

DECEMBER
2019
Xmas Edition

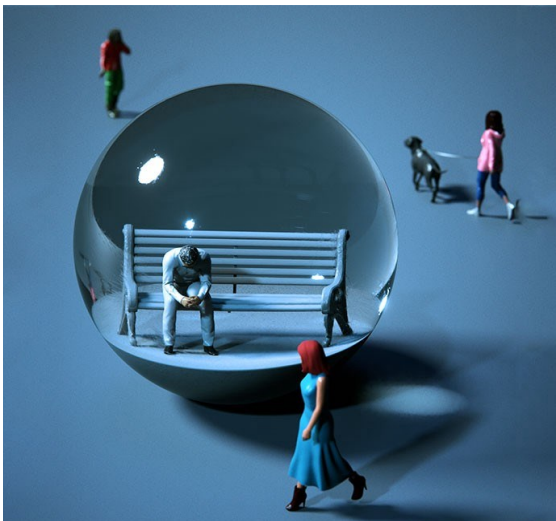


A Slice of PIE

PIE is all about relationships....A Psychologically Informed Environment is a place or service that has been purposefully designed to support the mental, emotional, relational, learning and social needs of both service users and staff.



Understanding emotions—Loneliness



“Loneliness is one of the greatest public health challenges of our time”.

In October 2018, our Prime Minister Theresa May launched our first cross-Government strategy to tackle loneliness.

Loneliness is a state of feeling sad because of having no friends or company, a feeling of isolation and/or feeling unwanted. A state of being not to be confused with being alone that may in fact be pleasurable. Up to a fifth of all UK adults feel lonely most or all of the

time. Loneliness can affect anyone and can be as bad for our physical and mental health as obesity or smoking. Loneliness can lead to:

- ***Depression and [suicide](#)***
- ***Cardiovascular disease and stroke***
- ***Increased stress levels***
- ***Decreased memory and learning***
- ***Antisocial behaviour***
- ***Poor decision-making***
- ***Alcoholism and drug abuse***
- ***The progression of Alzheimer's disease***
- ***Altered brain function***

As loneliness is so widespread all GPs in England will be able to refer patients experiencing loneliness to community activities and voluntary services by 2023. The practice known as ‘social prescribing’ will allow GPs to direct patients to community workers offering tailoring support to help people improve their health and wellbeing, instead of defaulting to medicine.

Coming towards the end of the year and festive periods such as Christmas, can be a particularly painful time if we are feeling lonely. Right now T.V. and radio is full of idealistic stories of happy families that emphasise giving gifts and being in perfect social situations.

This can feel a million miles away. And living with other





people isn't a guarantee of not feeling lonely. But living with others can bring chances to be included and wanted, reducing our sadness. Sometimes just watching people do their thing is enough to lift our spirits. Given loneliness can have such a devastating impact on our health it's really important that we try not to feel lonely for long.

In previous articles about emotions I suggested that you think about why you feel as you do **and** doing things to change your mood even if you don't particularly feel like it.

So if you are feeling lonely, try:

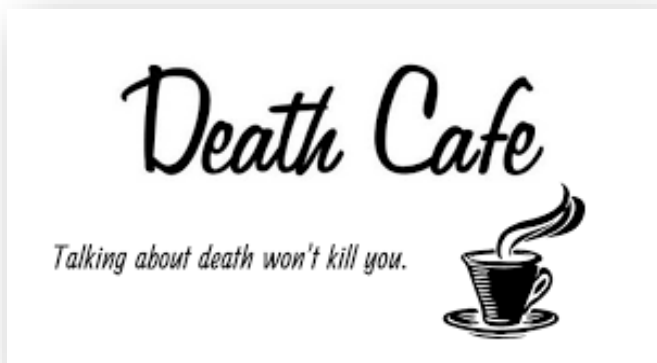
- * **Making plans for your day**

- * **Join in with events in or around where you live, even if for a short time – most projects have a range of activities and events.**
- * **Contribute to planning activities and events.**
- * **Speak to the Samaritans on the Freephone number 116 123.**
- * **If you feel suicidal, tell someone and ask for help—this might be a staff member, your GP, a friend or relative.**

There is no shame in feeling lonely, but if you can let others help you please do.

Dr Ché Rosebert, Clinical Psychologist

The Death Café at the Dellow Centre



The Death cafe was a concept brought to us by the staff of St Joseph's Hospice as part of the palliative care project. St Joseph's Hospice have been supporting the Dellow centre by providing support and training for staff in order for staff to be better equipped in supporting clients with complex health needs.

The discussion topic was death with tea and cake, the homemade cake was kindly brought in by the staff of St Joseph's Hospice.

Very few people like to talk about death especially when we know that homeless people have high mortality rates for a number of reasons.



