

P3 PERSPECTIVES

ISSUE 6
JANUARY - JULY 2021



GUEST EDITORIAL

There are structures in society working against people facing homelessness ...

IN FOCUS

Cuckooing:
"They target you when you're vulnerable."

LOOKING TO THE FUTURE

What's next for P3

Our Mission

We work alongside people to improve lives and communities, to unlock potential and open up new possibilities.



CONTENTS



ON THE COVER

P3 teams across the country came up with a variety of approaches to surviving lockdowns 1 and 2!

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

Guest editorial ... **3**

Lockdown round-up ... **4**

Cuckooing ... **5-6**

2020: Surviving a pandemic ... **7-8**

P3 news ... **9-10**

P3RSPECTIVES is the biannual newsletter from P3 Charity, bringing our supporters all the latest news and views from around P3's services.



Cuckooing p5-6



2020: Surviving a pandemic p7-8

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

Hopes for 2021

Welcome to this new edition of P3rspectives magazine. Since our last issue, it's fair to say a lot has changed. We have been through a collective experience, as an organisation, a community and a country, that has also affected individual people very differently.

P3 exists because some people are not afforded the same opportunities in life as others, and the Covid-19 pandemic brought this into sharp contrast. Yet it also brought some important societal issues to the fore; people sleeping on the streets have been given access to housing and support without the usual barriers, the ongoing fight against systemic racism and inequality has been highlighted, and the incredible work of care, medical and support staff on the frontline has been recognised.

In this issue, you'll find stories of creativity thriving under restrictions (p.10) and stories of hope in horrific circumstances (p.5-6). We talk about how P3 survived 2020(!), where we're going next (p.7-8) and how we can rethink the way we approach well-known challenges like homelessness (p.3).

With this in mind, we start the new year knowing that whatever new challenges lie ahead after the events of 2020, we will carry on supporting people and communities (to paraphrase Maya Angelou) not just to survive, but to thrive.

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.

Head of Communications & Marketing:
Louise Owen-McGee
Communications Coordinator: Laura Gavin
Communications Assistant: Steve Rowlatt



"Our approach to tackling homelessness must be intersectional"

I must admit, I was very nervous about the type of racism I might encounter when I started working as a support worker.

I was worried about the way I would be judged when people saw my skin colour, or how they would react to my hair. I was nervous that the people we work alongside might not want me to be their support worker when they saw a black woman approaching them. So when we were told that we would be supporting people over the phone, I was slightly relieved—I guess Covid-19 had one perk.

I thought to myself, "I will only be judged based on the sound of my voice alone". In a way, it was quite liberating. I could be the invisible person on the phone. I could avoid the micro-aggressions and weird looks.

I imagine this might have been refreshing for the people we work alongside too. In the same way telephone support gave me an opportunity to control the way I was perceived; it gave the people we work alongside a real opportunity to control their narrative too. I had to get to know people with all preconceived notions out of the window.

There often is a power imbalance between support services and the people who we encounter. Homelessness services should not put the people we work alongside in a box. Having to rely on telephone support meant that we really had to tune into what they were saying.

Prejudice affects people experiencing homelessness in various ways and is often a result of a lack of inclusion in support services. Homelessness is not linear, nor are the experiences of the people we work alongside. It is imperative for their voices to be heard and their narrative to be pushed. We must treat the people we work alongside as experts in their situation, and actively listen to their individual wants and needs.

How do we do this?

We must also acknowledge that there are structures in society working against people facing homelessness, intertwined with other forms of

oppression like racism, transphobia, and gender inequality, to name just a few.

If we pay attention to the relationship between individual circumstances and the obstacles placed in front of them by society, we will learn to cater to people's needs more effectively. By identifying these different factors, it will strengthen our fight against homelessness.

We must work to dismantle these structures by keeping our service informed of the complex barriers people we work alongside face. For example, in the case of people from different racial backgrounds, this means understanding that ethnic minority households are three times more likely to become homeless than the white population. Or understanding that the UK has historically discriminated against black and ethnic minority people within its housing market.

Our approach to tackling homelessness must be intersectional. We cannot have a 'one size fits all' style of working. It is our duty to tailor our service to the people we work alongside, our duty to do the research and read the statistics, and our duty to look at the bigger picture and actively fight against all forms of social exclusion.

