



# Plymouth Alliance for Complex Needs

Best for people using services

December 2021

## Useful Contact Details:

**PCC Retained Client Function (Alliance Advice Line 01752 304401 (Mon-Thurs 9-5pm, Fri 9 – 4:30) Out of Hours 01752 668000 Community Connections 01752 398500**

**Jon's Blog** I am 2 months into my role as the Alliance Programme Manager. In that brief time my focus has had to be on the increasing numbers of people who need emergency accommodation in the city. I know many of you are working hard to move the people who use our services on to more stable lives, and getting them accommodation which suits their needs is a critical part of that.

In November we made progress in getting an organisation called CC Housing involved in Plymouth, through a contract to provide complex need support across 28 new units of housing. Those properties are expected to be available starting in December with additional units coming in January. The teams at PATH and BCHA are moving ahead with plans to secure additional properties, and some very significant investments are being made. After a long process, four extra PODS at Hamoaze have passed through the planning process, to provide additional emergency overnight accommodation. We have more work to do but these are important steps.

While there is so much concentration on accommodation it might be easy to think the other services are taking a back seat, but they more important than ever, keeping people stable, protected and not falling back into the cycle of homelessness. Now is a good time to say thank you for all of the hard work you are all doing.

Recruitment is difficult across the country, so it was reassuring to join a meeting at end of November where the council, education and training providers came together to look at how to build the skills Plymouth requires in health and care sectors for the future. It aims to use approaches previously shown to work in developing skills in the building sector to deliver a long term, resilient work force to meet future needs. It will take time to do this, and it is a city wide initiative, but it is a positive move and we will engage with it to help us move forward. It is likely we would be in a much worse situation without the improvements the Alliance has brought to how we work. While making progress over the last few years has been difficult due to factors outside our control, but we will keep pushing forward and exploring new ways of working. At the beginning of December, we restart the process of building stronger working relationships across the different teams through the Big Buzz events. The understanding we build between the teams of how we rely on one another across the Alliance, forms a good foundation for us to build on. I will be seeing some of you at the Big Buzz event, and I will continue to try meet more of you as and when I can.

When we face challenges like these it is important to look back at where we have been and how we have progressed.

**Jon Farr - Programme Manager / The Plymouth Alliance**

## The Alliance Year

2021 has been another challenging year and it is often easy to forget how much has happened. There has been so much amazing work done by staff across the Alliance over the past year and the attached 'Alliance year' document highlights just some of the positive work that has taken place.

*Sharon Tucker*

### News from the Complex Needs Health Outreach team

On Thursday 11th November the Livewell Complex lives general health outreach team worked alongside colleagues from Hepatology, the Hepatitis C trust, Mental health and harbour to undertake a huge event at The Salvation Army hostel in Devonport to work towards the elimination of Hepatitis C. Dried Blood spot testing (DBST) was undertaken to test for Hep C, Hep B, HIV and syphilis. General health checks were completed along with baseline observations and criminal justice, mental health and substance misuse advice was given. This was all incentivised by a £5 Tesco voucher each, chocolate, fruit, pastries and 25 large dominoes pizzas were ordered. Of the 60 people living there a total of 45 DBST's were undertaken and 24 sets of observations and health checks were completed. The day was very successful and we were able to have a lot of conversations with clients who wouldn't normally engage.

#### **Kate Howard, Community Outreach Sister**

Please see attached with this newsletter the Impact report from this team for all the amazing work they have been doing



We were very lucky today to have a group of dental students spend the morning with us at George House today as part of their Community Outreach experience, delivering a drop-in to the residents advising how to brush teeth effectively, the impacts of smoking, effects of food and drink etc.

A total of 15 residents took part and were provided with a goodie bag each to take away

**Bev Munden - Senior Practitioner  
BCHA, George House**



### Peer Support Groups

**Wednesday 8th December 12.30pm -2pm.** 2nd floor training room, Hyde Park House, Mutley Plain. Facilitated by Hugh Price and Sharon Butler.

**Thursday 23rd December 3pm-430pm.** Hamoaze house, Devonport. Facilitated by Jan Churchward and Justina Hawkins.

**Thursday 6th January 1230pm- 2pm.** 2nd floor training room, Hyde Park House Mutley Plain. Facilitated by Rowan Burrows and Peri Brown.

**Thursday 20th January 3pm-430pm .** Rear Classroom @ "24" (Shekhina) 24 Stonehouse street. Facilitated by Linda Mc Carney and Kayla Tucker.

