



Plymouth Alliance for Complex Needs

Best for people using services

July 2022

Useful contact details:

PCC RCF Alliance Advice line (Adult Social Care) 01752 304401 Mon – Th 9-5pm Fri 9 - 4:30pm

Out of Hours – 01752 668000 Community Connections – 01752 398500



20th September – Remembrance Service

I am holding a remembrance service at St Andrews Church in September for drug and alcohol related deaths. This is for staff and people using services to attend to remember those that have died. Staff can print the poster and display it in and around their buildings. Poster attached

Many thanks

Jocella Peck

Operations Manager, Harbour



Remembrance
service poster.pub

Invitation to Stakeholder Workshop 21st July 10am to 12pm as part of a new research project to assess the impact of food-focussed initiatives in Plymouth.

Venue: Central Park Sports Hub: Date and time: 21st July 10am to 1pm – lunch is included.

This workshop aims to map out the food-focused initiatives that are working to addressing food insecurity and improve well-being in Plymouth. You will have the opportunity to:

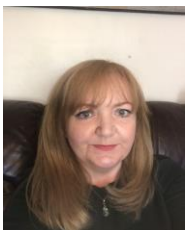
- Share your thoughts and expertise on what works well with the different food-focused initiatives in Plymouth
- Map out what makes a positive difference to families accessing food support in Plymouth
- Feed into Plymouth City Council's Food Strategy If you would like to find out more or attend the workshop please contact Dr Rebecca Carter-Dillon, University of Plymouth Rebecca.carter-dillon@plymouth.ac.uk



Flyer for Stakeholder
Workshop.pdf



Is Food all we Need
Research Project Sum



Moving on - I took up the position of Alliance Admin and Business Information Officer in September 2019, just a few months after the Alliance launched. This was a brand-new role, and it was exciting to be involved with such an innovative project. Just a few months later we were struck by covid and went into lockdown which brought new challenges and a different way of working, especially for admin staff.

Now, nearly three years on I have taken the decision to move on to a new role with UHP as an Executive Assistant to the Future Hospital Director. I have enjoyed working with you all and meeting many of you at the Big Buzz or AI/training evaluation sessions and sharing your good news stories and the amazing work you do in the newsletters. I hope to be in contact with you still through joint projects such as the Cavell centre in the coming months. Oh, and apologies for filling up your inboxes on a regular basis...!

Best wishes Sharon

Alliance and Partner training opportunities

Tenancy Training dates available:

Monday 25th July- 1.30-3.30pm and Wednesday 31st August 10.30-12.30pm.

This is an excellent way to arm Plymouth's workforce with the knowledge needed to help people with housing issues. In these sessions we will cover:

- Finding accommodation
- Securing accommodation
- Legal requirements of landlords
- Legal obligations of tenants
- Different types of eviction notices
- Tips and tricks for avoiding damp
- Finding furnishings and other local resources.

To book please email Alexandra.burgess@pathdevon.org



FREE ONLINE REFUGEE AWARENESS TRAINING

21st July 11 – 1pm or 27th July 11- 1pm

Book your place by sending an email to Lavinia Porfir at: L.porfir@plymouthrec.org Once the booking is confirmed you will receive the link to the Zoom online training

Adult Safeguarding training

Dates become available regularly so please book via link: [Adult Safeguarding Events | Eventbrite](#)

Current dates available: July 19th, 25th, 26th and 28th & August 1st, 3rd, 4th, 11th, 15th, 22nd and 29th

For any queries, please email adultsafeguardingtraining@plymouth.gov.uk

Congratulations!



Well done to Ant Dwyer and Ellie Jarvis (HARBOUR) who have recently completed the Race for Life on 12th June. So far, they have raised £60 for Cancer Research UK.

The Digital Inclusion Network won an award at the SOCITM, (Society For Innovation Technology and Modernisation) annual awards!

