

Signposting to Preventative Interventions

For allied-healthcare
professions and advocates



The Homelessness Initiative
Advocating for the Unsheltered

Hepatitis C Screening

Why is it important?

- Hep C is **A CURABLE** blood transmitted viral infection that causes inflammation of the liver
- It can be asymptomatic which is why it is important to get tested!

92,900 people are estimated to be living with hepatitis C in the UK

97% success rate for treatment

25,167 people tested for hepatitis C by our team in 2023

- If untreated it can lead to:
 - Portal hypertension: high blood pressure in liver blood vessel that lead to enlarged swollen veins that can burst and lead to **life-threatening** bleeding
 - liver cirrhosis: scarring of the liver tissue which can lead to liver failure – a life threatening condition
 - Liver cancer

Hep C can be passed onto anyone who has had contact with infected blood. This includes:



Sharing needles



Tattoos



Blood transfusions



Sexual contact

What is available?

- A **quick finger prick** can test you for Hep B, Hep C, HIV, and Syphilis
- Just **2 weeks to get your medication and get cured – TABLETS ONLY**
- Be treated as a human being, by people with personal experiences with Hep C
- **£5 vouchers available for engaging in screening**

How to get involved?

- **Hep C vans come to you!** They start at Shekinah on Thursday mornings and work their way round Plymouth
- OR you can either give them a call on: **020 7089 6221**
Mon to Fri: 10:30am – 4:30pm

Needle Exchange

Harm Reduction Tip

Don't share
needles/equipment

Why is it important?

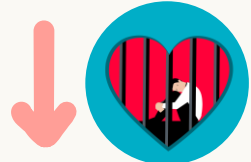
- Substance use leads to over 3000 deaths a year
- Those who engage in needle exchange programs reduce likelihood of:



Risk of
overdose



Transmitting blood
born viruses



Loneliness

What is available?

Available at **The Harbour Centre** - a charity that provides support and preventative healthcare schemes to individuals experiencing substance use issues

- access to nursing staff onsite who provide a **safe, non-judgmental** social environment
- There is **free vapes** available
- **Access to naloxone**

Provide a **Level 3 Needle syringe program**

- providing sterile injecting equipment, such as needles syringes and sharps bins
- access to health advice
- contraception and sexual health advice

How to get involved?

Available at the Harbour Centre **walk-in Mon- Fri** (9am-5pm)

- Hyde Park House
Mutley Plain
PL4 6LF

Tel: **01752 434343**

@: thcptld.harbour@nhs.net



Mental Health Support

Why is it important?

There is a barrier for unsheltered people to access mental health services

- **1 in 2 rough sleepers have mental health needs**
- Mental health issues are correlated with:



Housing Insecurities



Financial Issues



Alcohol & Drugs

-> **addressing mental health needs could be the first step towards positive change**

- Homelessness can be isolating. By sharing experiences and supporting one another, individuals build a network of understanding and solidarity

What is available?

Run by Shekinah Learning Exchange - a team which empowers individuals to reclaim their lives in a **safe and informal environment**

Re:vive workshop

- Explore the roots of behaviours
- Confront past traumas, break free from cycles of despair, and plan for a brighter future
- Rebuild self-confidence and mental well-being

Re:develop workshop

- Understand anxiety, depression, and stress
- Learn practical techniques you can apply in real-life situations
- Learn to bounce back from life's ups and downs

How to get involved?

- Come to **Shekinah Learning Exchange** on Mondays (Re:vive) or Tuesdays (Re:develop)
- Stonehouse Creek, Kings Road, PL1 3SF
- Or contact LearningExchange.Plymouth@shekinah.co.uk for more information

Harm Reduction Tip
**Be aware of your mood
before using substances**

Crisis Support

If you feel like you might attempt suicide, or may have seriously harmed yourself, you need urgent crisis support. Please call someone – don't deal with it alone!

What is available?

> First Response

- A mental health practitioner will answer the phone.
- May be given advice or may be signposted/referred to other services.
- Also provide virtual consultations via the Livewell Connect app.
- For people who are at the point of taking their lives, they aim to put protective factors in place.

> Samaritans

- Volunteers who offer listening and support without judgement or pressure.
- Doesn't necessarily have to be a crisis

How to get involved?

> First Response

- **Call NHS 111** and then select the mental health option
- Health and care professionals can call 01752 434135 if they need advice when working with an individual experiencing mental health difficulties or would like to refer someone.
- For more information: www.livewellsouthwest.co.uk/inpatient-mental-health-neurology/first-response-24-7-helpline

> Samaritans

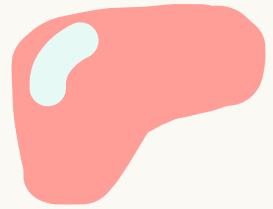
- **Call 116 123** any time, day or night
- For more information: www.samaritans.org

Harm Reduction Tip

Don't use alone or tell a friend you've taken something



Liver Scanning



Why is it important?