**Thursday 3rd Feb. 12.30pm - 2pm.** Hamoaze House. Facilitated by Rob Horsfield and Charles Howard - Baker.

**Thursday 17th Feb 3pm-4.30pm.** 2nd floor training room Hyde Park House, Mutley Plain. Facilitated by Amanda Lauchlan and Paul Ravenhill.

**To book on one of these events please email [amaguire@nhs.net](mailto:amaguire@nhs.net)**

## Alliance and Partner training

**The Tenancy Training** programme has been developed and is facilitated by Path.

Tenancy Training is suitable for staff, volunteers and people who work in housing or related services.

The training aims to help staff support their clients in understanding and accessing private rented tenancies. Looking at rights, responsibilities and affording and securing a tenancy. Training is delivered by at least one Path Renting Support Service worker.

Training will currently be delivered via video call (MS Teams).

**Please contact Dave Ringwood by e-mail at [David.Ringwood@pathdevon.org](mailto:David.Ringwood@pathdevon.org) to book a place.**

**December - Thursday 9th 1.30pm-3.30pm**



PLYMOUTH & DEVON

**racial equality council**



**FREE ONLINE**

### **REFUGEE AWARENESS TRAINING**

The 9th of December

11am-1 pm

or

the

13th of December

11am—1 pm

Book your place by sending an email to Lavinia Porfir at : [l.porfir@plymouthrec.org](mailto:l.porfir@plymouthrec.org)

### **16 Days of Action Against Domestic Violence**

<https://16daysofaction.co.uk/the-campaign/> runs until 10th December and stems from the original movement, 16 Days of Activism Against Gender Violence. The movement was first begun at the Women's Global Leadership Institute in 1991, an event sponsored by the Centre for Women's Global Leadership.

Since 1991, 5,167 groups in 187 countries have contributed to promoting and supporting these 16 Days. Large organisations such as the world-renowned Amnesty International and World Health Organisation support and celebrate the 16 Days, as well as far more local, grassroots projects.

### **The Plymouth Alliance website:**

We now have two new pages on the website:

To find details of current Alliance partner vacancies visit <https://theplymouthalliance.co.uk/jobs>

A dedicated page to show how each organisation raises funds to directly support people

<https://theplymouthalliance.co.uk/donations>

We hope to add the link soon to the 'Make a Change' page as work is being done to update the information about our supporters in Plymouth who have kindly agreed to take a Tap to Give Point. New additions include the Bodyshop in New George Street. Money raised is used to support the work of Shekinah, the Soup Run and PATH.



A "talking group" has been set up in the hostel settings based around three simple motivational interviewing questions.

- What's not going so well this week?
- What's going well this week?
- What little changes could you make this week to make it more positive and better for you?

A peer has taken place in both the George and Salvation Army. The George had service users 5 attend on the first meeting, with many eager to attend the next.

Unfortunately, the uptake was slower at the Salvation Army 0 attending the first session, and 1 attending the next. However, there has been some enquiries and interest for future meetings.

**Ant Dwyer**

**Harbour**

Good news from SHARP about a young person who worked with us earlier this year. The referral received back in January was for a 17 year old from a mental health practitioner working in Charles Cross Custody following the YP being arrested. This YP was regularly being arrested due to aggressive behaviour in the home towards his mother.

At referral stage this YP reported daily polysubstance use including illicit benzodiazepines, Lean, Alcohol, MDMA & Cannabis. This young person was at risk of becoming involved with the criminal justice system due to issues at home between him and his mum where he lived with 4 younger siblings.

The YP had significant mental health issues inclusive of low mood, suicidal ideation, self-harm, anxiety and complex trauma inclusive of historical physical abuse. We were fearful of the immediate risk to this YP's life due to the chaotic and risky nature of his substance use.

The YP's home situation broke down and he was put in multiple unsuitable potentially dangerous placements where he was unable to access basic facilities and was relying on food parcels that we provided weekly.

This YP worked with us for 7 months. We offered a supportive and consistent approach, worked closely with other professionals involved in their support and made referrals to the appropriate services to ensure his needs were being met.

Having checked in with this YP 2 months' after closure, their circumstances and life has changed considerably. The young person has opened up about their sexuality and is in a long term relationship. The YP has relocated to London and is working a full time job. The relationships with all in his life have improved significantly. This young person is substance free, happy and much healthier. He is for the first time in a long time looking forward to his future!

This YP is a brilliant advocate for SHARP and the support we can offer. He is excited at the prospect of becoming involved in supporting SHARP with their social media presence. Watch this space.

Warm wishes,

**Lily Bignell**

**Team Leader/ Substance Misuse Specialist (Harbour & Hamoaze House Partnership)**