



# Plymouth Alliance for Complex Needs

Best for people using services

November 2020

## 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**

## Love Your Neighbour – St Mathias Church

Dear All,

I wanted to let you know that in response to the new lockdown measures of closing all restaurants and non-essential stores we are going to open daily for people who are temporarily housed in facilities that do not have cooking facilities and others who may be vulnerable. We will provide a hot take away breakfast and hot drink between 10am and 11am. We will also provide a brown bagged lunch for service users. Bathroom facilities will be available for the service users as the last time we had a lockdown of all non-essentials all the public bathrooms were locked.

I would like to get the word out to people in temporary accommodation so that no one has to go without food during this lockdown.

Tina Bayliss – Leader  
Love Your Neighbour // St Matthias Plymouth

## Update on Shekinah offer from Nabeel Mirza:

Rough sleepers team, navigators, HISS team, first stop, MARS team, Soup run and anyone else working with people on the street will be able to refer into the 3 slots. Service will be for rough sleepers wanting to move forward and find suitable accommodation. They will have an offer of clean clothes, showers, food, help with benefits and housing forms and any health issues. Hopefully, GP services will return in the foreseeable future.

It will be a Monday to Friday service but I will be offering the building on evenings and weekends to St Mats/Soup run team to use for take outs etc.

So, what will it look like –

7.30am Daily planning and debrief.

8.00am -8.30am First session for rough sleepers. (Max 4)

10am Second session for rough sleepers (Max 4)

12noon Third session rough sleepers (Max 4)

Shut at 2pm

Thursday 2pm team meeting all staff welcome.

If someone does not attend, the vacant slot cannot be filled by someone just wandering by. They will have to be booked onto next time slot.

All slots must be filled by contacting Emily at the Rough Sleepers Team on 07496-983671. This will ensure that rough sleepers are given priority and will avoid double bookings.

All people will have their temperature checked before they come in and need to wear face coverings and respect social distancing guidelines when entering the building. PPE will be provided.

## **Alliance Mandatory training**

Andy Maguire has now set the dates for the three elements of the training, starting in December, which will include:

- **Motivational Interviewing and Enhancing Change. Two Day Course**
- **Drug Use, Addiction, Treatment, and Recovery Two Day Course**
- **Promoting Good Mental Health and Recovery One Day Course**

The dates for the training have now been sent to managers so please can you submit the dates you would like to attend.

All of the training will take place at Hyde Park House in their Northwood ground floor office, socially distanced (max 10 per session)

### **Emotional regulation Workshop**

**David Jenkins from the Salvation Army is offering to run two days of workshops for staff from across the Alliance (see overview below) These will be held by Zoom on Tuesday 1st and Wednesday 2nd of December (both sessions from 9:30 – 11:30). If you would like to attend please email Sharon Tucker (sharontucker1@nhs.net) – who will then send you the Zoom link. Spaces are limited to 15 per session.**

***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.***

***Please note there are limited spaces left for the 1<sup>st</sup> December, with more available on the 2<sup>nd</sup>***

### **Weekly Property Bulletin**

Many people probably know already but there is a Weekly Property Bulletin sent out, sharing vacancies in private rented accommodation so that staff members can alert and support clients needing housing to consider them.

The Path Renting Support Service have a list of 130 landlords/agents that they contact regularly to obtain information about vacancies; which they then share via the bulletin to over 100 alliance staff and is used, for instance, to help people move on from temporary accommodation.

Anyone wanting to receive it should email:

[David.Ringwood@pathdevon.org](mailto:David.Ringwood@pathdevon.org)



### **Caring for Plymouth set to support city's most vulnerable**

Livewell is proud to be working with Plymouth City Council again to support some of Plymouth's most vulnerable residents through the November coronavirus lockdown.

Caring for Plymouth, the partnership Livewell, the Council and a large number of voluntary and community sector organisations, will once again provide a vital lifeline for people who are clinically extremely vulnerable to COVID-19. The service previously ran between March and July.

Services will be focussed on people who do not have established support networks so that they can access emotional support, access to food, medicine collection and support with paying bills and accessing money. Staff providing the service will have had background checks to provide added piece of mind.