*Abibatu Samura, Support Worker
P3 Coventry*



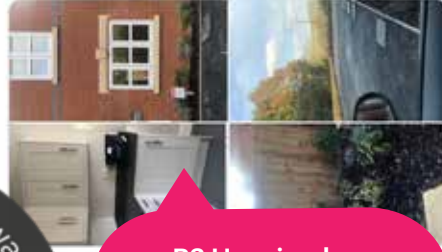
Lockdown round-up!



P3 @P3Charity
We're so proud @P3Charity @marksimms3 to be part of @SocialEnt_UK's Roll of Honour! This is an award which is hard earned and well deserved by everyone who is part of our team! #WeAreP3 #OneTeam #ChangingLives #SocialEnt



Mark Simms @marksimms3 · Nov 27
Delighted to get the keys to our newest @p3housing @p3charity homes. These are homes for social rent for as long people want them. We're trying to do our bit in addressing the housing shortage. The houses are our tenants the views come free, courtesy of Derbyshire! @AmberValleyBC



P3 Housing has delivered beautiful, new properties for social rent, providing people with long-term homes

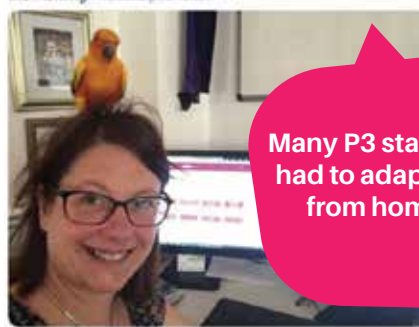


Our CEO and services have continued to be recognised for their amazing dedication, diligence and sheer hard work throughout 2020!

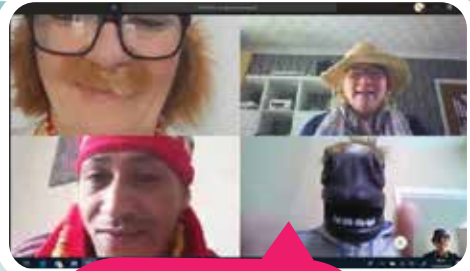


Young people in our supported housing projects kept busy with activities during lockdown.

Sophie @sophie1975
Meet Ninky our pet Sun Conure who has been watching me work this morning #nationalpetmonth



Many P3 staff (and their pets!) had to adapt to new working from home conditions...



...while staying connected virtually!

P3 @P3Charity · Jun 3
We are delighted to announce our amazing volunteers @P3Charity's @RugbyPortobello have been awarded the Queen's Award for Voluntary Service! It is the highest award a volunteering group can receive and is equivalent to an MBE #QAVS2020 #WeAreP3 @QueensAwardVS



We were honoured to accept the Queen's Award for Voluntary Service for our amazing volunteers at P3's Rugby Portobello Trust.



www.p3charity.org



[/P3Charity](https://www.facebook.com/P3Charity)



[@P3Charity](https://twitter.com/P3Charity)

CUCKOOING

WARNING: This feature contains gang violence and strong language.

Ethan* describes the horror of cuckooing and how being 'heard' by his P3 support worker has enabled him to start over, discuss his experiences and feel understood.

The Gang

I want to help people to avoid the situation that I've been in because they're dangerous, really dangerous people. They target you when you're vulnerable. At first, they're really nice, but they're clever. They know ... and you can't do nothing ...

They were ruthless, they were savage. Trust me you wouldn't want to mess with them. Wow, trust me that's no joke. They've gone now, they've all got sent down, but there'll be another gang to take their place.

They used to get in by the back way, through the back doors. It would be after midnight when the outside lights went off, they went through the back fence, in through the door and straight up. I was laid in bed and I thought it was the Police, it wasn't. Oh my god, I hoped it was the Police, but it wasn't, it was them ...

The gang were just looking for places to sell drugs and I was an easy target.

They could sell from my flat. Once they were in, they sat there and intimidated me, but once they were in it was too late!

They slept with knives in their laps, no joke! They would just sleep there with the machetes sat on their legs. It was scary, intimidating, proper intimidating! You tell me, if you wouldn't be, sat with someone with a machete, an open machete like that? They'd say: "If you fuck me about, you're getting it!" So, what do you do? You just sit down and shut up.

