



Reducing Poverty - Addiction: How can we invest in opportunities to reduce the impact of addiction through the lens of poverty in Southend?

Monday 26 September – 1pm-3pm @ SAVS, 29-31 Alexandra Street, SS1 3BW

The Community Investment Board both through their lived experience and by being residents in Southend are acutely aware of the challenges addiction and poverty are having. This session will deep dive into the impacts seen, explore where there are gaps for support and seek to identify innovative pilots or longer term investment opportunities which could resolve and prevent the future impact addiction and poverty are having.

Aim: To explore options for collaboration to reduce the impact of addiction.

Meeting Notes

- A presentation with an update on the longer term plans of the Board was shared.
- Jamie Pennycott, Commissioner for Drug and Alcohol Services at Southend City Council spoke about the services commissioned in Southend, and his interest in early prevention activity. ‘How can we meet the needs of all.’ ‘Post treatment how can communities re-engage with individuals and vice versa.’
- Liam Tegart from STARS spoke about the treatment services they offer. This includes a young people’s service for those up to age 30. There is clinical support and a rough sleeper team. The out of hours support is available to professionals rather than individuals. Support in the home can be offered to those unable to get to STARS and they have recently set up an anxiety group.
- Marie Edmonds founder of the Aspirations Program spoke about her personal journey with addiction and why she has set up Aspirations.
- Daniel Cauchi from SVP spoke about their idea of working with the wider community to provide a safe space for those in crisis or needing somewhere to go out of office hours. ‘We need to be ready when individual want to reach out to make a change in their lives.’
- Linda Draycott spoke about the Experience Project that provides a place for friendship and neighbourhood connections to be built in Southchurch around their food bank.

Group Discussion

What is life like for those with addiction in their lives? What do they want?

- | | | |
|---|---|--|
| <ul style="list-style-type: none"> • Validation – chaotic poverty – financial • Trauma – unmet needs – bereavement – family breakdown • No coping strategies • Self-medicating – hide – escape – thrill seeking experiences • Self-care – judgement, stigma, reasonable adjustments, tailored approach • Trapped • Ashamed | <ul style="list-style-type: none"> • Hidden • Lonely / secretive • Isolation / being different • Loss of purpose – identity • Don’t deserve help • Belonging • Victim – don’t want to be – families also victims • Others are worse than me • Out of control | <ul style="list-style-type: none"> • Isolation – cycle of destruction – vulnerable to exploitation • The journey seems too far / difficult / unattainable • Meeting other addicts – missing the culture |
|---|---|--|

- Looking for a base or community - radicalisation
- Peer pressure
- Looking for 'friends' – need others can be led
- Desperate
- Hopeless
- Suicidal
- Scared
- Lost
- Not seem – invisible
- Judged
- Shamed
- Self-hatred
- Forgotten
- Marginalised
- Sick
- Tired
- Hungry
- Angry
- Guilt
- Sad
- Vulnerable
- Deprived
- Overwhelmed

Needs

- Non-judgemental environment**
- Gender informed spaces (safety to be heard)*
- Trauma informed spaces
- Choices
- Empowerment
- Encouragement
- Life skills
- Love them back to society
- Connections
- To be accepted
- Mentoring*
- Family breakdown support – prevention and early intervention***
- Bespoke counselling services*
- Family like support from the community**
- Positive support*
- 24/7
- Community meals and warm spaces
- MPACT – family parenting programme for those with addictions
- Activities to go together e.g. Families or others with similar shared experiences
- Tailored
- Out of hours hub**
- Not just central Southend*
- Understanding

What's available?

- Residential
- Opportunities – aspirations
- Support centres – HARP, SVP, STARS, Housing
- Medical support
- Support
- Out of town services
- Food bank
- SVP
- STARS
- AA/NA
- Aspirations
- NHS
- Samaritans
- Focal point gallery
- Museums teams
- Salvation Army
- Decent homes
- One love
- Businesses in Southend – caddies, climbing wall etc.
- Experience Project
- Churches
- Garon Park CIC

Filling the Gaps

- Employment opportunities (paints a difference) **
- Suitable housing*
- Family support*****
- Upcycling bistro – Stephens trash and treasures*

- Linking together – working collaboratively**
- Ongoing support (outpatients) training etc.**
- Trained staff***
- More space for recover / rehabs*
- More funding*
- Café
- 24 hour drop in*****
- Somewhere safe to drop off vulnerable people found on outreach etc. then can further support together***
- Childs service for children who have experienced family with addiction *****
- Gender informed
- Recovery spaces
- Women's only house
- Services more flexible – virtual wider geographical coverage
- Wider education about what addiction looks like? Who can help?
- Environment
- There's already a pool of amazing services in Southend
- Out of hours tours of galleries and museums and activities for minority groups (rehab) (new idea) Themed community events – themed holidays in community hub, theatre – laughter academy OOH, cinema – white bus company, community meals OOH, book clubs, warm spaces, clothes swaps (creating new circles of friends to support rehab) (new idea)
- MPACT – parenting support** (old and lost)
- Out of hours service to support isolation and addiction – activities** (new idea)
- Respite holidays and short breaks for those in need. Offered in partnership with local organisations and scout* (new idea)
- Collaborative working group to look for solutions for need* (new idea)

