



THE PLYMOUTH ALLIANCE

Newsletter - June 2026 edition

Welcome to the latest edition of the Plymouth Alliance Newsletter




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



If you have any
contributions or stories
for a future edition,
please send to
amy.mackay2@nhs.net

WORKFORCE DEVELOPMENT ACROSS THE ALLIANCE

June will see another cohort attend a 2-day Applied Suicide Intervention Skills Training (ASIST) course. Later this month, Harbour and Livewell Southwest will deliver a further training session on “Co-occurring Mental Health and Substance Use” for people working across the Alliance partnership and beyond. Combined with the continued participation in the VAWG/DASV offer and 4 day trauma stabilisation course, there is continued progress in the core knowledge based components of the Alliance’s workforce development programme.

Developments Made to the Partnerships & Pathways Programme

Partnership and Pathways continues to evolve, and support robust relationships both interpersonal and across organisations which drives system innovation. Each session is linked to a theme: substance use, housing, criminal justice, mental health and domestic abuse. In order to foster a spirit of collaboration and deep partnership working, attendance is encouraged from a diverse mix of expertise and experience.



Here are some of the recent changes made in 2026:

- In April, the VAWG/DASV services hosted their first themed session. This included sharing details about the new Integrated Domestic Abuse Service Plymouth (IDASP) partnership, the recently launched Sexual Violence Therapy Service and an outline of the plans for Plymouth’s Coordinated Community Response (CCR).
 - The first session on the topic of Criminal Justice is scheduled for the 11 December 2026. Cass+, Probation Service and Make Amends intend to introduce their services.
 - More presentations are being delivered by operational managers and practitioners highlighting the redistribution of power whilst providing opportunities to develop presentation skills and public speaking.
- To ensure Partnership and Pathways adopts Human Learning System principles, increased focus has been given to small group discussion. Additional time has been allocated to understand one another's contribution and position within the system. In small groups, participants informally discuss their involvement to date linked to the theme, before moving on to identifying strengths and opportunities for service development and deeper partnership working
 - With a wider range of participants from outside of the Alliance partnership now attending, sessions now include awareness and understanding of the formation of the Alliance and the principles of Human Learning Systems.

Feedback from Recent Partnerships and Pathways Sessions

What did you find most useful from today?

Meeting and connecting with other organisations. The passion other people share is encouraging and a reminder that the hard times aren't only in 1 organisation. Being in a space with others is always exciting

Energy. Tangible connections made. Specific actions to follow up. Really useful

What surprised you?

Meeting people who had only been an email before

Warmth of space. Felt different. Very well facilitated

Nothing, these sessions are amazing. I knew I would find out lots today

INTRODUCTION OF PARTNERSHIPS AND PATHWAYS EXTRA

Partnerships and Pathways EXTRA! has been developed in response to requests to host an 'Alliance conference' or opportunity for the workforce to share their learning more widely and encourage innovation, collaborative thinking and awareness of high priority topics.

This is a chance for people to share their learning about an initiative they have been involved in to prompt discussion and strengthen the learning culture and understanding of complex systems. Sessions will have a "bring and buy format". Presenters will "bring" their learning to date, and also invite further involvement and perspectives from the wider workforce.

Presentations may cover a project, service, intervention, research proposal, or role insight, from planning to completion. Presenters should be directly involved, including students, volunteers, practitioners, or managers. Open to Alliance partners, subcontractors and organisations committed to addressing multiple disadvantage in the city, each presentation is limited to ten minutes plus discussion.

Please give brief answers to the questions in the following links if you wish to be considered as a presenter for either [Gender](#) or [Rough Sleeping](#). Please contact mary.coles@shekinah.co.uk if you have any questions.

SAVE THE DATE

Multiple Disadvantage Forum 2026

****EXTRA****

Gender

1:30-4:00

Wednesday 16
September

I found the group activity the most useful... it allows you to engage with people from other organisations.

Substance Use

1:30-4:00

Wednesday
14 October

****EXTRA****
Rough Sleeping

1:30-4:00

Thursday 12
November

Criminal Justice

1:30-4:00

Friday 11
December

...Networking with other agencies and finding out more about their services.

