



THE PLYMOUTH ALLIANCE

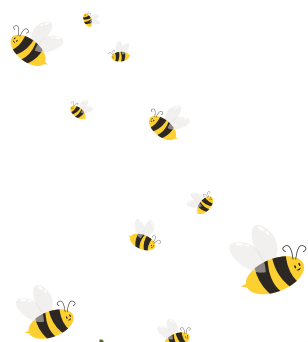


Newsletter - April 2025 edition

Welcome to the latest edition of the Plymouth Alliance Newsletter.

CONTENTS

- **PAUSE PLYMOUTH UPDATE**
- **HARBOUR VOLUNTEERS**
- **PSYCHOLOGICAL INTERVENTIONS**
- **PARTNERSHIPS AND PATHWAYS 2025**
- **GOOD NEWS**
- **THE ALLIANCE NOTICE BOARD**



The Plymouth Alliance is commissioned and
funded by Plymouth City Council.



Thank you for reading The
Plymouth Alliance
Newsletter, we hope you
enjoyed it. If you have any
contributions or stories for a
future edition, please send
to amy.mackay2@nhs.net

PAUSE PLYMOUTH UPDATE

The Pause Plymouth practice, commissioned by Plymouth City Council (PCC) through a social outcomes partnership, has been in operation since April 2019, and in that time the Pause team at Trevi has worked with around 100 women, helping them exit the destructive, traumatic cycle of care proceedings which had previously seen them experience the removal of over 300 of their children into care.

Women who've worked with Pause Plymouth have said that the impact for them has been incredibly positive, in many cases life-changing. To date, none of the women have experienced any further care proceedings – testament to the changes they've been able to make, through working with Pause. The main thing Pause women have asked for to make things even better in future, is that women have the opportunity to receive support at a much earlier point in their lives.

Around half of the 103 women who've worked with Pause Plymouth had themselves spent time in care as children; we want to break this cycle for more families.

We now have an opportunity to take forward the hugely valuable learning and experience gained through 6 years of Pause delivery in the city, in a way which enables us to offer the earlier intervention women have been calling for. It is therefore PCC's intention that once our 4th community of women are safely transitioned to 'next steps' in spring 2025, the Pause practice will 'close' and be succeeded by a new offer for Plymouth women, delivered by the same Trevi team.

Continued on the next page...



PAUSE PLYMOUTH UPDATE

PCC is currently working in partnership with Bridges Outcomes Partnerships to secure Lottery funding to support an earlier intervention model; we will know the outcome of our bid in the summer, and if successful the balance of funding will be provided by the Council to enable us to move forward to implementation.

Whilst earlier intervention is a vital element of the proposed new model, there are clearly still other women in the city who have already experienced removal of their child(ren) into care and therefore it is also our intention to maintain a trauma-informed, relationship based, intensive offer for those women, albeit not the licensed Pause programme.

Due to the increasingly challenging financial climate all local authorities continue to navigate, it is unfortunately not possible for PCC to identify sufficient internal funding for the proposed new model without securing the Lottery contribution.

Whilst we await the outcome of the Lottery funding bid, we are working in partnership with the team at Trevi and Bridges to develop plans for some interim, impactful interventions which the former Pause team will deliver over the summer, alongside their work supporting women who are still engaging via 'next steps', and continuing to co-deliver the Confident Conversations (about sexual health & contraception) workforce development sessions for PCC and partner agencies.

The Pause Plymouth team are in the process of advising the women they've worked with of our future commissioning intentions for this important work.

We will of course update all partners and stakeholders with more details of our proposals over the coming months and when we know the final outcome of the Lottery bid.

Commissioning, Plymouth City Council



HARBOUR VOLUNTEERS

Harbour volunteer roles include: group facilitator, hospital buddy, Naloxone Advocates Plymouth (NAP) and more. 13 volunteers in total have attended their induction training at Harbour, 12 have successfully completed the induction and one volunteer is pending completion.

Some of the volunteers had previously completed their Peer Mentor accredited Level 1 & 2 training at Shekinah. Harbour continue to signpost and introduce interested peer mentors to Karl the Peer Mentor trainer at Shekinah. Some of the volunteers also completed a free volunteer training course provided by Changing Futures. Those interested in volunteering in the drug and alcohol field are signposted to Kevin, the Changing Futures volunteer trainer. Harbour continues to liaise and work together with Shekinah and Changing Futures to create a supported team of volunteers, able to offer their valuable expertise and skills across the Alliance.

Three new volunteers are based at Shekinah, working closely with the Homeless Intervention Team (HIT) on their clinic days. Four new volunteers are starting their volunteer positions Front of House at Harbour, and couple of volunteers will work with the hospital team. There are also have a few volunteers who are shadowing groups with the aim of leading them in the near future once trained.



