

# P3RSPECTIVES



## Tasmin's Story:

Grief, addiction & moving forwards

## Photo Story:

Erewash Art Group

## Guest Editorial:

Lizzie Fletcher  
Founder Unity News

### 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.





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

## 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

# Happy 2019!

We're bringing you a new edition of P3rspectives for a new year, and from a new Communications team! Steve Rowlatt joined us in November as our new designer and we want to welcome him officially to the team and thank him for getting stuck straight in with our visual communications, including this latest issue of our biannual magazine.

In this issue, p.10 brings you a taster of the brilliant work of our partners, including University of the First Age (UFA) on supporting young people who don't always benefit from mainstream learning. The firsthand accounts from Tasmin (p.5-6) and Barry (p.9) challenge our perceptions of where mental ill-health, homelessness and substance misuse can strike, and give insight into how these issues could be addressed and prevented in the future.

We hope you enjoy reading all the news from around P3; remember to get in touch with the Communications team if you have any feedback or comments using the contact 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 clients, volunteers and staff at P3, both for the magazine and for our other online and print materials.

We want our communications to reflect our clients, 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](mailto:Comms@p3charity.org)  
Phone: 0115 8508190 and ask for Communications.

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



**"I'm happy to have this opportunity to talk with you all. Communication, that's what this is all about after all, isn't it?"**

I read the last issue of this magazine and I could absolutely relate to the issues raised in one article about dealing with illness, having to leave work because of it and all the terrifying ordeals that come with having to ask for support.

Christmas is over and we've all tried our best to talk and celebrate with family and friends we know and love (or not!) But there's a chance that maybe you didn't have a Christmas? Perhaps because, as happens in a lot of cases, you couldn't afford it.

**That's a sad indictment on our society today isn't it? Why is it all about 'affording it'?**

How about turning Christmas and every day of the year into days we can all afford, hope and goodwill, kindness or if you can, a hot meal, a little of our time to make someone else's day a little bit easier?

Maybe you're one of the people living on our streets; for you, winter has only just begun. Or you have a roof over your head but you're unable to afford to eat or heat your home. Perhaps you are suffering with mental or physical disabilities every day, not knowing where to turn for a little solace.

We're all in touch with these tragedies every day, even if we're not going through any personal issues ourselves, every day brings another person to the metaphorical door.

**Read on to find out not only where there is help, but also where there are stories of hope.**

The new adventures people are starting out on, letting you know about ways we can all reach out, whether it's using art to combat mental ill-health or talking more openly about difficult issues, like the young men at Rugby Portobello Trust.

Perhaps you have an idea about how you can give support? Or know a different way we can offer support to others? We would love to hear about it.

We can all read these stories and gain understanding and knowledge of where and how we could offer help to others, with our own writing, drawing, painting, playing a musical instrument, singing, talking or just listening - whatever we do, we can all contribute, and in helping others, help ourselves.

**Lizzie Fletcher**  
Founder, Unity News



# Peer-led art group success in Ilkeston

An art group set up by clients of the Derbyshire Recovery & Peer Support Service is planning an exhibition in 2019. Ben and Stuart explain more during one of their sessions...



('Zentangles' from the group's first project)

"At the moment we're doing Christmas stuff, so perspex decorations, papier mache baubles, and next week we're designing our own wrapping paper."



"I've got more of a background in punk rock and metal, and alternative art, like making my own clothes. I learnt zentangling when I was in hospital; it's very chilled out, good for relaxation, basically like doodling." - Ben



"It's quite dark what I do, it helps get my feelings out. I mainly do oil paints, drawings as well." - Hitomi



"I'm self-taught, I mainly do watercolour and acrylic painting. The process of doing it calms me down, it's good therapy really." - Stuart



"We want to put together a portfolio, try and get a local shop interested in selling our work. We'd put 50 per cent back into the Art Group, 50 per cent to the people who made the artwork." - Stuart



P3's Hannah with Sarah Louise, Stuart & Ben.





# “I need to get myself well so I can be the bestest

**Tasmin\* lost her partner, and later her younger daughter in tragic circumstances. Here she talks about grief, addiction and moving forwards.**

I was brought up in a reasonably happy home, but my dad left when I was younger and that had an impact. I had abandonment issues, self-esteem and self-worth issues, especially regarding men. I was reasonably good at school – I got a scholarship to private school actually.