Helpful meeting another useful/vital/previously unknown service that contributes to our work

ZEBRA COLLECTIVE - REFLECTIVE PRACTICE OFFERS

Reflective Practice Update - Great News!

Thanks to Plymouth City Council, Zebra Collective have funding until March 2027 to continue the peer-led, multi-agency reflective practice project that has been running in venues across the city since September 2024.



REFLECTIVE PRACTICE TRAINING OFFER

Do you work with people experiencing multiple disadvantage e.g. homelessness, drug & alcohol use, mental health difficulties, domestic abuse or criminal justice?



**Would you like to join the team & become a
facilitator of peer-led reflective practice?**

Dates for comprehensive training programme:
Mondays 01, 08, 29 June & 06 July 09:30-1pm
Mount Wise Neighbourhood Centre,
Devonport.

Contact vicky@zebra.coop for more
information.

MAKE TIME FOR YOU IN THE COMPLEX WORK THAT YOU DO

This project is funded by Plymouth City Council, coordinated & supported by Zebra Collective & facilitated by staff from across the Complex Lives Alliance sector.



SERIOUS VIOLENCE PREVENTION

Through direct, face-to-face engagement with individuals who have exhibited violent, sexual, and/or predatory behaviours, discussions around consent have proven to be essential.

Drawing on these experiences, Katie Fleming, Serious Violence Prevention Officer for PCC, has collaborated with Devon and Cornwall Police to develop a leaflet that clearly communicates expectations around boundaries, consent, and appropriate behaviour.

Consent

Consent means a person **agreeing freely, choosing willingly**, and **saying yes** to something because they want to, not because they feel pressured, scared, or unsure.

Consent must always be:

- **Freely given** - no pressure, threats, guilt or manipulation
- **Clear** - a definite "yes," not silence or uncertainty
- **Informed** - they know what they're agreeing to
- **Specific** - saying yes to one thing doesn't mean yes to everything
- **Reversible** - they can change their mind at any time

For advice or help with your behaviour visit: <http://Stopso.org.uk> or scan the QR code.

Katie commenced the role in November 2025 following nearly 19 years of service with Devon & Cornwall Police.

In the final two years of her policing career, she undertook the additional responsibility of Deputy Force Lead for Sex Work Vulnerability. This has enabled her to establish strong links within the sex work community, and she continues to provide ongoing support to women in this area.

Please contact Katie on Katie.Fleming@plymouth.gov.uk if you have any questions.

What is not okay

These behaviours are **never** acceptable:

- ✗ **Pressuring someone**
This includes repeatedly asking, trying to persuade, guilt-tripping or making someone feel they "owe" you something.
- ✗ **Taking advantage of someone who is unable to consent**
This includes situations where a person is:
 - asleep or unconscious
 - heavily intoxicated
 - frightened
 - unable to understand what's happeningIf someone cannot say **yes**, then it is **not** consent.
- ✗ **Ignoring someone's boundaries**
If someone says *stop, no, I don't want to, not now*, or looks uncomfortable, you **must** stop immediately.
- ✗ **Assuming a previous 'yes' means a yes now**
Consent needs to be checked **every time**.

✗ Sexual assault

Sexual assault is **any sexual contact** carried out **without consent**.

This includes:

- Touching someone in a sexual way when they did not agree
- Continuing after someone has said no or looks distressed
- Any sexual act where a person is pressured, manipulated, or unable to say yes

If there is no **clear and willing consent**, it can be sexual assault.

How to make sure you have consent

- ✔ **Ask** clearly and respect the answer
- ✔ **Listen** to words, body language, and tone
- ✔ **Check** in if you're not sure
- ✔ **Stop immediately** if the other person changes their mind

Consent shows **respect, care, and responsibility**.

PARTNER UPDATES

News from BCHA



Plymouth Temporary Accommodation Team

The Housing First team, a new service for BCHA in Plymouth, sees BCHA working with our Alliance partner Path and housing provider Plymouth Community Homes to provide support to entrenched rough sleepers - individuals who have been sleeping on the streets for prolonged periods - to maintain a tenancy. The team are looking forward to working in partnership to develop the service and supporting people into permanent homes.