I got intimidated that much, that I was stuck in my flat, trapped there and they were just giving me drugs ... it got bad, I lost my script—my medication script out of the doctors—they made me lose that so I had to spend my money with them. It was three days—what do you do then when you've got no script? You're gonna buy the drugs, aren't you, just to keep yourself level. They knew

what they were doing! After three days they thought it was Christmas, they got me and they got all my money off me.

I had to jump out of the window to get away.

I had to jump out my flat window. That's the only way I got away from it. Luckily, it's only two storeys, I sprained my ankle but I carried on running and got away. Drugs, that's all it's about, but when you're reliant on it, it's hard. They know they've got you under lock and key ... There were four or five of them and they didn't fuck about.

One mate came around to me with a massive hole in his head, where he'd got hit by a machete. There was blood everywhere, it was pouring out where he'd been hit. All the way down through his hair. He was saying: "Help me, help me, help me." Oh god his head ... He didn't report it. They hammered him man. They proper hurt him.

Do you know what they were doing? They were taking it in turns, swapping round and getting to batter him. Swapping round, getting one to go in the room, battering him to fuck, swop round again, going in again and battering him again, but the third time they'd gone round, he'd jumped out the window. It was a good job he got out the same way I did, otherwise he'd be dead ...

Serious shit! It's not nice when you have to jump out your own window! They intimidated you so much and they were smug. I waited until they went to the toilet that's when I jumped out the window.

It was two weeks, then they moved on to the next person. They pick up on people when they know they are a bit easily led, if you know what I mean by that. Easily intimidated. It's happened to a lot of my mates. They get you, use your accommodation and then move on to the next ... they're keeping a step ahead of the Police.

Now, I have no one at the flat, that's it, no one comes in!

I have no one round, not like my mate, I don't need people influencing me. I don't mind being on my own, because I don't want to be with the wrong people that'll be robbing me, smacking me, beating me up ... I don't need to be terrorised.

I'm lucky I've got an upstairs flat, so people can't just get in. Otherwise they just smash your windows and climb in. This is happening right

now to a lot of people ... It's hard, just put yourself in that situation ... what do you do? People get killed ...

I'm having worse days and better days ... I want to feel safe. I do feel paranoid, I keep worrying—noises, movement—I just have to deal with it ... keep my guard up and not let anyone in where I live, not even best mates, no one! It might not be the right thing, but it's not happening to me again. It's your place, it's your palace. If you've got somewhere to live that's safe, then take that as an opportunity and live for that.

Now I've got a brand new push bike, a new TV, I've got a few bits in my flat that are worth money.

I'm just taking every day as it comes at the minute to be fair with you.

I need to go back to my family. I'm not getting no younger, if you know what I mean. I'm thirty next year. Where's that gone?

My Mrs, she slept with someone, one of my best mates and got pregnant with him. So, I got in my van and went mad! I got caught, I got arrested. I was a courier driver, I got a three-year ban. It takes years and years to build-up and seconds to lose. Gone! Obviously, I lost my driving license, lost my job and what do you do from there?

That was about six years ago, but I can get it back I only need to send off for it, I don't need to do a retake. But I don't feel comfortable, because I'm on a script like—diazepam and zopiclone and methadone and you can't legally drive, but I don't want to drive anyway at the minute, I need to be self-sufficient in my own head.

Driving was a passion mate, it was amazing but so much happened—you've just got to go through it, you can't explain it unless you go through it..

About P3

My support worker listens to me and trusts me. He's a good bloke! He's listened to me more than a lot of people do, even more than my own mother does, my own family even. That's why I've got the time for him, I can speak to him, I can tell him stuff. He's good, he listens, he understands. He's seen and he's been through it, so he doesn't judge people that's why I get on with him.

I find it hard to speak to a lot of people like, but obviously I can talk with him and tell him things that I can't tell a lot of other people. He's great!

He always comes up to my flat every morning, he comes and sees me. He goes out of his way, so that's why I appreciate him. It's hard to say that, but sometimes ... it's hard when you're in a conversation about certain things if you know what I mean.

I trust P3, I can talk to you guys about a lot of things, about things that I can't speak to a lot of people about—about drugs—about things that are happening. I can speak to you about it and you don't judge me.

