

P3 PERSPECTIVES

ISSUE 4
July - December 2019

PHOTO STORY

Young photographers shine at RPT

GUEST EDITORIAL

Samantha Smith
I carried on believing in myself

IN FOCUS

Martin's Story
I've not had this sort of independence for a long time

Our Mission

To improve lives and communities by delivering services for socially excluded and vulnerable people, to unlock their potential and open-up new possibilities.



CONTENTS



ON THE COVER

Tug o' war gets competitive at P3's 'Big Day Out' team wellbeing event! See page 8

Contents and welcome from Comms ... **1-2**

Guest Editorial: Samantha Smith... **3**

Photo story: Photography for young people at RPT... **4**

Martin's story ... **5-6**

Award season at P3 ... **7**

Social media round-up ... **8**

Case Study: P3 apprentices ... **9**

P3's Partnership with Merseyside CRC Transforms Lives ... **10**



Martin's story p5-6



Case Study p9

P3rspectives is the biannual newsletter from P3 Charity, bringing our supporters all the latest news and views from around P3's services.

1 Get in touch!

 www.p3charity.org

 /P3Charity

Who we are

We're a charity and social enterprise, made up of passionate people, who care about people. We run a variety of services all across the UK, that aim to give everyone the chance to be part of the community they live in and feel connected to society. We think that everyone is unique, and with support and confidence can unlock their inner potential, opening up a world of possibilities.

The key areas that we work in are:

- Homelessness
- Mental health
- Employment, education & training
- Criminal justice services
- Youth services
- Children & play
- Community-based support & advice

Welcome to the summer edition of P3rspectives!

We've had a great start to 2019, with the strength of P3's team and vision being recognised in both regional and national awards. We're also fresh from a really positive Volunteers' Week, celebrating the contribution of our many P3 and RPT volunteers, and a fun-packed 'Big Day Out', our team wellbeing day (pics on p.8!)

This issue we delve into the diverse services that make up P3's 'bigger picture' - from the property and maintenance team at @P3_Housing, who go way beyond their remit in providing somewhere safe for people to call home (p. 9), to the work of our Justice Link Workers, partnering with probation services to ensure people exiting prison can connect with the support they need to move away from a life of crime (p.10).

We hope you enjoy reading; if you have any feedback on P3's print or web communications or want to contribute in any way, please do get in touch with us using the details below.

Louise, Laura & Steve

Want to feature in the next issue?

We're always looking for people's stories, photos and opinion pieces from everyone who forms a part of P3, whether you're someone who has received support from us, a volunteer or member of staff.

We want our communications to reflect the people we work with, and the people we work alongside and we are striving to involve the people who use our services when we're spreading the word about P3 and what we do. Whether you know someone who's skilled at visual arts, wants to share their insights on an issue relevant to P3 or would just like to tell their story, in their words, please get in touch.



Email: Comms@p3charity.org

Phone: 0115 850 8190 and ask for Communications.

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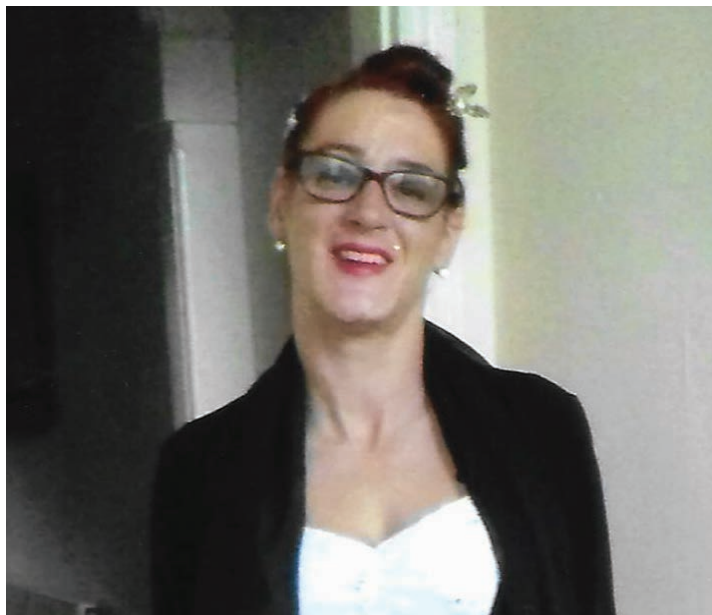


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Samantha Smith



I was brought up with my sister, by parents who dedicated their lives to both of us. Even though I did well in school and was a live wire, I had experienced bullying and that resulted in an eating disorder that I've carried with me ever since.