Scott is working as a Move-On Worker for BCHA. He is working across locations with Plymouth City Council, Path and LiveWest, helping those people who have been in temporary accommodation for a long time to progress into more stable housing. Scott has started a bi-weekly drop-in cafe at George House and has secured some funding to provide light refreshments to encourage attendance. In just a short period, 14 people have attended the drop-in and started the process of moving on from the scheme.

BCHA to Have New HMOs to Lease for Single People who are Homeless


Recently BCHA have secured an 8 bedded accommodation unit in central Plymouth. BCHA also expect to enter into a lease agreement for a further 10 bed this summer.

Individual Placement Support Success with Shekinah

IPS Individual Placement and Support





We're delighted to celebrate Austin's fantastic achievement in becoming a self-employed gardener. Turning his passion for plants and outdoor spaces into a thriving business, Austin is already making a positive impact with his creativity, dedication, and eye for detail. His journey is a brilliant example of what can happen when talent meets determination, and we're excited to see his gardening venture continue to blossom. Well done, Austin



Austin: "Thank you so much, you've truly done so much for me. I've been proudly wearing the T-shirts and showing them to my clients, and everyone keeps telling me how proud they are. I've also told them all about how you've helped me get to this point, and honestly, it still hasn't fully sunk in yet. I'm really grateful for everything."

Amanda Pearce Shekinah IPS Employment Specialist: "Austin was one of my very first clients as an IPS Employment Specialist, and it's been an absolute pleasure supporting him on his employment journey. He's overcome so many barriers, and seeing him now, running his own gardening business and genuinely happy, reminds me exactly why I love what I do."

Frances Woolley Austin's Key Worker at Harbour: "Austin has worked really hard to get to a place where he can become self-employed in a job that he loves to do. Austin is friendly, kind, always has a smile and is genuinely engaging. A pleasure to work with".



www.shekinah.co.uk

ALLIANCE LEARNING & REFLECTION SERIES

In association with the
Relational Practice
Academy

What helps people feel safe enough to connect, relate, belong, heal and recover?



This four-part learning and reflection series invites you to slow down, reflect, and deepen your practice through the lens of trauma stabilisation. These sessions offer a gentle blend of learning and reflective practice, creating space to think, feel, and make meaning together.

Our work involves supporting people whose experiences, circumstances and histories are shaped by multiple, overlapping challenges. These may include trauma, loss, adversity, health concerns, social exclusion, and systemic barriers.

SESSION 1: SAFETY

Monday 1 June 2026, 12:30pm - 4:30pm

Creating the conditions for physical, emotional, and psychological safety.

SESSION 2: CONNECTION

Monday 13 July 2026, 12:30pm - 4:30pm

Exploring connection to self and others as a source of regulation and support.

SESSION 3: RELATIONSHIP

Monday 7 September 2026, 12:30pm - 4:30pm

Deepening relational practice through attunement, boundaries, and responsiveness.

SESSION 4: BELONGING

Monday 7 December 2026, 12:30pm - 4:30pm

Reflecting on inclusion, identity, and what it means to truly belong.

All sessions will take place at Harbour, Hyde Park House, Mutley Plain, PL4 6LF. Although these are standalone sessions - you are welcome to attend one, multiple or all events.

FOR MORE INFORMATION:

Email mary.coles@shekinah.co.uk to book your place.



Working in partnership to bring the Relational Practice Academy to our colleagues across Plymouth:





The Relational Practice Academy is working in association with the VAWG/DASV Team to bring you this workshop

Relational Practice Academy

POWER & PRIVILEGE WORKSHOP

THURSDAY 2 JULY - 1:30 - 4:30



An interactive workshop exploring the topic of intersectionality, and our own access to power and privilege. It will explore the concepts and systems of power and privilege, how they affect our every day lives and work and why it's vital to reflect on them. This workshop will include practical applications of this knowledge to both personal and professional practice.

Working in partnership to bring the Relational Practice Academy to our colleagues across Plymouth:



BOOK NOW

Click the link below to reserve your place:
Thursday 2 July
1:30pm - 4:30pm - Harbour
[Power and Privilege Workshop Tickets](#)

THE ALLIANCE IN ACTION

(Q4) JAN - MARCH 2026

844

prescriptions were prescribed inhouse by Livewell.