**76% of Harbour
volunteers have
lived experience**

**19% of
volunteers are
students**

Since being onboard, Harbour volunteers have participated in various Alliance meetings, learning sessions and training opportunities in Plymouth, including The Trauma Informed Network event, Partnerships and Pathways Sessions, Volunteer Network Forum, NAP training, Harm Reduction training and Drug Awareness Sessions. This is just a small snapshot of the many things that they have participated in so far.

Finally, since volunteering, one volunteer has secured a part time job as a community builder in Plymouth with Four Greens Community Trust, but has chosen to continue to volunteer with Harbour once a week!

Jacqueline Turner, Harbour Volunteer Coordinator - thcpltd.volunteers@nhs.net

“I really love volunteering, I didn’t realise Harbour do so many different things, and I just want to do everything!”

The Plymouth Alliance Psychological Interventions



Direct Work

LIGHT – An open trauma stabilisation psychoeducational group accessed via Harbour & Alliance partners (Delivered by Complex Needs & Harbour colleagues). Currently running from Harbour with plan to roll out to Shekinah.

Indirect Work

Consultation

One-off advice sessions offering psychological perspective by appointment

Formulation

Via Livewell MDT Meeting slot - one off sessions

Systemic Supervision Regarding Specific Clients

E.g. for care/hostel staff, 1-3 group sessions

Staff Support

Reflective Practice

Regular group support

Debrief

One-off 1:1 or group sessions

Training and CPD

By arrangement

Contact: Simon Greaves Consultant Psychologist – Harbour 01752 434343
Or email: livewell.complexneedsteam@nhs.net

PARTNERSHIPS AND PATHWAYS

The Partnerships and Pathways programme has been refreshed. Over the coming months, we will experiment with different formats to enhance your opportunities for meaningful connections with colleagues across various teams and organisations throughout the city. This will broaden your professional network and provide a platform for sharing and learning from diverse experiences. In addition, we have extended the time allocated for your valuable feedback and reflective insights.

Session objectives

- Discover more about partner agencies and the services they provide
- Strengthen existing connections and cultivate new relationships
- Collaborate effectively to enhance pathways

Some of the feedback received from the first two sessions - it's great to hear attendees thoughts and what they found useful:

What did you find useful?

- “Great to connect & find out more about people working in the Alliance”
- “Useful to know who’s who and what there is to offer”
- “All of us networking/joining and talking to each other discussing change positively”

What surprised you?

- “Always surprised of what I have learnt”
- “Training was very different than what I was expecting - really enjoyed it”
- “Enjoyed networking as a volunteer”
- “The variety of views but also the depth of knowledge and experience different people had”

What actions do you intend to take?

- “Remember support for families”
- “I commit to more shadowing of services and support other services/individuals who would like to shadow me”

Who should attend?

The sessions are open to all individuals working with our Alliance partners, including subcontractors. We encourage a diverse mix of expertise and experience, fostering a spirit of collaboration and partnership working.

If you would like to book a place on the next Partnerships and Pathways session on 8 May and focusing on mental health, please check with your manager and book your place by clicking here - [book now](#)

PARTNERSHIPS AND PATHWAYS

2025

Join us to learn more about services, build relationships and links with other Alliance partners and improve pathways.

Thursday 8 May

Mental Health

1:30pm - 4pm, Hamoaze House



BOOK NOW

“ The session was structured well, with enough variety to keep everyone engaged. I really enjoyed the small group discussions. ”

“ I came out of the session with a better understanding and more confident to approach necessary services for further information. ”



Partnerships and Pathways Sessions take place at Hamoaze House, George Street, Mount Wise, Plymouth, PL1 4QJ. Refreshments will be provided.

If you would like any further information please email the Alliance Business Support Coordinator - amy.mackay2@nhs.net

Don't forget to also come along to an Alliance Introduction session

The next session is on Monday 2 June at 3pm. More information on the Alliance Noticeboard on page 9 of this newsletter.

**NEW
TO THE
ALLIANCE?**



Testimonial for Harbour Services

"I joined Harbour in October 2024 and have been attending their sessions now for 5 months. I have been genuinely impressed by their ability to look after so many different individuals, often with complex needs. I first attended due to having real difficulties with alcohol and cocaine. What was once seen by others and by myself simply as heavy but acceptable levels of binge drinking and cocaine usage quite quickly changed and spiralled out of control to very much the opposite. I desperately needed help and Harbour have absolutely been there for me.

I have attended 3 differing groups that meet once a week since my time at Harbour and have enjoyed and benefited from them all. You get all walks of life turning up every week which makes it really interesting and helpful to understand your own recovery pathway more fully.