I married young and we had a son together. It was a very unhealthy, violent, abusive relationship, but I worked at it for 15 years. He robbed me of my self-confidence and my self-worth, and then he just left. My whole life crashed before me. I was 33.

Bad ways and times hit; I wasn't coping. Attempting suicide and getting mixed up with the wrong people. I got arrested for fraud and assault and had to leave my job. I lost my head, my mental health was going down rapidly. My parents suggested that I move near them, which I did but went down even faster.

A friend got me in touch with Bromford Housing, as I was knee-deep in debt and hiding my post. I couldn't engage though as I was scared to open the door, in fear of debt collectors. I'd run out of all funds to pay my way and lost my home.

So I was out on the streets living in my car, with my five-year-old son and our dog.

I didn't know who to turn to and I didn't want to have to explain to my family, as I didn't know the answers.

After a few days, I went into the council to present as homeless, and was put in the Gables mother and child accommodation with support. No pets were allowed however, so Blue, our dog, had to stay in the car.

Weeks passed. I couldn't cope, so my son went to go and stay with my parents. That evening I took loads of pills to shut my mind off and get some sleep, but I took too much. The next morning I couldn't be woken by my support worker. The CRISIS team were called. I was diagnosed with bi-polar and PTSD. My son continued to stay with my parents, sent by social services for respite until I was well again. Eventually I found a permanent place of my own. My son returned back to me.

I told my support worker at the Gables that I needed more support, and they signposted me to P3.

The team in Nuneaton supported me through budgeting, learning how to run my home, and supported with my mental health appointments. They were my voice when I couldn't speak. One of my support workers Donna said 'Sam: I'll see you in my job one day'. I carried on believing in myself.

I'm not waiting for my 40th birthday; my life is starting now! With advice and support from the National Career Service, I'm waiting to start at P3 Nuneaton, as a volunteer. I'm living my dreams, desires and creating future goals and adventures. You guys made it all possible. My angels with wings.

Sam



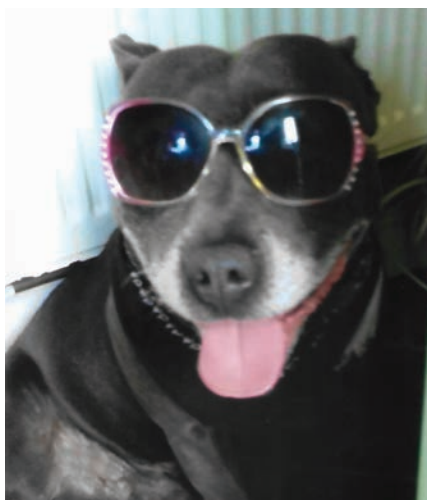
www.p3charity.org



@p3nuneaton



@P3Warwickshire



PHOTOGRAPHIC OPPORTUNITIES FOR YOUNG PEOPLE AT RPT

Young people from the Rugby Portobello Trust's Youth Club were trained by a professional photographer in a joint, 10-week project by DAZED magazine and Red Hook Labs ('Dazed+Labs').



Grace Phillipa Israel-Albertine



Reece Yeboah

Free classes, led by photographer Eddie Otchere and DAZED Arts & Culture Editor Ashleigh Kane, were offered to young people who might not otherwise get the opportunity to learn these skills and use professional equipment. Three of the young photographers went on to receive recognition at the London Youth awards earlier this year.



Sofia Marijvan Carreno

Grace and Ashleigh came second and third respectively in the London Youth awards!



www.rugbyportobello.org.uk

MARTIN'S STORY

I got beaten up, just because I was sitting there

I started off on the streets when I was 16 in London, in 1971. It was the story of my life for a long time, but it's never too late is it?

I'd been with my partner for a long, long time. But every two or three months, me and the dogs, we'd be thrown out on the street, till she was ready to have us back. The tenancy was in her name, the benefits went into her bank account. I didn't have anything. So, every two or three months I'd try and find somewhere else to go.

I've tried before, but I walked away. This was over 15 years ago. I'm ex-royal navy and I got into a navy hostel, I signed on and then I went down for my interview, but because I'd got no ID they cancelled my claim. I went back to the hostel and explained all this to them, and they said: 'We can't do anything about it.' So of course, my rent wasn't getting paid - it's just easier to walk away, when you should actually persevere ...

Well, now I've got to the age where I just can't take it anymore, I'm 63, I can't afford to be out on the street because I'm not as well when you're 40, 45 or 50. I don't want to be getting chucked out onto the streets when I'm 67 or 68 do I? The thought of having nowhere to go ... Something had got to change.

