a pharmacist and psychologist within the next year.

The Complex Needs Team

The Complex Needs Team (CNT) consists of: CPN's, CSW's, nursing associates, social workers, a drug and alcohol worker, trainee nursing assistants and a specialist doctor on placement. The team works with clients open to Harbour with co-existing mental health problems, alongside chaotic drug use, offering:

- Mental health assessments
- 1:1 support and care coordination
- Risk management
- Signposting and access to Community Mental Health services

Referrals to the Complex Needs Team are via Harbour keyworkers.

Hostel work

The CNT are working in conjunction with Harbour and the HIPP team, offering support to the homeless hostels

- The George Hostel
- Devonport House
- Shekinah Clinic

Offering mental health assessments, signposting, and advice, and follow up where required, these clients do not have to be open to Harbour to access this support.

Referrals can be made via the CNT hostel inbox – plh-tr.cnthostelwork@nhs.net

Weekly MDT

In addition, Harbour, HIPP and CNT have commenced weekly MDT with hostel staff to discuss any concerns and create risk management meetings. These are held at Devonport House and The George on a weekly basis with representatives from Harbour, BCHA, SPARK, CMHS when required and Livewell CNT and SMAT.

Plymouth Specialist Prescribing service

A team of non-medical prescribers and medical staff working with Harbour clients to promote recovery from addiction to, or reduction of harm from, drugs and alcohol, working closely with Harbour keyworkers. Providing substitute prescriptions for 661 clients.

For any further information or advice, please contact the CNT via the team inbox: plh-tr.cnthostelwork@nhs.net



Welcome

Harbour has welcomed Evie, a paramedic student and Chris, a trainee police officer who have been on placement with the Community Teams and Criminal Justice Intervention teams respectively. The placement will give them a knowledge of the work done at Harbour and the challenges experienced by the people we are working with.

USEFUL INFORMATION

New Contact Numbers for the Job Centre

Please note, the job centres around Plymouth have new contact numbers for their vulnerable customer leads:



Devonport Job Centre Vulnerable Customer Lead - **0300 091 5692**

Additional number for Devonport Job Centre is - **0300 046 8904**

Old Tree Court Job Centre VCN - **0300 074 8685**

[Please click here
for the most
recent Shekinah
Prayer Letter](#)

Website links: [The Plymouth Alliance](#) | [Changing Futures](#)



FREE Young People's Gambling and Gaming Harm Prevention Training

Ara, Recovery For All gambling service, are working in partnerships with Gamcare to deliver a national project to prevent young people from experiencing gambling and gaming related harms. This project provides free 90-minute training to raise awareness of 'Gambling and Gaming Harm for Young People' and is CPD accredited for professionals.

The workshops aim to:

- Raise awareness, knowledge, and the skills to make safer choices around gambling and gaming.
- Understand the impact of problem gambling and to understand the signs of problem gambling in themselves or someone else.
- To inform where and how to access help.

The following online sessions are available for professionals: 27th June at 10am, 25th July at 10am. Please email AdeleBourne@recovery4all.co.uk with your preferred date to receive the Teams link.



Introduction to the Alliance

The next Introduction to the Plymouth Alliance sessions will take place on the following dates:

- Wednesday 6th September, 10:30am - 11:30am in the level 2 training room at Hyde Park House
- Thursday 7th December, 10am - 11am in the level 2 training room at Hyde Park House (festive refreshments will be served 11am - 11:30am).

To book a place, please contact Ellie Jarvis at ellie.jarvis@nhs.net



GOOD NEWS

Good news from Path

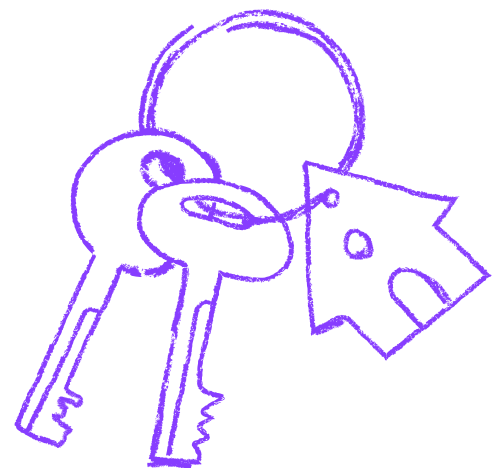
A's story...

A moved into Path Resettlement temporary accommodation as her private landlord had decided to sell the property and had been issued with a Section 21. She was diagnosed with significant anxiety, depression, and autistic spectrum disorder. It was necessary for A to be housed in appropriate accommodation due to her diagnosis and also being a trans woman, she was fearful of transphobic abuse. Path were able to house her in a smaller house – 5 beds and she had an ensuite bathroom. The other tenants embraced her and were sensitive towards her gender orientation when she shared this with them. A was in Resettlement for 6 months and had a support worker working alongside the Resettlement team to support her manage her mental health diagnosis and to support her with move on. Since moving into Resettlement, A's confidence has grown and her anxiety has reduced immensely. She was able to move into her own private rented flat, which is just a 10 minutes' walk from the sea! A is an example of how well we all work together; sensitive housing management, housing support and access to Autism support.



B's story...

B moved into temporary housing in September 2021 due to domestic violence from her husband. She was in a joint tenancy with her husband and her husband was refusing to relinquish this. B was diagnosed with severe depression, she lacked confidence and motivation. Path offered lots of support work for her mental health before plans began for a move on into permanent accommodation. B was able to move into social housing in February.



GOOD NEWS



C's story...

C was living in a bedsit when the landlord decided to sell the property and the new agency increased the rent. Rent was increased from £400pm to £700pm. He was unable to afford the increase and was issued a Section 21. After he moved out from the property, he was living in his car for a few days and then evidenced rough sleeping at Devil's point with his dog. He moved into Resettlement accommodation but unfortunately, he had to re home his dog. He lost visiting rights for his daughter who is 15, as children cannot stay over in Resettlement. He was supported with move on plans and was able to move into a private rented flat where he was reunited with his dog and now can have his daughter to stay over. It is lovely that he has been able to find somewhere that he can afford, that he can have a pet and is big enough for his child to come over. It is what we would aspire to be able to help everyone find.

Good news from Shekinah

When Tim first came to Endeavour, he found it difficult to keep eye contact, he would shake and he told us he felt like he didn't fit in anymore. Due to an accident at work he had been through some health issues. His relationship with his partner was breaking down and he was about to lose his home. Tim volunteered here at Endeavour and we encouraged him to take part in the Re:vive and Re:develop workshops that we run.

Building on that we linked him in with Pluss to attend their assertiveness and boundaries course. They also helped to update his CV. He has now found employment working as an assistant manager at a charity shop in the area. His relationships with both his partner and child are in a much better place and he has managed to secure his home situation.

It has been great being part of Tim's journey watching him regain confidence, grow and smile again. He has become a truly inspirational person who didn't give up on his goals