The award was for Best Outcome for a Community Group or Area. The award was specifically for the work that the Digital Inclusion Network has been doing to help people across the city. I spoke about our work at a Southwest SOCITM meeting recently, and this has been recognised nationally. This isn't an award which we nominated ourselves for or made a submission for, it was assessed completely independently.



Well done to Kate, Dave, Emily and Grace from Path who ran the Plymouth Half, raising over £1000 for the Path Client Hardship Fund.

Hamoaze timetable of events

	Hamoaze
Monday	10:30 – 12 Questions Open Group 12:30 – 2pm Krafty Klub 2 – 3:30 Care Plan Group
Tuesday	10:30 – 12 Single gender group 12:30 - 2 Football club 2 – 3 Yoga with Jason
Wednesday	10:30 – 12 Addiction workshop 12:30 – 2 Belinda Art group 2 – 3:30 Debating group
Thursday	10:30 – 12 Open Group 12:30 – 2 Self-Discovery Group
Friday	10:30 – 12 Positive thinking group 10:30 – 11 Mindfulness Yoga 12:00 – 1 Alcoholics Anonymous 12:30 – 2 Football club 1 – 3 Affected others
Saturday	For all groups you can book in online Contact office@hamoazehouse.org.uk or call 566100
Sunday	We also offer various use of the Gym and other types of training like Circuits, boxing, trampolining, which can be organised via phone call or email, this can be 1 to 1 sessions or group sessions, single gender sessions are also available. In the holidays we offer Fit and Fed. We have a Garden Project which runs Monday – Wednesday for all those interested in gardening or would like to learn.
	Hamoaze Group times: The CA group takes place every Tuesday at 12 :30. The AA group takes place every Thursday at 6:30 pm and the additional Hamoaze support group starts on Thursday 23rd at 6pm till 7:30 pm and will also be a weekly meeting.

Changing Futures Update

Hello - I introduced myself in the last newsletter and set out how I wanted to use this space to keep people up to date about what the Changing Futures programme is all about, including the highlights from what we've done, what we're doing and what we're planning to do next, both locally and nationally.

So what is it all about? Changing Futures is here to do what it says on the tin. Our purpose is about working with people and partner organisations, networks and groups to explore better ways of working together to support people with experience of multiple disadvantage to change futures.

By multiple disadvantage we mean people who have a history of/or experiencing:

- Homelessness
- Substance use
- Domestic abuse and sexual violence
- Perpetrator work
- Mental health
- Criminal justice

As a programme, we are focusing on three specific areas – or systems:

- Domestic abuse and sexual violence
- Criminal justice
- Young people's transition from childrens to adult services

Our work to date has been about gearing up and getting started on the journey, for example, by recruiting to programme support roles and distributing funding to support:

- Improving Lives Plymouth to recruit people with lived experience to join the programme as peer mentors and peer researchers, building on an ethos of co-production that sits at the heart of our approach
- the development of a Learning Exchange activities programme hosted by Shekinah
- a volunteering coordinator to join the PCC volunteering team to help create more volunteering opportunities for people
- PATH to develop a landlord accreditation and assurance scheme to support raising standards in the quality of temporary accommodation
- Trevi to explore the impact of providing personalised financial support for women and the delivery of a safe, welcoming space at the Sunflower Centre for all women with a history of/experiencing multiple disadvantage
- the on-going coordination of the Trauma Informed Plymouth Network
- Ahimsa to work with perpetrators of domestic abuse through a behaviour change programme
- CLINKS to bring together all elements of the criminal justice system in the City to embed trauma informed practices and create shared learning opportunities
- unlocking barriers to digital inclusion through supporting people to have access to devices and data.

And we are doing much, much more besides.

It is an exciting time to be joining the programme – to get in step with all the work that has been done to date to get things going and to start work on bringing all the various plans and activities together as a coherent programme. In doing that ‘bringing together’ we are looking to more clearly connect people and partners across the City with the work of the Changing Futures Programme and I hope to have more to say on that in the next issue.