What I like about it is that there is never any judgement, either from staff or other attendees, there is always understanding and also a great amount of peer and professional support. You can tell that people genuinely care and are interested in your well-being. It truly has been a lifeline for me and I look forward to my time at Harbour every week."

Anonymous, Harbour Groups Attendee



I would like to take a moment to extend a heartfelt thank you to the HIPP team for the incredible support they provide to our customers in all aspects of their lives, including health, mental health, and overall wellbeing.

A special shout-out to Darren, Kait, and Jenna, whose support has been invaluable to the services I offer. Their dedication, expertise, and commitment have truly made a difference, and I am incredibly grateful for their ongoing assistance.

Thank you all for your hard work and compassion, it does not go unnoticed!

Vicky Jennings, Premises Manager - BCHA

THANK
YOU!



Mandy is running the London Marathon this year for Harbour and in memory of her late Dad. Click the donate button to contribute.

DONATE 

THE ALLIANCE NOTICE BOARD

Use of AI Tools Within the Alliance



Just a quick reminder that only Microsoft Copilot is authorised by the council for taking Alliance-related meeting notes. Other AI tools should not be used. If you have any questions about this policy, please talk to your line manager.

Changing Futures Webinars

There are a number of Changing Futures webinars on the Trauma Network's YouTube. These include the Your Story project, Journey Mapping, and the Three Lens Model. They can all be found at this link [Trauma Informed Plymouth Network - YouTube](#)



Plymouth Online Directory - POD

Plymouth City Council's online directory of services - links below to the directory and how to create a page on the Plymouth Online Directory: [POD](#)
[POD - create a page](#)

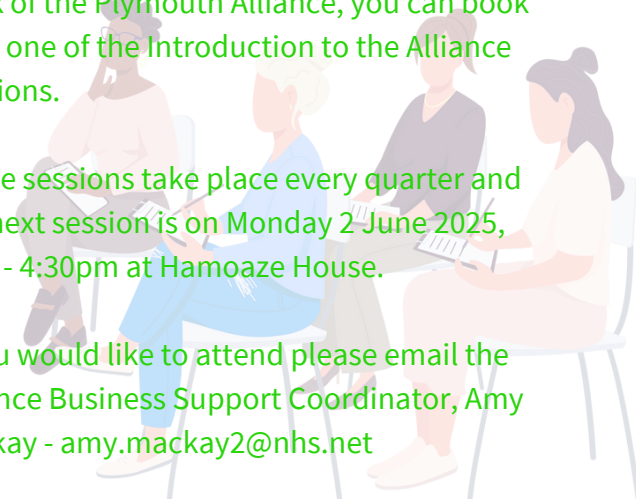
Introduction to the Alliance Session



If you would like to know more about the work of the Plymouth Alliance, you can book onto one of the Introduction to the Alliance Sessions.

These sessions take place every quarter and the next session is on Monday 2 June 2025, 3pm - 4:30pm at Hamoaze House.

If you would like to attend please email the Alliance Business Support Coordinator, Amy Mackay - amy.mackay2@nhs.net



THE ALLIANCE NOTICE BOARD

Zebra Collective Conversations that Challenge Series



Understanding and engaging those who use harmful behaviours in intimate relationships. Wednesday 21 May 12:30-2:00 via ZOOM. Fee: £10.

Join us for a 'conversation that challenges' with Luke Kendall as we seek to understand & engage those who use harmful behaviours in intimate relationships. We will invite robust discussion about working with people who cause harm, highlighting the need to stay true to trauma informed values & principles - even when it's difficult to do so - to promote understanding of why people perpetrate domestic abuse, with recognition of the suicide risk this poses amongst those who cause harm, to ensure curious, compassionate & impactful practice. For more information and to book your place - [click here](#)



SHIFT: Trauma Conscious Leadership for Troubled Times

SHIFT is the UK's first Trauma Conscious Leadership Programme for people working in homelessness and housing

Applications are now open for this programme, run by the [Museum of Homelessness](#).

SHIFT is an intensive 10 month leadership development programme being launched by Museum of Homelessness, for 10 exceptional people working in homelessness and housing. Thanks to funding from the Sarah Jane Leigh Charitable Trust this inaugural year of the programme is completely free for participants. SHIFT will run from July 2025 to March 2026 and will include:

- 2 x 2 day intensives at Museum of Homelessness in Finsbury Park.
- A 1 day recharge and reflect space
- A 1 day celebration event
- Trauma conscious coaching
- A therapeutic bursary
- Access to the museum's archive and collection, networks and resources

APPLY NOW