I realised that I could end up dead on the streets at any time, you know?

That was the main reason I used to keep going back [to my partner].

But like I say this has been ongoing for the last eight years, three or four times every year and this time it was just before New Year's Eve, out again ...

Luckily, the Ilkeston night shelter was running so at least I knew I'd got somewhere to go.

When I'm on the streets I don't mix with people because you don't know what crowd you're getting in with. I've got my dog. I ain't got no vices, but the young lads they're on mamba and all that ... it's not safe. There's a lot of young people that have got no respect. I got beaten up, just because I was sitting there with my dogs and a sleeping bag. The one dog was stood on, he got injured and had to go to the vets.

No one came and helped me and then they just went off laughing ... I couldn't hardly walk, I was injured all down one side where they'd kicked me.

I couldn't relax at all. I used to go to my tent at night-time and stay there during the day as well, I was worried. The night shelter helped to put my mind at rest - I didn't want it to come to an end and still have nowhere to go. They told P3 and P3 came and saw me and put my application forward. After two weeks P3 found this flat for me and my dogs. I thought it was beautiful, I moved in and ever since then I've been getting myself sorted.

My new flat is really good and now I've sorted my benefits and bank accounts ...

But the first couple of weeks I was here I was really stressed. I had appointments at the bank, but I'd not got enough ID and I went to Universal Credit, but I couldn't put that through because I'd not got a bank account!

You think the easy part is getting the flat and everything's done, but it's not. It's all the other things that go with it. It's getting things sorted. Just persevering! And that's why you need someone too ... well you do, because I wouldn't have known how to do it, I wouldn't have been able to do it.

You know, ever since I've been with P3, Gemma my support worker has done nothing but tirelessly help me. If it hadn't have been for Gemma I wouldn't have got through. Every time a doorway's been closed, she's always come up with something else or managed to get help.

In the end the bank waived everything and got me a bank account with no ID or anything! If it hadn't of been for P3 I wouldn't have been able to sort my way through that. Now I'm up and running! Gemma's at the end of the phone and that's the difference.

Thank you to everyone from the community who has helped me

I've made a fresh start and it's just getting better and better really. I've got my own flat, I've got my own bank account, I've got my own benefits. I've never had that before. I've not had this sort of independence for a long time.

Next, I'd like a little job, I'm hoping even if I can't get a proper job to just to do a little something in the community like volunteering.

My daughter's been over with her week-old granddaughter and the other two grandchildren. That was a hectic day! I'd got my two grandchildren, the baby, my daughter, her partner and two people from BBC Radio Derby! It was a right houseful!

She actually came looking for me after twenty years ... I could write a book!

Martin was supported by the iDecide Derbyshire service.

For more information on this service, go to www.p3charity.org/i-decide

***Names changed to preserve anonymity.**



www.p3charity.org/i-decide



@iDecideService



#P3Derbyshire

AWARDS SEASON AT P3!

P3 has been recognised for the hard work and tenacity of all our teams this year.



SE100 Resilience Award

Back in March, we received the Resilience award at the NatWest SE100 Awards (Social Enterprise Index) in London, in acknowledgement of P3's ability to 'weather the storm': overcoming significant challenges during recent years whilst continuing to deliver and expand services across the country, including reaching even more people in new areas like Cambridgeshire and Buckinghamshire.



Homeless Link Awards - double win!

ACTion Lincs won the award for 'Excellence in Collaboration and Partnership Working' for the effectiveness of their approach to working alongside people sleeping rough, involving aligned services across Lincolnshire, and benefitting from in-team specialists from the police and mental health services.

P3 Leicestershire's Homelessness Prevention Coaching Service was Highly Commended in the category of 'Excellence in Supporting People' for a brilliant first year in which they prevented 63 people from losing their homes.

East Midlands Charity Awards

P3 was awarded Highly Commended in the category 'East Midlands Charity of the Year', thanks to the stellar work of our staff and volunteers in Lincolnshire, Derbyshire and Leicestershire. Floating support, street outreach and homeless prevention teams have all done their bit to ensure people living in this region have the right support to create change in their own lives.



Social media round up



The Rugby Portobello Trust receives Grenfell Together award.