Work to contact people has already begun but if you do know someone who is clinically vulnerable and may need support, they can call 01752 668000 between 9am and 5pm from Monday to Friday.

Alternatively, a full list of Caring for Plymouth partners and services can be found on the Plymouth Online Directory at [www.plymouthonlinedirectory.com/covid19/caringforplymouth](http://www.plymouthonlinedirectory.com/covid19/caringforplymouth)

### **Refugee Awareness Training**

Plymouth & Devon Racial Equality Council are offering training on the following dates:

- the 19th of November from 11am to 1 pm
- the 3rd of December from 11am to 1 pm
- the 14th of December from 11 am to 1 pm .

The training is delivered on Zoom.

To book your place, please email:

[l.porfir@plymouthrec.org](mailto:l.porfir@plymouthrec.org)

## Hamoaze Gardening Group

The gardening project has been running now for 5 weeks with our service users/trainees who prefer to be called volunteers. Around 20 Hamoaze service users all seemed as keen as mustard to partake in the project but generally there are between 2 and 7 participants on any given day at present.

We have tea and coffee making facilities and a place to go when it's raining. With covid regulations of 2m spacing, the capacity is about 7 people.

Shekinah staff are signposting anybody they think would benefit from the gardening project.

Rosanna Eveleigh and I are currently putting together a level 1 award in Horticulture. I can deliver this on site and I am currently training toward a level three teacher training certificate. We are hoping that this will be up and running within the next few weeks.

Andy Kebby has put me in touch with Steve Warren Brown from YGS landscapes who has kindly offered to sponsor the project. He has offered much needed supplies of sundries such as plants, trees, compost, pots, seed trays etc. Steve also offered to draw up some plans for Hamoaze gardens using a 5-year plan. This could include workshops, polytunnels, glass houses, water features, pergolas, raised beds, composting areas, ornamental beds and areas for indigenous flora and fauna all with an emphasis on sustainability and a lowered carbon footprint. Steve will be working closely with Mark Bignell on this one as I feel it necessary to be sympathetic to the true purpose of Hamoaze as a community hub, a place for sports and recreation, fun days and open days etc.

We are currently operating Monday to Thursday 10 until 2:30, arriving for 9:30 for a cup of tea and discuss the day.

I have received such tremendous support from all of the staff in and around Hamoaze and Shekinah.

This has been a truly humbling and beautiful experience for me. In this short time I'm seeing friendships made, confidence built and smiles grow. So I thank you for this opportunity.

Pete Creed





## **Funding boost to help prevent homelessness in Plymouth**

Plymouth has received an additional £1.2 million in funding to support our commitment to providing homes and support to some of the most vulnerable people at risk of homelessness and rough sleeping.

The funding is part of the government's Next Steps Accommodation Programme (NSAP) and follows on from the 'Everyone In' directive from the Government in response to COVID at the end of March.

Under 'Everyone In', Plymouth City Council and The Plymouth Alliance accommodated over 200 people at risk of homelessness and worked quickly to provide additional units of temporary accommodation for some of the most vulnerable rough sleeping and at risk of rough sleeping.

The Next Steps Accommodation Programme provided through the Ministry of Housing, Communities and Local Government (MHCLG), will now fund additional accommodation units to provide a move on option and longer term homes, for some of those currently in temporary accommodation.

Working closely with The Plymouth Alliance, BCHA and Plymouth Community Homes, this round of funding will provide 10 longer term self-contained units and 10 one bedroom properties. The funding includes the recruitment of staff to support those moving into the accommodation.

Councillor Chris Penberthy, Cabinet Member for Housing and Co-operative Development, said: "Plymouth is committed to ending homelessness and rough sleeping. We welcome the additional funding that helps us to continue the good work done during the pandemic that helped vulnerable people access secure homes, but it is not enough to meet all the additional financial demands in doing so.

"COVID has had a huge immediate impact on homelessness and its legacy is likely to be seen for many years to come. By investing in local services we are well-placed to support the prevention and relief of homelessness, but with no indication of the level of financial support available beyond March 2021, it remains difficult to plan comprehensively and address some of the longer term challenges.

"A realistic and consistent level of longer term funding would allow homelessness prevention to be delivered strategically, and better support our most vulnerable in the most effective way, this is what we need from Government at this time."