



# Plymouth Alliance for Complex Needs

Best for people using services

January 2021

## Useful Contact Details:

PCC Retained Client Function Alliance Advice Line 01752 304401 (Mon-Th 9-5pm, Fri 9 – 4:30)

Out of Hours 01752 668000 Community Connections 01752 398500

## Alliance Mandatory training

Due to the current lockdown restrictions we have paused the face to face training which was being held at Harbour.

There will be more info sent in the coming weeks about whether part of this training can be held virtually, until such time as the guidance changes. In the meantime Andy Maguire has set up a survey for staff to take part in to discuss how they would like the training to proceed. If you have not yet taken part you can access it by clicking the link below:

<https://forms.gle/L9FGqmeCGuS6GnMF7>

## Emotional Regulation workshops

There are still spaces available on these workshops if you would like to attend. The trainer is David Jenkins and they will take place on 26<sup>th</sup> and 27<sup>th</sup> January (10 -12 am). Please email me on [sharontucker1@nhs.net](mailto:sharontucker1@nhs.net) if you would like to book a place (there will be 15 spaces on each day) All training will be via Zoom.

### Overview:

*At some point in everyone's life, emotions can very quickly escalate, and this is particularly true during times of crisis.*

*This workshop explores how our emotions can be shaped, how they provide valuable insight and how when regulated, emotions can sharpen our focus and practice. Emotional regulation is a skill, and like any skill it can be learned and improved with practice.*

*Additionally, regulating emotions through problem solving, asserting oneself, reappraisal of the situation, and so on, makes those emotions much less likely to escalate and lead to unhelpful thinking patterns.*

## **Trauma Informed training**

Vicky Brooks is able to offer Trauma Informed training to Alliance staff on alternate Fridays' starting from February 5th. The sessions will be for a maximum of 15 staff and delivered virtually. Please see info below and attached from Vicky.

*To address the huge demand for the Trauma Informed Practice Training that is being offered by the Plymouth Safeguarding Children's Partnership (PSCP), we are excited to be able to offer additional sessions to members of the Alliance from February 2021.*

*The training is exactly the same as that delivered via PSCP and is a certificated L3 Safeguarding course.*

*From an Alliance perspective, this is essential training to enable us as a city - and as an alliance of passionate, committed workers - to develop a shared understanding and language around trauma informed practice. The vision is for staff across the city to experience this training.*

*This is an introductory level workshop aimed at raising awareness of key concepts and how trauma informed practice is being developed at a local level. We recognise that many staff working with people who have experienced trauma will require enhanced training. We will be looking for feedback from managers and attendees about levels of need. This course will be a pre-requisite for further trauma training.*

*The workshop will take place virtually. Webinars will be from 10:00 -12:30 alternate Fridays from 5th February 2021. The webinar will be supported by pre-course reading and an essential pre-course webcast to watch.*

*To be offered a place, please follow your agencies procedures for requesting training and express your interest to Sharon Tucker.*

*Please do not double-book if you have already been allocated a place by PSCP. Any questions, please feel free to get in touch. Hope to see you on the webinar soon.*

*With warmest wishes*

*Vicky  
Substance Misuse Specialist*

### **Working from home during lockdown**

The IT Subgroup met recently and have given some advice below (from Kate at PATH) for staff who may be sharing laptops with children now they are learning online at home:

Many of us find ourselves working from home, and in some cases helping support our children's home learning: inevitably there may be some sharing of devices and resources.

Now would be a good time to check that how we are working reduces the chance of accidents; we don't need our children answering our Teams calls for us by mistake!

1. Set up separate accounts and logins for "work" and "family/school" using strong passwords for work areas
2. Don't chose the option "stay signed in"
3. Don't choose the option "remember" passwords
4. Check your "downloads folder" and empty it regularly
5. Check you have up to date antivirus software

If you have any concerns about how your IT is set up, please talk to your line manager in the first instance.

### **Techscheme - Save Money On Technology With Salary Sacrifice**

For those who may need to purchase additional equipment to work from home, Kris Rocks has highlighted a scheme which Harbour has recently joined which lets you get the latest tech through your employer. You then spread the cost with up to 12 payments from your salary across 12 months and make a National Insurance saving of up to 12% too. Savings are between 2 and 12% depending on your tax rate. Best of all – you own the products from the beginning and there's no end of hire fee. Please click the link below for further details:

[www.techscheme.co.uk/home](http://www.techscheme.co.uk/home)

### **Working from home**

You may be able to claim tax relief for additional household costs if you have to work at home on a regular basis, either for all or part of the week. This includes if you have to work from home because of coronavirus (COVID-19).

Please see further info [www.gov.uk/tax-relief-for-employees/working-at-home](http://www.gov.uk/tax-relief-for-employees/working-at-home)



<https://www.plymouthherald.co.uk/news/plymouth-news/people-standing-up-plymouth-represents-4867495>

### **Staff and volunteers at the Harbour Centre**

*The team at the Harbour Centre, an organisation that supports people affected by the use of drugs and alcohol, have been praised for continuously offering support for people and adapting to the lockdown rules.*

*One reader said: "Harbour have stayed open since the beginning of covid, offering support to people who experience addiction, dependency or problematic substance use. "They have coped with increasing numbers of people requiring support, have supported other organisations within the Plymouth complex lives alliance and have had to adapt to new ways of working to ensure no person who needs support goes without."*

### **SWEP and Winter Provision**

Staff have been working hard during the cold weather and lockdown to ensure people rough sleeping are offered a bed: Tara from PATH has updated that

- SWEP ended on 11/01 as temperatures back up above zero
- Currently plans with BCHA and Hamoaze are to have WP fully up and running by the start of next week at the latest
- Rough Sleeper numbers are incredibly low – everyone who is out, has an offer
- No cases of Covid in Rough Sleeping community
- Close working with PATH/BCHA/PCC daily around every Rough Sleeper that has been seen to ensure safe plans working closely as every with the Soup run around referrals

### **Covid Vaccinations**

Thanks to PCC and Livewell we have been able to offer over 50 front line staff vaccinations over the past few days and this coming Sunday. Harbour staff have also been able to access vaccines. Having spoken to staff in other areas it seems that Plymouth is really leading the way in ensuring that our frontline and vulnerable staff are vaccinated. We hope to offer further sessions in the coming weeks.

In the meantime we are working with Public health to get our most vulnerable clients vaccinated.

If you have any queries about vaccine availability please email [sharontucker1@nhs.net](mailto:sharontucker1@nhs.net)