Mathew Cunningham
Changing Futures Programme Lead
Community Connections

July Awareness days

24th July - Samaritans ‘Big Listen’ day 2022. They will be running their awareness-raising campaign ‘Talk to Us’, to remind people that they are here for anyone who needs someone to listen.

More info at <https://www.samaritans.org/support-us/campaign/talk-us/>

You can also get involved in Samaritans Awareness Day on Twitter using the hashtag #SamaritansAwarenessDay

28th July – World Hepatitis Day more info at <https://www.worldhepatitisday.org/>

Good news from across the Alliance

Reflections from Lee a volunteer at Shekinah:

"2022 has been a fresh start for me. I first came to Shekinah through CF03 when my probation worker put me in touch with Shekinah to find out about the courses that might help me. I was initially interested in Re:vive, but talking about my experience of being a Listener and Buddy in prison, we agreed that the Mentoring course would be a good place to start.

I have completed my Level 1 in Mentoring and have been volunteering down at Bath Street for about 4 months. I started off making teas and coffees, then progressed to cooking in the kitchen and now Scott has got me working directly with the clients. Sometimes just having a cuppa and a chat with someone is a great way to have a positive influence and help someone else see that there's hope and recovery is possible.

I am now doing the Re:vive course alongside Mentoring Level 2. Re:vive is helping me to understand myself better and make positive changes, while doing the next level of Mentoring and I can see how I can help others in their journey. They work alongside each other well. I am looking forward to the possibility of visiting the prison on a 'Check Out Work Matters' event to talk to people about Shekinah and the work they do.

Everyone in Shekinah, especially Scott and Donna, has put faith in me, which has given me a good incentive to keep going and stay clean...six and a half months and counting!"

"Transitions are not easy, but the move from 24 Stonehouse Street to Bath Street has been as smooth as it could have been, with the training team being welcomed and settling quickly into a new location. The integration of services has already had a marked impact on the community, with lots of positive conversations around the whole building about how to support people creatively, socially and emotionally."

Positive stories from PATH Resettlement

BM came to Resettlement after a relationship breakdown with his mother. He displayed signs that he needs supported living and was allocated to his support worker. We were able to get him a LiveWest supported housing move on which the client was really happy with.