- The liver is the largest solid organ in your body and has OVER 500 functions – including detoxifying your blood
- The liver is one of the only organs in the body to repair itself. But it can only take so much – **if your liver is damaged and you don't give it a break to repair itself you can get permanent scarring** of and it can eventually stop working - **YOU CANNOT LIVE WITHOUT A LIVER**
- Studies show that substance/alcohol use and liver disease account for up to 40% of deaths in people affected by homelessness

Anyone can have liver disease and it can be caused by many factors:



Drugs /
Alcohol



Excess Bodyweight
/ Diet



Hepatitis
Viruses (pg.2)



Genetic /
Autoimmune causes

- **Chronic liver disease is often invisible** – you can have it without any symptoms
- If you are vigilant now and take care of your liver. You can keep it healthy for the rest of your life

Harm Reduction Tip
Avoid mixing substances

What is available?

Similar to the Hep C Van (pg 2), a liver screening van is being trailed in Plymouth

- Non-invasive painless liver ultrasound scan – **done in minutes**
- The **services make their way to you**

How to get involved?

Liver scanning vans come to you working their way round Plymouth every week!

OR

Walk-in liver scans once a month at The Harbour Centre.
The last Tuesday and Wednesday of the month.

- Hyde Park House
Mutley Plain
PL4 6LF

Tel: **01752 434343** or contact thcpltd.harbour@nhs.net for more information

Dental Care

Why is it important?

- Dental pain can make it difficult to eat, speak, and sleep.
- Neglecting dental care can make it challenging to secure employment and lowers self-esteem
- If you don't protect your teeth it could lead to tooth loss or even diseases elsewhere in your body

Ways to reduce harm to your teeth and avoid oral cancer:



Limit Smoking and Alcohol



HPV Vaccine



Sun protection on lips



Balanced Diet



Regular Dental Checkups

> Taking care of your dentures:

- Clean dentures daily using a soft-bristled brush and non-abrasive denture cleaner.
- Rinse dentures after meals
- soak them in water when not in use.
- Avoid hot water
- Remove dentures before bed
- Avoid biting or chewing hard objects
- Do not use dentures to open packages or bottles.

Harm Reduction Tip

Start by having just one less drink or hit

How to get involved?

> Plymouth Dental Access Centre

1A Baring street, PL4 8NF

Tel: 01752434664

@: Accessdentalhelpline@nhs.net

www.livewellsouthwest.co.uk/community-care/specialist-dental/

Social Prescribing



What is it?

- It is an approach that connects people to activities, groups, and services in their community to meet the practical, social and emotional needs that affect their health and wellbeing.

Social prescribing is an all-age, whole population approach that works particularly well for people who:



Have one or more long term condition



Need support with low level mental health issues



Are lonely or isolated



Have complex social needs which affect their wellbeing

• What is available?

Timebank South West

Timebanking is a reciprocal exchange of time and skills; meaning when you give your time to help others you get time back to ask for something you need from any Timebank member.

The only currency is time. An hour=An hour, making all skills and actions equal.

Benefits:

- Creates new and positive ways for people to connect with others to make new friends
- People who take part feel healthier, happier and less isolated within their communities
- Social inclusion – everyone has opportunity to participate and benefit
- It can help people to save money as no money ever changes hands

Contact

Phone: 01752 875930

Email: info@timebanksw.org

citizens
advice

Plymouth

Citizens Advice Plymouth can give free advice about any issue including debt, employment and housing.

The advice given is free, independent, confidential and impartial.

Contact

Phone: 0808 278 7910

Face to face help is available through a drop-in service at Ernest English House. The service is available 9.00am - 4:15pm, Monday to Friday.

Plymouth Alliance & Signposting

A collaboration of **seven** organisations dedicated to the planning, implementation, and day-to-day management of a complex needs system in Plymouth

BCHA/George House

Provides temporary accommodation across the southwest.

Keywords: *accommodation.*

- **Tel:** 01202 410500
- **@:** plymouthhospitaldischarge@bcha.org.uk
- <https://www.bcha.org.uk/>

Hamoaze House

Provides substance use support to adults, young people, and their friends and family

Keywords: *alcohol/substance use, recovery.*

- **Tel:** 01752 566 100
- **@:** office@hamoazehouse.org.uk
- <https://hamoazehouse.online/>

Harbour

Provides substance use support to adults and young people with complex lives.

Keywords: *Alcohol/substance use, recovery.*

- **Tel:** 01752 434343
- **@:** thcptld.harbour@nhs.net
- <https://harbour.org.uk/>

Livewell Southwest

Provides a variety of health and social services across the South-West.

Keywords: *health/social care, community.*

- **Tel:** 01752 435502
- **@:** plymouthoptions@nhs.net
- <https://www.livewellsouthwest.co.uk/>

Path

Supports people in need of housing in Plymouth & wider Devon.

Keywords: *accommodation*

- **Tel:** 01752 255889
- **@:** easylet@pathdevon.org
- <https://www.pathdevon.org/>

Shekinah

Supports unsheltered people in a holistic way with accommodation and employability.

Keywords: *accommodation, employability*

- **Tel:** 01752 203480
- **@:** reception@shekinah.co.uk
- <https://shekinah.co.uk/>

The Zone

Provides information and support to young people.

Keywords: *young people, health/social care, accommodation.*

- **Tel:** 01752 206626
- **@:** info@thezoneplymouth.co.uk
- <https://www.thezoneplymouth.co.uk/>

Associated With:

- Plymouth City Council
- Salvation Army
- Livewest.
- UHP.
- Primary Care
- Local Pharmaceutical Committee.