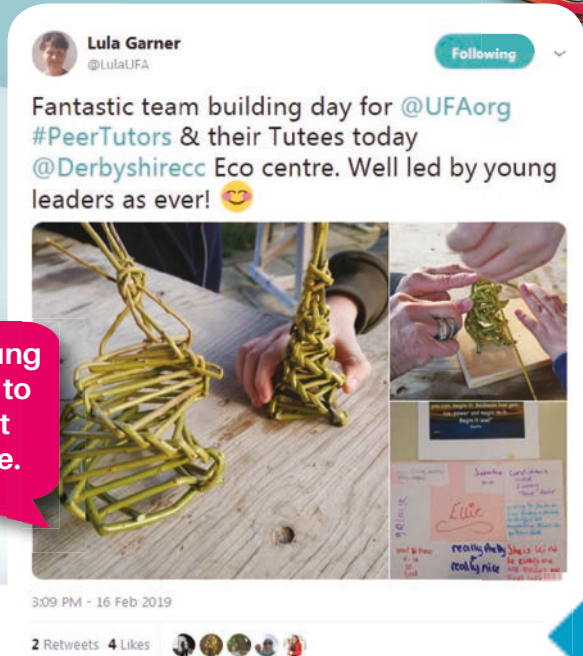
Our Big Day Out at Locko Park saw teams from all over the UK come together for a day of fun and games to promote staff wellbeing.



P3 celebrates National Volunteer's Week and we thank our invaluable volunteers with a series of events in Wolverhampton, Cheltenham, Lincoln and Ripley.




Young people from RPT visit the Prime Minister at Downing Street to commemorate the community response to the Grenfell Tower fire.



UFA's Peer Tutors—young people helping others to learn—get creative at Derbyshire Eco Centre.

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CASE STUDY

P3 Apprentices



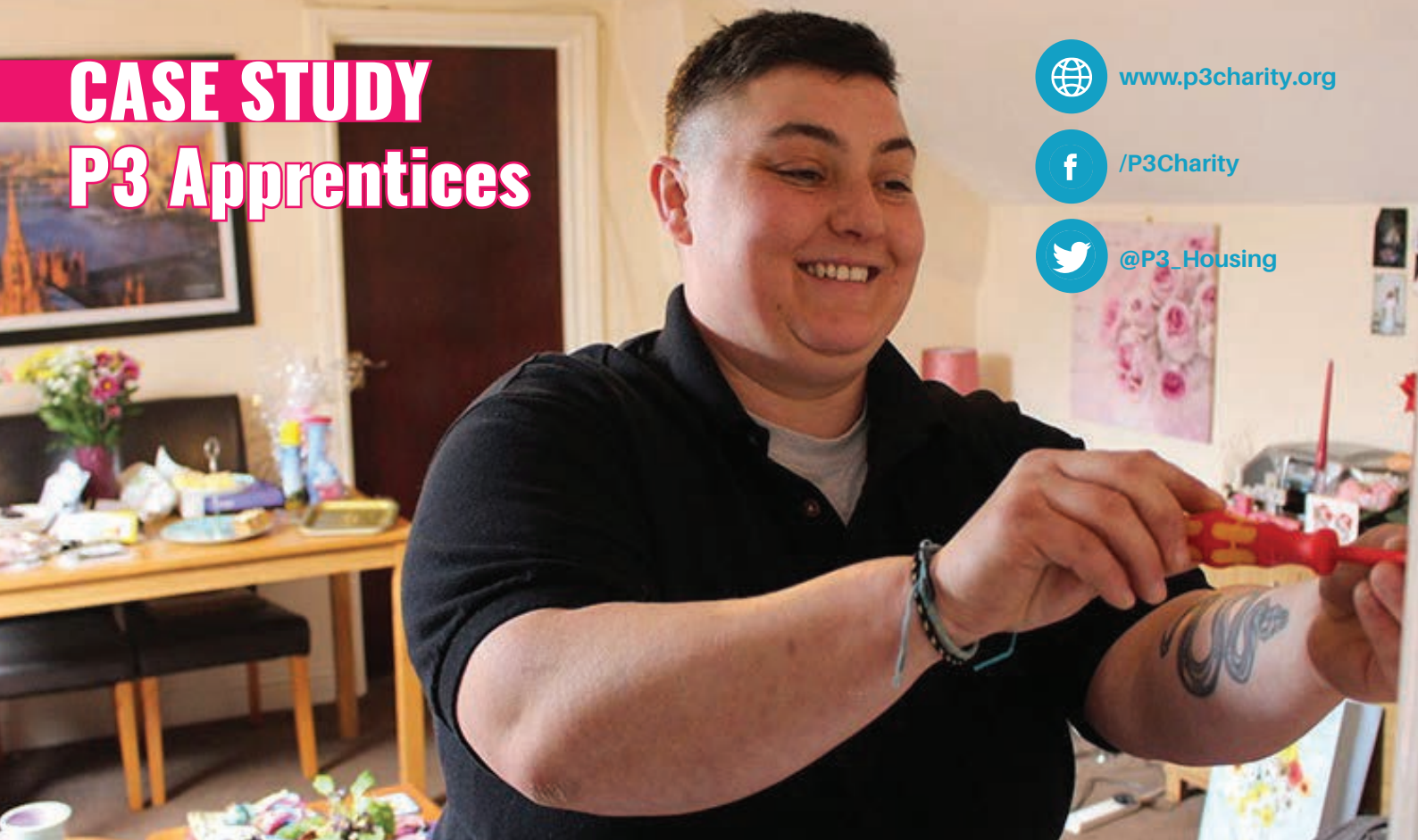
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Cat Cordon has worked for P3 for three years, but recently took up an apprenticeship in Construction and Multi-trade (NVQ Level 2) to earn a formal qualification whilst working in P3's Maintenance Team ...