P3 does genuinely want to help people. My support worker comes round every morning, takes me to the chemist and everything. When you've been on the streets that's like a handful of gold, that is, when people go out of their way to listen to you, to listen to you and to understand you, that's huge.



www.p3charity.org



[/P3Charity](https://www.facebook.com/P3Charity)



[@P3Charity](https://twitter.com/P3Charity)

**Name changed for anonymity.*

2020: SURVIVING A PANDEMIC ...



Frontline P3 teams in Warwickshire adjust to the 'new normal' to support people safely

1,000 additional people across England were supported to access hotels/temporary accommodation during the 'Everyone In' campaign.

P3 started changing the way we worked in early March, weeks before the UK lockdown was declared. All staff who were able to work remotely were given the tools to do so and approximately 300 frontline staff were classed as keyworkers, including people who worked in supported housing and our street outreach teams.

The 'Everyone In' initiative, the government's response to homelessness during a deadly viral outbreak, saw local authorities given the power to house people who were sleeping on the streets in emergency accommodation however they could, including hotels.

P3's regional street outreach and support teams worked doubly hard to make sure everyone had somewhere safe to stay, and self-isolate. This involved a crucial 'one-term' effort from local agencies working together to deliver wrap-around support.

"It's not just putting someone in a hotel, ticking that box. All partners came together. Everybody will be offered move-on accommodation and the 40 people who have already moved on, we haven't just said 'see you later', we've referred them for ongoing support ..."

**- Sam Bailey, Head of Services
P3 West Midlands**



Community-based support and link worker services didn't go anywhere either, working around challenges by delivering support over the phone, by text or socially distanced appointments on the doorstep!

"The team have continued to achieve fantastic results during lockdown, linking with DWP to start benefit claims or sort out problems, linking with our health partners to get mental health support, prescriptions and change chemists, helping people to acquire ID and bank accounts, sorting out food parcels—the list goes on and on and on..."

**- Erika Paradise, P3 Hampshire
Justice services**



People placed in emergency accommodation in Wolverhampton during coronavirus thank the multi-agency team

AND LOOKING TO THE FUTURE

Cheshire & North West

- Growing existing services in line with local need

Derbyshire & Leicestershire

- Continue to offer new social housing
- New 'Everyone In for Good' link worker service

West Midlands

- Major refurbishment of two of our main housing sites
- New move-on accommodation will be funded through £3M social investment

Warwickshire & Coventry

- Mobilised new housing support services for adults and families
- Continued to offer P3 Places to Stay for adults and young people experiencing homelessness

Gloucestershire

- New social housing will be funded through £3M social investment
- Expansion of our private rented letting scheme to offer additional homes
- New link worker services to offer bespoke support for people
- New hospital discharge service

Lincolnshire

- New social housing will be funded through £3M social investment
- New partnership with the Mental Health Trust
- New urban regeneration project to deliver homes for the people of West Lindsey
- Exploring new private rented sector schemes to offer additional homes across the county

Cambridgeshire

- New mum and baby service launched

Buckinghamshire

- New hoarding service launched

London

- P3's Rugby Portobello Trust moved services online to continue educational provision for young people through the Covid-19 crisis

What's next for P3?

A new partnership with Gloucestershire

Royal Hospital had a flying start in April 2020, with P3's Hospital Discharge Worker supporting people being discharged from the Emergency Department who have no home to go to.

The service has formed a linked pathway of care so hospital staff have a dedicated P3 contact, and we can support people to find the best possible housing solution for them.

Plus a **Housing Link Worker service started in Gloucestershire** in October 2020, enabling people who were housed in short-term hotel accommodation during lockdown or currently sleeping on the streets to move into and sustain longer-term housing.

We began a new Street Outreach Team in Cambridgeshire, and a **young parent's service**

in Fenland, providing somewhere safe for young people who are expecting or have young children to stay, while supporting them to develop skills for the future.

In Buckinghamshire and Cambridgeshire we launched **our first Specialist Hoarding Service**, working intensively with other professionals such as community nurses, adult social care, housing providers and psychologists to support people affected by hoarding behaviours to regain control of their homes, prevent homelessness and improve their quality of life.

And in Lincolnshire we have **teamed up with the Lincolnshire Partnership NHS Trust** to provide housing with support for people being discharged from psychiatric hospital, working with their Community Rehabilitation Team to facilitate the road to recovery and independence.