3728 individuals were open to Alliance-funded services each month (on average).

298

people who use services left the system in a planned way (excluding brief interventions).



62 people who use services were seen at homeless drop in clinics by the complex needs team.

72

people who use services moved on into private rented accommodation.



43%

of people who use services at Harbour showed substantial progress.



1421

people who use services were supported to maintain their accommodation (homeless prevention).

106 individuals were referred to the hospital discharge team.

239

Young people were referred to the young people's hub.

17

Rough sleepers were accommodated.

THE ALLIANCE NOTICE BOARD

L.I.G.H.T. - Now Running at Devonport House

A poster for the L.I.G.H.T. group. The title 'L.I.G.H.T.' is in large yellow letters. Below it, the subtitle 'Living In Greater Hope with Trauma' is in smaller yellow text. A list of bullet points in yellow text provides details about the group. To the right, there is a glowing blue lightbulb with a brain inside, and a welcome message in yellow text.

L.I.G.H.T.
Living In Greater Hope with Trauma

- A group to learn about trauma & practice coping skills
- Every Wednesday, 1:30pm-3.00pm (please arrive from 1:15pm)
- At Devonport Lifehouse, PL1 4BA
- 6 Rolling Sessions, open to all
- Ask your keyworker for more info

Welcome to anyone using a Plymouth Alliance service from 6th May 2026

The new group is on **Wednesdays, 13:30-15:00** and is open to all users of Alliance services as well as to Lifehouse residents.

The Harbour group continues to run **12:30-14:00 on Tuesdays.**

Please contact livewell.complexneedsteam@nhs.net for [more info.](#)

The Power Threat Meaning Framework: Applications in Practice



The Power Threat Meaning Framework: Applications in Practice

Dr Lucy Johnstone & Zebra Collective

Tuesday 04 August, 09:30 – 16:30, Tinside Lido, Hoe Road, Plymouth PL1 3DE

[Zebra Collective](#) welcomes Dr Lucy Johnstone to Plymouth for an in-person, full-day training exploring the Power Threat Meaning Framework, with a focus on practical application in everyday professional practice.

Dr Lucy Johnstone is a consultant clinical psychologist and author taking a critical perspective on mental health theory and practice. She is the former Director of the Bristol Clinical Psychology Doctorate in the UK and has worked in Adult Mental Health settings for many years.

Join Zebra Collective at the iconic Plymouth venue for an opportunity to hear directly from the co-author of the Power Threat Meaning Framework. For more information & to secure your place click [here](#).

THE ALLIANCE NOTICE BOARD

Adult Safeguarding Training

Adult Safeguarding Training is for anyone working within the Plymouth City Council boundary who comes into contact with adults at risk; care homes, nursing homes, domiciliary care agencies, statutory agencies, voluntary, community and social enterprise sector, housing providers, personal assistants, police, etc.

It is recommended you attend adult safeguarding training every three years.

Click [here](#) to book your place.

The Integrated Domestic Abuse Service Plymouth (IDASP)

From 1st April 2026, Plymouth Domestic Abuse Service will be delivered by an exciting to partnership.

This partnership brings together the specialist expertise of Bridge Outcomes Partnerships, First Light, Ahimsa, and Barnardo's. Working as one integrated service, we will provide a seamless domestic abuse support service alongside a dedicated behaviour-change programme.

For more info: <https://www.idasp.org/>

Alliance Wellbeing Champions Survey

A Wellbeing Champion Network has arisen from Livewell's Wellbeing Champion training, where ideas, contacts and expertise are being shared by colleagues from Livewell Southwest, Shekinah, the Salvation Army and PATH.



As part of the Alliance, we are interested in hearing from colleagues and gathering ideas around what health and wellbeing topics matter to you. This short feedback form is anonymous and will help to inform what topics are focused on within the Wellbeing Champion Network. It takes two minutes to fill in - click [here](#).



We want this newsletter to feel like a shared space for the Alliance, so we're inviting organisations to partner with us on future editions.

Each quarter, a different organisation will work alongside us to help shape the content and highlight what they're doing. If you'd like to get involved, we'd love to hear from you. Get in touch with Amy - amy.mackay2@nhs.net.