Resources Needed

- MONEY – heating, staff, licenses
- Dressing up storage
- Storage
- Tents (for short breaks)*
- Women's house**
- Recovery café / charity shop
- Technology, volunteers, training, lived experience
- Education strategy – formal setting, alternative provision – community inclusion understanding to envelop those living with / after addiction
- Facilitated meetings



Wednesday 28 September – 4.30pm – 6pm @ SAVS Conference Room

The Community Investment Board are passionate about prevention and enabling individuals to improve their own health and wellbeing through improved resilience. Enabling young people from school age all the way through young adulthood into their 30s to especially take ownership of having positive mental health will be explored. The Board are keen in bringing the voice of young people into their investment decisions and will use the session to explore the gaps in support currently and inspire innovative and collaborative ideas that respond to the issues identified by young people.

Aim: To explore options for collaboration to enable young people to build resilience for improved mental health and wellbeing.

Meeting Notes

- A presentation with an update on the longer term plans of the Board was shared.
- Madi the Southend member of Youth Parliament gave a presentation on recent research across Southend where young people expressed their views and concerns around health and wellbeing.
- Chris from the London Bus Theatre Company also spoke about their work in schools and mentoring of young people.

Group Discussion

What is life like for those with addiction in their lives? What do they want?

- Feel uncomfortable with people taking drugs / alcoholics
- Tower blocks – unsafe, drugs, vandalism*
- Park monitor – better lighting, safer, fights*
- Anxious / unsure*
- Difficult – pushes to hardest route
- Not taught useful things – tax etc.
- Peer pressure***
- Isolated*
- Not working*
- Tests – one test defines all
- Sex-ed improved*
- Work – easier, advice etc. – expect no commitments
- Safe study space – dedicated*

Needs

- Opportunity
- Equality
- Community
- Sense of belonging
- Acceptance by everybody
- Friendship

What's available?

- CAMHS
- Kooth
- Police – protection
- School – therapist / learning mentors / more education
- Support groups – trust links / young carers / kids inspire
- APG – arts / theatre / design
- Jobs – work
- Clubs – have fun
- NHS – help care
- College – mental health
- Get the Kids Out
- ATF – achievement through football

- Garon youth zone
- Rock climbing – Indri-rock
- Youth Links
- Apprenticeships
- Support skills volunteering
- Southend YMCA
- Young Minds
- Childline

Filling the Gaps

- Family nurture – early support to break patterns*
- Remove barriers to gain fair access to support
- More counsellors trained (money is not enough need engaged uptake)*
- Creative approach to young people working (they already work arguably under the radar)
- More youth mental health support***
- More youth groups
- Lack of awareness – internet safety, grooming in schools, addiction, LGBTQ+
- More security
- Therapy***
- Counselling drop in***
- LGBT+ accepting medical care
- LGBT+ safe space
- More shops
- More awareness of what’s already there**
- Knowledge of websites and apps that will help
- Safer parks*****
- Travel cost*****
- Safe spaces for young people to discuss topics of worry*
- Training
- Limit stress*
- Talking helps – safe person – friend not consultant***
- Self-harm
- Diagnosis*
- LGBT+ friendly***
- Clubs – focal point – sexism
- Joined up services
- Free to attend****
- Individual
- Services for sensory disabilities* - numeracy underrepresented
- Creative funding*
- ‘nothing to do’
- Upskill school staff*
- Reach anxious young people for whom leaving home is a barrier**
- Encouraging children to engage with topics in safe environments where their concerns will be heard*
- Arts festival*
- More drug education for young people
- Suicide prevention linked – young men***
- Cost of living*
- Safer high street**

Resources Needed

MONEY

Additional notes from NHS after the workshop –

We are trying to encourage local residents to use the newly developed Primary Care Network websites to find local information supporting health and wellbeing.

When you click on this [link](#) it will take you a list of MSE GP practices. For example if you are registered at Queensway Surgery find the surgery and click on the link it will take you to the Southend Victoria PCN website which has a loads of different health and wellbeing information. There is a separate tab for CYP MH as follows:

[Young people and mental health - Southend Victoria Primary Care Network \(southendvictoriapcn.nhs.uk\)](https://southendvictoriapcn.nhs.uk)

My colleagues are in the process of developing our Winter Pressures comms plan and the following is one the messages they will be sharing

Support for you and your family

Remember if you do have any concerns you can visit your local [Primary Care Network \(PCN\)](#) website to find out about your local mental health and [talking therapies](#) - mid and south Essex [IAPT](#) (Improving Access to Psychological Therapies) services. **Primary Care Networks** are groups of GP practices working closely together with other healthcare staff and organisations to provide a more joined up care to local communities.

You can also access many online NHS self-help tools including [Every Mind Matters](#)



Community Reference Group – Community Spaces Workshop

Wednesday 5 October – 10am – 12pm @ Metal, Chalkwell Hall, Chalkwell Park

Southend is home to many amazing community spaces including parks, historical buildings, woodland, the coastline etc. some of which could benefit from greater community ownership, re-purposing and improving to realise greater benefits of the health and wellbeing of residents. The Board wish to use this session to see how they can stimulate that community ownership, catalyse it and support the provision of community spaces needs to drive a thriving voluntary sector and improved health and wellbeing.