At the age of twelve I started to use alcohol as a form of social lubrication.

I'm 39 now. I used to be very attractive as a younger woman, but I didn't know my self-worth. I felt so lost, so alone and I started to hang-out with these older people – criminals. Got myself in a lot of trouble really. Then I met a man, a Scouse fella, funny he was, he never drank really. I was with him for three years, we lived together.

**Then I got a phone call one day, he was working away and he'd died. It was an undetected heart defect. He was 25. I was engaged to him. It killed me, it did.**

I was in and out of bars then, for about five/six years in Soho and did some pretty horrific things to myself. I did a lot of drugs. That feeling of abandonment manifested again in the fact that he'd died.

I've never been very good at facing pain, I don't think any of us are really as human beings, but for me especially as an alcoholic – because I'm super-sensitive.

A lot of us addicts are, that's why we turn to self-harm in terms of drugs, drink, any addiction really...

I've always worked, I was a manager ... I was catering in terms of the financial, but the emotional and spiritual side was just dead really.

Then I had an experience in London where I was attacked. So, I said to myself, right this is it, I'm moving back to Newcastle. And then I met my ex-partner and of course I went straight into that – he was Mr Safe, Mr Secure and that's what I thought I needed. I moved to Yorkshire, went back to university, got a degree in midwifery.

I had my first child and I still drank, but I kept it under wraps. From the outside you'd look at us: two cars on the drive, brand new house, he was an engineer, but it wasn't... There was a lot of domestic abuse from him. It was a very toxic relationship, but I still functioned, I got on with life.

Then I became pregnant again. We went through the full pregnancy not knowing that she was going to be severely disabled. I never drank in my pregnancies, because alcohol for me was a self-harm.

**I gave birth to her and she had Pfeiffer syndrome. It's extremely rare.**

It's a mutation a of a gene, it could happen to anybody – it wasn't anything I had done.

She looked visibly very unusual, which frightened me if I'm honest with you. I'd had no preparation, I mean, how do you have preparation for that? On that day, he left me. He got up and walked out the hospital, saying: 'I can't deal with this. I can't have a disabled child.'

Then he phoned social services because he wanted to get her adopted. My daughter was only about four or five days old at the time, in intensive care, and the social worker came, but she knew that I didn't want her to be adopted.

She said, 'Can I speak to you on your own, Tasmin.'

And I said, 'Yes,' and she went, 'You know, you don't have to do this.' So that day in January I

*\*Names changed to preserve anonymity.*





# mam I can be to my daughter”

walked all the way from my house to the hospital – it was a really bad winter in Yorkshire and the snow was so thick I couldn’t use my car. I picked my daughter up for the first time and I never left her – not for two and a half years.

## **I went through hell with her, she had nearly 30 operations.**

I never heard her say mam, and you know the sad thing about it – with her disabilities, neurologically her brain was sound, so she was just like me and you. So that made it equally hard, because she was so self-aware of what was happening to her and I felt helpless.

On 19 July 2015 I made me mam, me step-dad and Charlotte a Sunday lunch, and Evie, she was fab, she was the best I’d ever seen her... The next day I got up, went downstairs and I didn’t look in her cot... Evie was in the cot next to me with her machines and everything. I don’t know why I didn’t look that morning...

I went downstairs, I think I was down there for about half an hour, then I came back up and she’d died. She was grey.

I rang 999, the ambulance came, tried to do CPR and that, but it didn’t... she had sepsis and she’d just given up. I started screaming and then Charlotte started screaming and she was saying, ‘Not my Evie, not my Evie...’ Because Charlotte was like her mam as well, she was so protective.

I think her little body had just took so much, but do you know what right? We all have our parts to play in this world and she had such an impact on so many people, everybody that she met, she was so charismatic, never cried, she was such a happy child. She walked through life so broken physically, but my god she was such an enlightened human being.

After that I drank, really bad. I tried to work, I tried to do community nursing. I was drinking in my car... Eventually after about a year of struggling with my mortgage and Charlotte and trying, I just had a breakdown basically.

## **I had to give Charlotte to her dad.**

And then I lost my mortgage, lost my car, got done for drink driving. I’d never had a conviction in my life, lost my job, lost everything. Just before Christmas I found myself homeless. I walked to P3 with two bin liners containing all my worldly goods.

I was so frightened, the concept of living on the streets... I’ve been to university, I’ve always had a job, a house, I’ve always had a car and I lost everything through circumstance.

## **P3 were my guardian angels.**

It was a Friday and they were able to give me resources financially to accommodate me in a hotel for three days, until I could get temporary accommodation on the Monday. They also gave me a food parcel, because I didn’t have any money, not a penny. Now I’ve managed to source a really lovely flat, I’m going to AA and I’ve got clean and sober friends. I’m going out, doing wonderful things and life’s really good.

I’ve started to live with the pain without a substance to diffuse it. Hopefully in the next few months, I’ll be able to start to reconnect and get my relationship with my daughter back. I want to do that properly and that’s why I’ve deliberately not pushed.

I need to get myself well so I can be the bestest mam I can be to my daughter and that’s what I’m doing now.

Evie... she is my higher power. I believe that she came into my life to save me and who knows, maybe someone might hear my story and think, I recognise that... Life has a domino effect, you don’t realise what impact you have on other people...

I felt so ashamed that this had happened to me. I didn’t want to phone my mam, I didn’t want to phone my dad. I couldn’t go there. I felt so ashamed that I had gone down this road of self-destruction. The only people that were there for me at my lowest ebb, at my rock bottom were P3.

*Tasmin was supported by P3’s Wolverhampton Homelessness Service.*



@P3WestMids



[www.p3charity.org/wolves-homelessness](http://www.p3charity.org/wolves-homelessness)

**We want our stories to look beyond ‘labels’ and reflect the reality of people who are socially excluded. Look out for more #ChangeTheConversation stories coming soon.**



**ChangeTheConversation**

# Social media round up

**UFA** Manjit Shellis  
@ManjitUFA

Follow

Brill 2 days trg #youngleaders as #UFAresearchers&evaluators. Researching barriers to success at school. Amazing students from @saltleyacademy @TileCross @washwoodheath @WashwoodMAT #studentvoice #schoolimprovement @BEPvoice @UFAorg



5:43 PM - 15 Nov 2018

UFA trains students from Birmingham to take the lead in improving their schools.



Nigel Seymour @nrs3079 · 10 Aug 2018

Lincolnshire charity uses **drone** to locate rough-sleepers: P3's Lincolnshire Street Outreach Team to use live-streamed video from **drone** to find people sleeping rough in remote rural and coastal locations j.mp/2vy5skl



Lincolnshire Street Outreach's new tech captures the headlines.



Rackelle Goodman-Green @rgoodmangreen · 11 Nov 2018

Great day Friday at P3 annual conference & awards. Celebrating all the amazing work we do with our clients. Lots of fun celebrating in the evening too #wearep3 #p3cares #changinglives



The 2018 annual conference brought all our P3 heroes together!

**P3**  
@P3Charity

Here's the clip from today's #PMQs in which @AlexChalkChelt commended @P3Charity and @CCPCharity for their work addressing the issue of homelessness in #Cheltenham



2:01 PM - 5 Dec 2018

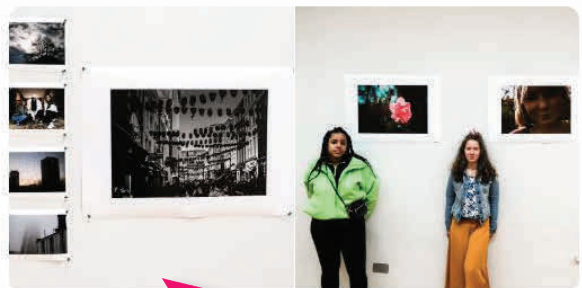
P3 gets a thank you from Cheltenham MP Alex Chalke and PM Theresa May in Westminster.



RugbyPortobelloTrust Retweeted

**RugbyPortobelloTrust** @RugbyPortobello · 19 Dec 2018

Thank you to everyone who joined us for our first photography exhibition, and a special thanks to @Dazed and @dhagren for making it possible. Wondering how you can get your hands on one of these pieces? Get in touch. #nottinghill #northken



Young people at RPT learn photography from industry experts - with impressive results.



[www.p3charity.org](http://www.p3charity.org)



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



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# 'Man Cave' encourages young men to share



**Rugby Portobello Trust have started a weekly discussion on issues relevant to young men living in North-West London. Link Worker Michael Tyson facilitates 'Man Cave'.**

"We try to keep it topical. It's all about giving the guys ownership though – what we think is current as staff may not be the same for them! It can also be a kind of peer education with some of the older guys sharing their life experiences with the younger ones. I think some of the participants have learned new skills like knowing when to speak up and when not to interrupt someone to get their point across."

One topic was drill music, a controversial form of rap known for its hard-hitting lyrics.

Keith, aged 19: "I fully understand why they ban some artists, because some lyrics are way over the top, like saying you will urinate on someone's grave. That's someone's brother or friend who died...so their friends will hear the song and then they will go to the block and that's when the war starts."

Chris, aged 18: "Drill is bad, but it's just a platform. I don't think it's an excuse; there are kids who actually live what they speak on the song."

The group also discussed what could be done to stop youth violence. Chris added: "What I see is these kids, they don't have anything to do, there's not enough youth clubs or centres to be taking them to the right places for their future...all they know is the roads and that's what they wake up to see."

Akram, aged 14: "In school in form tutor time, all we do is sit down and talk – we could talk about social issues between young people."



[www.rugbyportobello.org.uk](http://www.rugbyportobello.org.uk)

## Whoop, whoop, I've done it!

**Former Psychiatric Nurse Sara lost her job and was battling the benefits system. Here we pick up her story from Issue 2.**

It was 31 August and I remember I said let's go for it! I will lose a third of my pension, but I cannot carry on for the next five years like this. I was always going to retire at 55, so I bit the bullet, I went for it.

That came through in October, but literally the next week I was telephone banking and there was an extra seven grand in my account and I couldn't work out where the hell it had come from!

So, I got a statement. It was DWP! They had under paid me for two years, seven-odd grand! That's three and a half grand a year. I could have survived, but I'm not going there, I'm not going to be bitter.

So, now DWP are being really lovely to me, but why couldn't they have been decent from the start? I'm scared to talk to them. One, in case I lose the plot and start swearing at them and two in case I say the wrong thing. The first time I said, you'll have to speak to Emma my support worker. I thought you'll take my seven thousand pounds away, you'll tell me I'll have to pay all my money back, they panic me.

I'm still on a low income, but compared to what I was living on I'm Little Lord Fauntleroy, I'm rolling in it!

The first thing I did was pay off my mortgage. That was, whoa! The house is still falling to pieces, mind, but hey-ho I don't care, it's my house!

This experience has pulled me up from my boot straps, it was worse than any bereavement because it just wouldn't stop. I was just stuck in this loop and it wouldn't stop, I couldn't make it stop.

Eminem helped me, lots of angry music! Trent Resner and Nine Inch Nails, obviously not in front of my granddaughter, because the lyrics are obscene! Anger I think actually is an emotion that can keep you going, it can make you fight. I was in a corner I was like a rat, I couldn't let them – and it was them they did become them – these terrible people.

I look back now it it's like it was just some bizarre, horrible dream, that happened to somebody else.

*If you live in Lincolnshire and need support with any of the issues discussed in this article, contact*



@P3LincsFS



## Barry's Story



[www.p3charity.org/MK-justice](http://www.p3charity.org/MK-justice)



[ChangeTheConversation](#)



[@P3MiltonKeynes](#)

**Barry came out of prison to find himself homeless. In this extract, he talks candidly about life on the streets, and how the support of P3's Justice team enabled him to move forward.**

**Read Barry's full account at [www.p3charity.org/stories/barrys-story](http://www.p3charity.org/stories/barrys-story)**

"When I was released from prison, I was told a load of lies. I thought I'd got a place [to live] but that fell through.

"Once I walked out that gate on the day my sentence was up I had nothing. I went into probation, the guy let me use the phone there, but he wouldn't engage with me because officially I wasn't on probation. I ended up on the streets and I had no recourse, nowhere to go. In total, I was rough sleeping about two years.

"I was living...it was a big industrial building and I was in one of the outbuildings next to it, it had half a roof. I came back one evening and someone had been there and just thrown my stuff all over the floor, walked on it with all the oil that was on the floor, urinated on it, just trashed my things basically. This happened repeatedly and these things don't add to your sense of wellbeing."

"It was that cold out there; they'd find people who'd died from the cold. No matter how many layers of clothing you put on. I wouldn't sleep some nights because it was that bitterly cold I was afraid that if I did go to sleep I wouldn't wake up.

"The things P3 did were above and beyond...little things they'd go out of their way to do. It was only with hindsight that I realised. It was all these calls Debby [Wilson, Link Worker] made to different agencies, taking me for coffee, anything that you can think of to help a homeless guy. At the time I didn't have access to a phone.

"Within two weeks, things started to happen. I got a hostel place, before I got into the place I'm in now. It's like a learning curve as well. I feel a bit of hope now, whereas I didn't have that before, that things could progress. Before if I had a problem and it didn't get addressed immediately, I didn't follow it up. But that's what P3 have done, persisted.

"And it rubbed off, because now I have this thing - I've got a pal who's in a similar situation, who's turned out to be a good friend. We have what I call 'get ahead days', so if we're supposed to go to say, housing at the council, well, we will do everything in our power to make that happen. We plan, we make sure we've got phone credit, I've got a bus pass now, we make sure he's got his bus fare. We support each other, we boot each other in the butt. We've found it's working."

**"I feel a bit of hope now, whereas I didn't have that before."**



# UFA builds resilience in Derbyshire's young people

Last year, UFA partnered Art of Brilliance (AOB) in 'Brilliant Erewash', a programme commissioned by the NHS & public health to improve outcomes and wellbeing in an area with significant health inequality. It was recognised that the community needed to build resilience, and that one way was to begin in the younger generation.

AOB went into five local schools to deliver workshops for staff and Year 7 students, using insights from positive psychology with three core messages: choosing to be positive, taking responsibility and being resilient (or 'bounceback-ability' as they called it!)

**"Lula's team were fantastic, they made it engaging, kept the motivation going and gave us as many resources as they could. We've got eight new champions this year!"**

**Sue Briggs, Information Centre Manager, Wilsthorpe Community School**

UFA was then asked to take a group of 'Champions' forward - young people who had volunteered to spread the message in their school. We worked with 84 Champions over the year, picking up AOB's core messages and putting together a training programme from our experience of what schools need to effectively coach young people.

Where we could, we tried to get some of the harder to reach young people involved - those who might really benefit from the opportunity to lead, but don't consider themselves leaders.



**Lula Garner, Head of Programmes (Midlands), National Education Team**

There have been some great successes: one young man who was at a specialist school had no eye contact at first and wouldn't speak but the deputy head thought he had potential and wanted to encourage him. By the end of the year this young man had been voted on to the council youth forum and was going into other schools and speaking about what he was doing.

That's why I do the job to be honest!

**"It helped me gain confidence and to be more positive about life. I learnt to speak up in group discussions and I have definitely gained more social skills"**

**Wilsthorpe student & Brilliant Erewash Champion**



UFA is part of the P3 Charity Group.  
[www.ufa.org.uk](http://www.ufa.org.uk)

## P3 Warwickshire to take on NHS nurse practitioners



We are working really hard to secure funding in partnership with Warwickshire County Council to have two NHS advanced nurse practitioners seconded within our Street Outreach team for two years. Their roles will be to support people regarding their mental health issues and finding accommodation solutions, as well as liaising with other external partners.

This is a creative opportunity which will help to remove barriers for vulnerable people that need support and benefit our teams with the exchange in training, raising awareness of both Coventry and Warwickshire Partnership NHS Trust (CWPT) and P3, and building relations between local services.

**Partnership in action: P3's Amy Brown and Amanda Sidwells on street outreach working with people rough sleeping, alongside Nancy Tomlinson from CWPT's support for Ex-Armed Forces.**



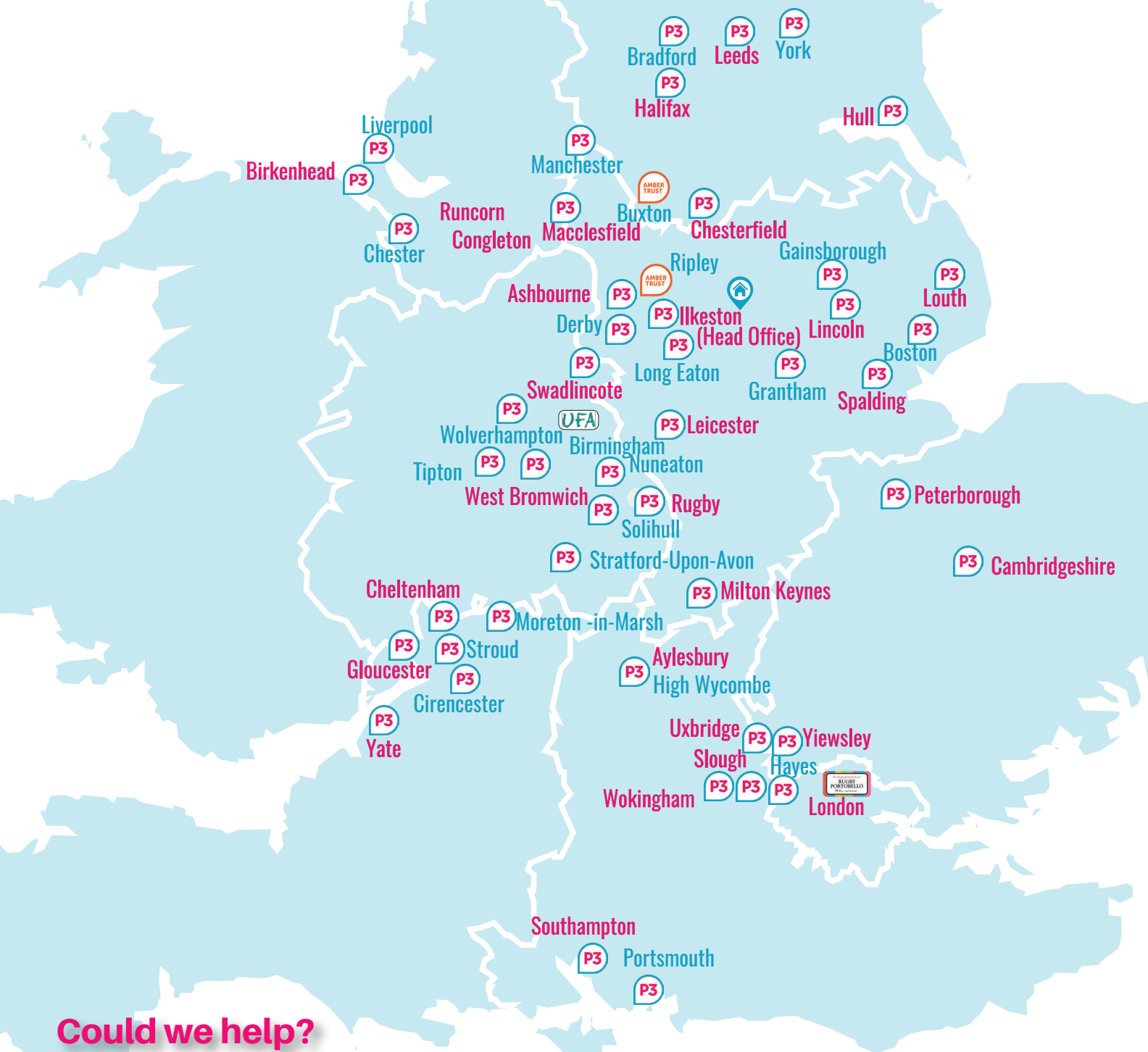
[www.p3charity.org/warksFS](http://www.p3charity.org/warksFS)



@P3Warkwickshire

# 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](http://www.p3charity.org/get-help) and type in your postcode, or contact us for more information:



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