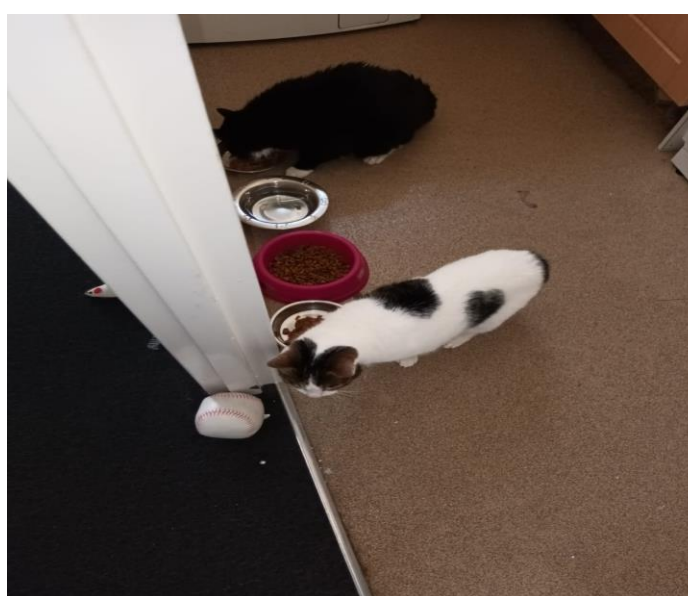
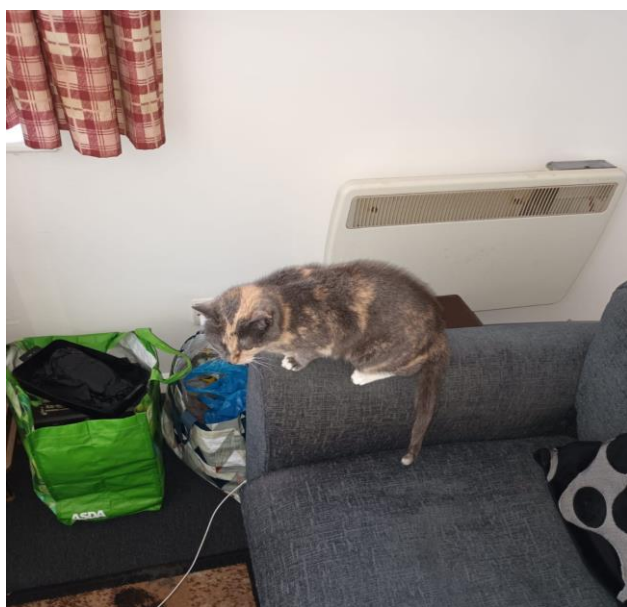
NS came into our Resettlement Project in March 2021 after a relationship breakdown. He was a vulnerable young man at risk of exploitation and with learning difficulties, so we worked hard to support him and put appropriate care in place to ensure he was safe. There were a few ups and downs with him not fully understanding that he needed to prioritise spending money on his rent rather than new belongings, but with the support of a PATH Complex Needs Support Worker we were able to get him back on track. He moved into a one-bedroom flat in Social Housing. PCC were able to provide funding for new white goods plus his first month's rent in advance and PATH were able to assist with additional kitchen equipment, pots, pans, curtains, and some furniture to ensure that he was able to set up his new home. Support Workers assisted him with the utility companies, and he was over the moon with having a place to call his own after being in our Project for almost a year.

DC had been in and out of hostels and temporary accommodation most of his life and had become institutionalized into that way of life. He was complex. He complains about the system and how he has been treated unfairly. His room was constantly untidy and he prioritised his drug use. There was a risk that he would lose his accommodation due to his high level of illicit drug use. With Path and Support Worker assistance, he was able to have an Adult Social Care referral. However, his mental health declined, and his drug use increased. He was able to secure a property and have 6 weeks support after moving in. He is now settled and is doing well. He keeps his room tidy and cooks for himself. He can budget and although he admits he still uses illicit drugs, this has been reduced and he now has a girlfriend. We are proud of what he has been able to achieve.

More good news from across the Alliance

More positive news from PATH/Shekinah

SD moved into Resettlement due to falling behind with his rent in his previous accommodation. When he became homeless, he had no one to turn to, with no family and friends. He became depressed and suffered with anxiety. He had 3 cats. These were all that he had left of the family he once knew, and they were his life. The cats had to be placed in a cat shelter and this cost money, which was slowly running out. One of the cats was 15 and didn't have long to live. A Shekinah Support worker tried multiple landlords but was rejected on every turn due to the cats. SD also had some mobility issues and required a ground floor flat. Due to the length of stay at the shelter and lack of affordability the cats were going to be put down. This exacerbated SD's depression and life for him was getting worse. Landlords refused to support him with the cats. Westward Housing stepped in when his circumstances were explained and he was accepted for a ground floor flat. He is now settled, and the cats are happy.



An unexpected gift for Hamoaze...

Yesterday morning, and totally unexpected, a local resident and ex user of services arrived at Hamoaze clutching a carrier bag with a £100 worth of £1 coins inside. She has for some while now stopped drinking and taking drugs and was very happy proud of this fact. She had saved this because of her lifestyle changes, planning to make a donation to Hamoaze to say thank you

She insisted that I take the money, this was very important to her, telling me "I wanted to give something back." She had a huge smile on her face and was very happy to do this.

It is certainly a good news story and underlines the importance of addressing the some of the power imbalance by being able to give back. Even although she is completely entitled to the support she received over the years.

Mark Bignell, CEO, Hamoaze House