Aim: To explore options for collaboration to improve community spaces to enhance health and wellbeing across Southend.

Meeting Notes

- Andrea from Metal gave an introduction to their work, followed by information on the CIB long term plans and information on funding available.
- Other speakers included Wellbeing @ Garon Park, The Haven (Age Concern SOS), The Ironworks, SECH and MyTownSouthend. They all shared information on the type of community spaces they represent.
- * items are those which when reviewing all responses attendees felt were most important.

Community Spaces in Southend

- | | | |
|---|---------------------------|--------------------------------|
| • Lots spread about in different areas of the borough | • Babies | • Dementia services (Haven) |
| • Used by young people, single people, families | • Facebook | • Homeless Space (SVP) |
| • Gardens | • Youth clubs* | • Family poverty (SECH / SVP) |
| • Advertising | • CAST* | • Breakfast clubs (schools) |
| • Cooking | • Teenagers* | • Trauma room (SVP) |
| • SAVS | • Victoria circus | • Conference (Ironworks) |
| • Shoebury youth centre | • Orchard | • Exhibition space (Ironworks) |
| • Shoebury | • Garons wellbeing centre | • Gardening (Trust Links) |
| • SVP | • Church yards | • Art lessons (Metal) |
| • Gunners Park | • Criminals | • Synagogues |
| • Food | • Metal | • Friars (Shoebury) |
| • Older people | • HARP | • SEND |
| • Museums | • North Road Chapel | • Schools / colleges |
| • Libraries | • Multicultural groups | • One Love |
| • Breakfast clubs | • Churches | • Youth Clubs* |
| • Parks | • Ironworks | • Dog walkers |
| • Trust Links | • Streets | |
| • Garon park | • Aspirations | |
| | • Mosques | |
| | • Online | |

What is wanted?

- Needs to be inviting and inspiring and worth for people to come – to develop interest*
- Accessibility
- Safe space****
- Clean*
- Welcoming – non judgemental
- Accessible*
- Fun*
- Fit for purpose*
- Focused on what the locals say*
- Affordable
- Warm spaces
- Sport and leisure activities
- Signposting
- Fresh air
- Services
- Friendship
- Advice
- Advocacy
- Support
- Healthcare
- Gardening
- arts
- peer support
- free training
- volunteering
- Advice
- Employment support*
- Showers
- Counselling
- Digital inclusion
- Support
- Wellbeing
- Community hub**
- Parks**
- Seafront*
- Family centres
- Information
- Childcare
- Warm space
- Culture
- Educations
- Arts
- Council spaces
- Commercial spaces
- Welcome to the UK Hub
- Health centres and clinics
- Public galleries
- Private schools / colleges
- Sports centres
- Indoors / outdoors / big / small / new / old
- Socialising
- Appointments
- Health and benefits advice*
- Hubs for young people to hang**
- Office space – money to invest in a place for small charities
- Training – central place that people can come together*
- Out of Hours – bring groups together so it is clear**
- Funding – need lots to fulfil the demand
- After school (Ironworks)
- Extended hours (SVP)
- Night shelters
- Training centre (Ironworks)
- Board games
- Office space
- Sage places for young people**
- School spaces
- Counselling – free*
- Training
- Keep people active

What is needed?

- Transport / mini bus*****
- Charity amalgamation**
- Cooperation between similar groups***
- Charity network
- Around computers
- Warm spaces / shared spaces*
- Volunteer drivers
- Networking – link to Aaron Desmond
- Kinect – may be able to help Southend voluntary orgs
- The whole community
- Families with kids under 5
- Community cohesion
- Learning something new
- Integration and acceptance
- Sense of belonging
- Socialisation
- Peace and tranquillity
- Exercise space
- Acceptance
- Skills – volunteering and work experience
- Beautiful
- Improve knowledge

- Residents
- Visitors
- Businesses
- Children and young people
- Older people
- Additional needs
- Migrant communities
- Let's stop signposting and start introducing**
- Animal friendly spaces*
- Consult first*
- Feeling welcomed
- Sense of place*
- To be welcomed
- Self-improvement
- Shared intelligence
- Speak with council
- Knowledge of underutilized resources to share
- Empty stores – who would be willing to host charities to avoid rates!
- Always need to be the right ones
- Knowledge of what's out there****
- Who is it for?
- Sharing of knowledge – current and active**
- Introductions
- Access via a range of media
- Community care
- Choice
- Not enough public info as to what communities are**
- People want free spaces****
- Support and advice**
- Safe spaces especially for vulnerable groups*****
- Neighbour care
- Remove competition
- Transport – terrible for key location

What resources are required?

- Coordination
- People
- Intelligence
- Money**
- Volunteers – central organisations
- Commitment
- Employed coordinator for information and updates*****
- Core costs**
- Partnerships
- Collaborations
- Less bureaucracy*
- Staff and volunteers
- Dedication and enthusiasm