It had not been done before at the Dellow Centre and we had no idea how many people would attend. Staff member RC produced a poster "**Talking about death won't kill you**" this got people curious and interested. Staff from St Joseph's Hospice facilitated the discussion.

We had a number of residents and staff from the hostel that attended. It was not morbid, it was humorous, interesting and serious at times. Staff and residents talked about their fears and thoughts of death.

Residents and staff members discussed personal experiences of death, how we could make plans so people would know what we wanted in the event of our death.

As the poster stated "**talking about death didn't kill us**". The Death Cafe was a success and was enjoyable for residents and staff.

We will have another Death cafe in 2020.

Carol Thomas, Team Leader Dellow Centre





Supportive Relationships at Heather Lodge

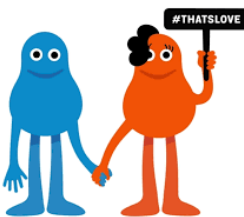


At Heather Lodge we support our residents using a Psychologically Informed Environment (PIE), which is a way of paying attention to the physical and social environments of services and includes a focus on building and developing positive and therapeutic relationships with people who use our services and providing person centred support.



Research has shown the importance of building trusting relationships to support us with change and development. However there are also big benefits in building or maintaining our own individual social networks.

Social support is often identified as a key part of solid relationships and strong psychological health. This can come from many sources and involves having a network of family and/ or friends that we can turn to, and these relationships can play a crucial role in how we function in our day to day life, let alone when dealing with a personal crisis.



Social groups can encourage healthy choices and behaviours –

participation in social groups can have a beneficial influence on behaviour and influence us in a positive and healthy way. Some of our residents participate in external group activities.

One client regularly attends a Somali group at Mind and finds this helpful: ***“I get a lot of help from Heather Lodge but find that I can relax in this group and talk about home as well as receiving help with my recovery needs. I know that when I move on the group will still be there”.***

Another resident also explained that specialist groups such as the Working Well Sew and Support project have helped ***“It keeps me busy. I get to know other people in my situation and it helps me to know I’m not the only one suffering in this way. Plus I get to learn new skills at the same time”.***

Some of our residents find that they have established their own informal peer friendship groups within the project and one explained ***“I have friends that I spend a lot of time with here and we all chip in any buy groceries so that we can cook and eat together. I look forward to it, it’s fun and healthy and I feel like we all stay in touch in the future”.***



◇ **Helps us to cope better with stress –** Being around people who are caring and supportive helps us to see ourselves as more able to deal with the stresses that life brings. It has been proved that having strong social support in times of crisis can help reduce the consequences of trauma-induced disorders, including PTSD.

A resident involved in the PRHA Buddying program said ***“PRHA have helped support me by allowing me to be more involved in the project and with others by allowing me to be a Buddy. I help other residents which I find very rewarding and this helps me to stay well”.***



◇ **Can improve motivation –** relationships can also help us to stay motivated when trying to achieve goals. Talking to people

who are going through the same experience can often be a source of support, empathy and motivation.

One of our residents accesses support from contacts he has made via various on-line peer support forums that he uses and has found this helpful: ***“it’s so good to be able to speak to some of the people I have met on-line about how I’m feeling and what I’m facing. We talk every day. Often they are facing the same issues as me. I don’t go out much and can be quite isolated, so this contact is really important to me. They have also helped me to have the confidence to be able to explain what I need and how I need it without feeling awkward”.***

Clare Mpofu, Contract Manager Heather Lodge

**Seasons greetings to all Staff,
Volunteers and Residents and
a very Happy New Year 2020**



Useful Links



Pielink is a practice exchange network for homelessness/

Services and others wishing to develop as Psychologically Informed services and others wishing to develop as Psychologically Informed Environments –PIEs.

PieLink aims to develop a community of knowledge and a community or practice; to provide information, inspiration and a forum for discussion and exchange.

Search <http://pielink.net/> to view and join.

More information can also be found on the G Drive under PRHA Referencing Folder G:\PRHA Reference.

The PIE strategy team can also be contacted for more information and advice:

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We are always looking for feedback, comments, suggestions, articles and photos for the Bulletin.

Please email:
Jaydee Anciro
Specialist Services
Team Manager with
your contributions at:
janciro@prha.net

Providence Row Housing Association

Join the PIE (Psychological Informed Environment) Working Group

EXPERT BY EXPERIENCE ROLE

We are seeking Service Users (current or ex) to offer feedback, consultation, advice as well as representing the views of PRHA Service users' perspective on various aspects of PIE within PRHA services.

JOIN OUR TEAM

The meetings take place the first Tuesdays of the month at PRHA Head Office on Bethnal Green Rd from 9.30am-11.00am.

- *We ask for a minimum of 6 months commitment to the role.
- *Appropriate training to perform your role effectively.
- *Reimbursement of travel expenses.

To register your interest and to find out more, contact Jaydee, Specialist Services Team on 020 7920 7328 or email at: janciro@prha.net