I started with P3 in 2016; I have worked in lots of other jobs but my background is in support and many years ago I was homeless myself so this kind of fitted.

I've learnt from doing up properties myself. I've never had any professional experience or qualifications, but P3 said don't worry, we'll train you up. So I was doing lots of shadowing and had lots of support from the Property team - they believed in me that much, I knew I had the confidence to do it.

There was an apprenticeship coming up with Access Training this year, one day a week at college, you learn things like basic plumbing, drainage, roofing and bricklaying. I love it, it's the best thing I've done.

Supporting people

I still get to see people, and that's a big thing, interacting with people who we work with. Sometimes they don't see anyone for days on end. My aim is to make our tenants feel comfortable in their home.

It's having that consistency, the same maintenance team in the same areas going out supporting people, so that when I've got to come in and fix their TV, they'll say, 'Yes, Cat come on in!'

We'll just have a cup of tea together, we're just talking - it's normality. They're not service users, they're just people. They're no different to who I am.

Sharon lives in one of P3's properties in Ilkeston and has had maintenance work done in her home by Cat.

She says: "Until I get to know someone, it takes me a while to trust them; I'm quite wary of new people. Cat's easy to talk to, she's a lovely person. She understands and I feel comfortable around her."



P3 PARTNERSHIP

Merseyside CRC Transforms Lives

Ian received support from P3 Link Workers and Merseyside CRC to find a home and manage an addiction to prescription drugs.

Ian, who has had long stints sofa-surfing and living on the streets, regularly lost control on medicine. He has no memory of his current offence, which involved him being arrested for stealing from the back of a van.

Ian's Community Order is supervised by Merseyside Community Rehabilitation Company's Julie Loughran at the Wirral office, who referred Ian to P3 in 2016. P3 is part of the Interserve-led partnership that runs five CRCs, including Merseyside Community Rehabilitation Company, with a team of link workers who connect people who are at risk of reoffending with all the services they need to get their lives back on track.

Ian said: "P3 and probation have been unbelievable. My life was so chaotic that none of the homeless hostels would have me, and I basically thought I'd end up dead because of the way I was abusing pain killers.

"Through [former Service Manager] Heidi's tenacity I got into a hotel, then a stable bed and finally after several years plugging away she got me my own place. She recognised within seconds that it was pretty daft for my GP to give me a month's prescription at a time."

Ian had struggled with substance misuse, had regularly overdosed and wound up in A&E. Services refused him admittance because of the high risk he presented.

P3 has helped Ian arrange and attend medical appointments in order to help him regulate his prescription. Ian suffered a spinal fracture and has multiple on-going health needs which require him to take up to 15 tablets on a daily basis.

Heidi said: "We worked intensively with Ian and eventually managed to secure accommodation, put a risk management plan in place and liaise with healthcare providers to address his physical and mental issues.



"Ian has been in the criminal justice system for more than 20 years, but now he is stable and is actively engaging with substance misuse services and compliant with all prescribed medication.

"He has massively gained in confidence and is determined to continue on this path. I feel honoured to have been part of his journey."

Ian added: "For people like me, the 'big stick' approach simply doesn't work. The more of the kind of work done by P3 and probation the better because it looks to actually try and address my underlying issues."

Extract from an article by Merseyside CRC. To read in full, go to: <http://www.merseysidecrc.co.uk/>

Do you need support?

P3 provides services in communities across the UK, supporting people with housing and homelessness, mental ill-health, drug and alcohol addiction, offending behaviour, social exclusion and more.



Could we help?

To find your nearest P3 service, go to www.p3charity.org/get-help and type in your postcode, or contact us for more information:



www.p3charity.org



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