GANTS STORY

Gant talks about turning points, being homeless during the Covid-19 crisis and the importance of self-belief...

I was sleeping in a garage; now I've got my own flat and a job

Now, I work as an electronics manufacturing engineer, that's what my degree was in.

I lost my way a bit, ended up sleeping in a council garage. I wasn't an angel. A lot of it was outside influences, a horrible addiction to substances. I knew that wasn't me.

I was in a downward spiral. No one can pull you out of that but it's difficult to do that on your own. No one wants to sleep rough.

What changed everything was someone believing in me

I got a note under the door from Carmela [at P3], and the rest is history. They got me a warm coat. Helped me go to the council and apply for a flat.

What changed everything, was someone believing in me. When you've got goals, when you know what you're working for, that's what makes the difference.

Once you've got your self-belief back, you can achieve anything. P3 helped me with practical things, but it was the emotional support and rebuilding my own confidence that's important when you've got no one else to turn to.

Then Covid hit ...

I sofa-surfed over the winter, lived with my mum over Christmas. When I couldn't stay anywhere, I'd go back to the garage.

Then Covid hit, I couldn't really isolate with my mother, I hopped around wherever I could but it was more difficult 'cause I could only stay in one place at a time. I'd already started work, and we were seen as essential workers so we kept going. When I got the job I had nothing but the clothes on my back. P3 helped me pay half the train fare to get me to and from work.



When I'm sorted, if I get the time, I want to volunteer. If I can help someone else in my situation even if it's just [offering] my number and someone to speak to over the phone, it's the little things that count.

The council got me a place in April but because of Covid they couldn't send anyone out to show me the flat. So I had to stay where I was, with a friend. Even with Covid going on, P3 were still on the phone, saying 'Come on, you can do this'. I would get a Friday afternoon call from Carmela, I used to look forward to those. It was just 'how are you, how's it going?' but that means everything.

Moving on

When I moved into my new flat in June, Flagship Homes got me a cooker delivered the next day. P3 got me some Argos vouchers. People have been so kind.

At the end of the day, I've got a roof over my head. It's not a palace but it's home. The bills are paid.

The little things

Here I am on the train, going back to my flat; I've turned my life around.

CREATIVITY UNDER RESTRICTION

Young people have faced a difficult summer of social restrictions, disrupted education and massive challenges to their mental health.

Projects at P3's Rugby Portobello Trust and University of the First Age (UFA) have been key in giving young people a creative outlet, the chance to take part in positive, meaningful activities and gain the confidence to return to school and college after lockdown.

Breath is Invisible

Young people at P3's Rugby Portobello Trust contributed to a public art project in West London this August, working with musician and composer Martyn Ware to create a 3D soundscape entitled 'To be invisible'.

The outdoor installation featured visuals by Zachary Eastwood-Bloom (pictured), and lyrics from a 1974 Curtis Mayfield song against a bed of sirens and audio, inspired by the events of the Black Lives



Find out more: www.amplifystudios.co.uk

Matter movement this summer and the demand for social change. The exhibit was part of the 'Breath is Invisible' series, aimed at addressing social inequality and injustice. The series also featured work by the Gambian-British artist Khadija Saye who died in the Grenfell Tower fire in 2017.

NCS UPDATES TO 'KEEP DOING GOOD'

Running National Citizen Service (NCS) during Covid-19 certainly had its challenges and this summer's revised 'Keep Doing Good' (KDG) programme required a new way of thinking.

In the usual NCS four-week programme, the residential weeks provide a time to get to know the young people in an environment outside

of their comfort zone, taking part in adrenaline-fuelled activities to bond as a strong team. This year saw socially-distanced charades, quizzes, and other silly icebreakers, as we made the very best of new circumstances.

Then came the social action and our young people truly embraced the challenge to make their communities better places to live! They wrote letters and held zoom calls for residents in care homes, made masks to be sold and distributed in local charity shops, ran campaigns and petitions about men's mental health, and raised awareness for charities such as FIND who provide food parcels to people in need.

KDG really benefited all the young people taking part including one young person living with ASD and anxiety who wanted to drop out. However, after discussions with her and her parent about adapting the programme, she came back and not only completed her 16 hours of social action, but clocked up 20 hours in total!



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:

