

Principle 7: Peer Support and Mutual Self-Help



Self-help and Severe and Multiple Disadvantage (SMD)

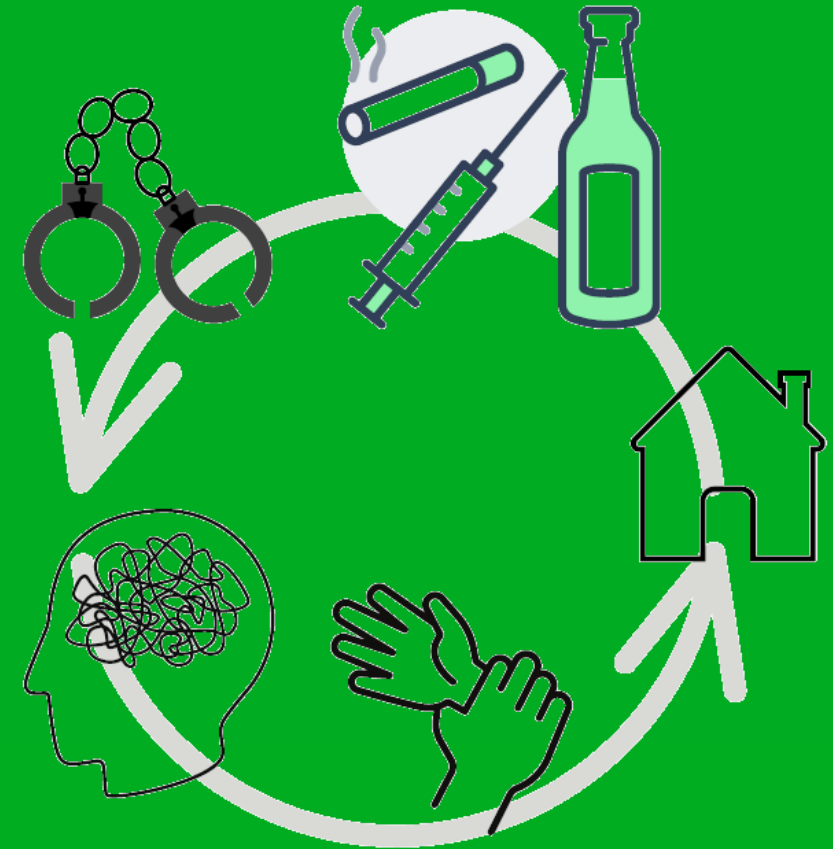
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What is severe and multiple disadvantage (SMD)?

Adults with **co-occurring** experiences of **3 or more** of:

- Homelessness
- Substance use
- Mental ill-health
- Offending / victimisation
- Domestic or sexual violence and abuse



Over **6,000**
people in
Nottingham

**Adverse
childhood
experiences**

**Poor
outcomes
and
inequity**

**Repeat /
long term
demand**

Much worse
**health and
wellbeing**

**High use
of reactive
services**

**High use
of
resources**

**Poor
experiences
of support**

Much
shorter **life
expectancy**



*I am facing this **maze of doors**, and every time I open a door, there's another door, set of doors.*

*There's **no coherent structure within the system** that says, "Here's a person who is asking for help, who's engaging with everything that we're giving, can we **please pull this together** so we can actually provide the help that this person needs."*

Trapped

Trauma

Overwhelmed

Let down

Stigma

Hopeless

Ostracised

Afraid

Excluded



Ministry of Housing,
Communities &
Local Government

Changing Futures: changing systems to support adults experiencing multiple disadvantage

December 2020



December 2020
Ministry of Housing, Communities and Local Government



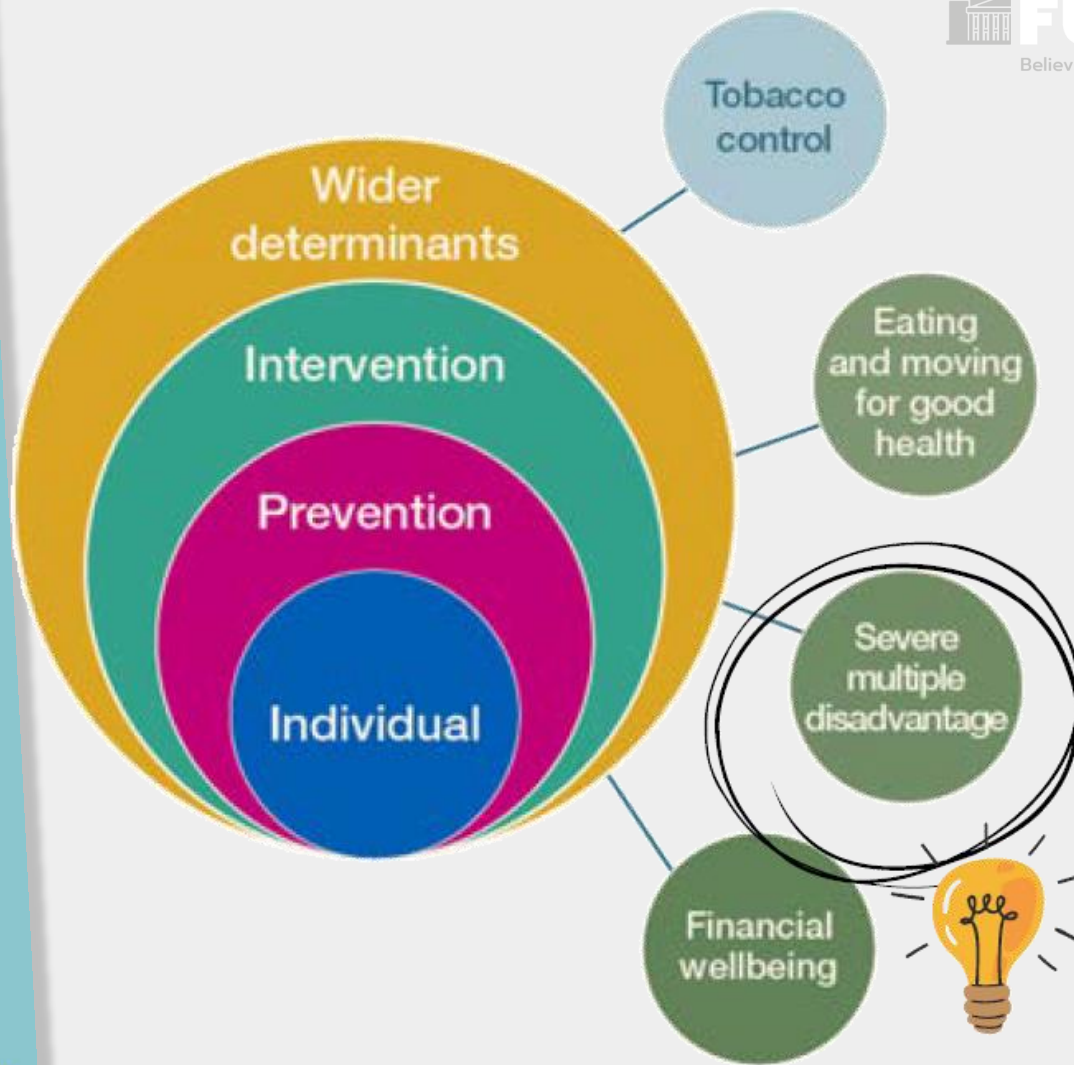
Department for Levelling Up,
Housing & Communities





Joint Health and Wellbeing Strategy for Nottingham

April 2022-March 2025





Joint Health and Wellbeing Strategy for Nottingham

April 2022-March 2025

NHS
Nottingham and Nottinghamshire
Clinical Commissioning Group

Nottingham
City Council



**Integrated
Care System**
Nottingham & Nottinghamshire



Every person will enjoy
their best possible
health and wellbeing



**Integrated
Care Strategy**
2023 - 27

Nottinghamshire
County Council

Nottingham
City Council

NHS

changing
FUTURES

Believing in people. Inspiring change.



Joint Health and Wellbeing Strategy for Nottingham

April 2022-March 2025



Nottingham City Place-Based Partnership





Inclusive, compassionate,
trauma-informed and
person-centred

What is Principle 7?

Peer support and mutual self-help.

- Understanding
- Solidarity / not feeling alone
- Space and time to reflect together
- Belief that recovery is possible
- The value of relationships and human connection
- Agency and helping to make a difference for others



How does this feature in Changing Futures?



GROUPS

CO LAB



- INTRO / SOFT LANDING
- SOCIAL
- SMALL PROJECTS
- INFORMAL

EXPERT CITIZEN GROUP

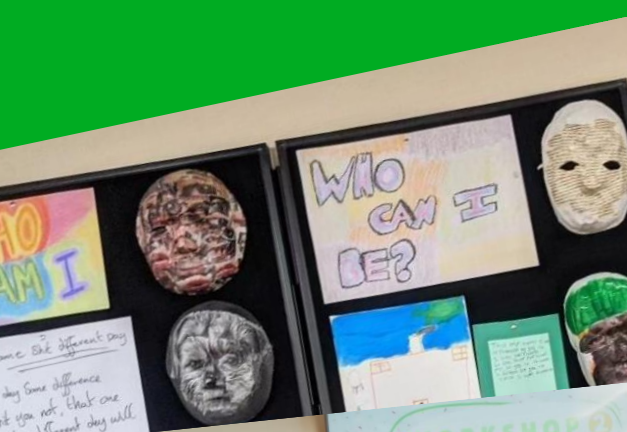


- LEARNING
- INVITE/NETWORKING
- DO/CREATE
- SYSTEM CHANGE
- BIG PROJECTS

EBE BOARD



- FORMAL
- A COMMITMENT
- LEARNING
- GOVERNANCE/DECISION MAKING
- REFLECTION TIME BUILT IN!



Same shit different pay

Shit day same difference
I shit you not, that one
day the different day will
not feel the same,
And one day this shit
will be different.

Carl



***“I love it when I
come, you know...
I do love it. I feel
happy when I
leave.”***

Jamie



Reflections on communities:

- Consistency and structure
- Empowerment – and ideas / shared ownership
- Peer support (without making this the focus)
- Empathy, solidarity and understanding
- Introductions – and helps to sustain recovery
- ...fun!

Peer Mentoring

- People with their own lived experience
- Paid and unpaid roles
- Expert training from Double Impact
- ‘Matching’ to current programme beneficiaries
- Additional to existing support



Reflections on peer mentoring

- Offers a different type of relationship
- Credibility, understanding
- Helps to build belief
- “Makes new memories”
- Benefits for peer mentors
- HR, benefits, etc can be tricky – **but it's worth it**

Practice development unit – our shared partnership learning hub

Act as a focus for bringing all the different agencies engaged with people who experience severe and multiple disadvantage (SMD) together

- Learning events/ Communities of Practice
- E-Learning Suite
- Online Hub- tools and resources
- Bulletin



PDU
Practice
Development
Unit

Nottingham
Community
and Voluntary
Service

SCAN ME



www.pdunottingham.org



Department for Levelling Up,
Housing & Communities



Co-Production

- Lived experience is valuable in a wide range of delivery roles, not just as peer support workers
- It is also important for people with lived experience to be involved in designing services
- Co-production and co-design of services can have a therapeutic benefit



PDU Co-Production Community of Practice

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Housing & Communities



CF not a standalone service – we're a partnership

- Peer support not limited to service users

Workforce Forum

- Monitor staff health and act as a wellbeing support network
- Ethos is centred around learning, development and support for each other in a positive non-judgemental environment



SCAN ME



Department for Levelling Up,
Housing & Communities





www.changingfuturesnottingham.co.uk

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Practice Development Unit

Free learning opportunities and online resources for all colleagues / teams (including 'mainstream' services) working with people who experience SMD.

<https://www.nottinghamcvs.co.uk/pdunottingham>

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