

ALL IN FOR CHANGE

HPSG REPORT



JUNE 2022

OUR PRIORITIES FOR CHANGE

Meeting back in person at our monthly retreat for the first time since the beginning of the pandemic, the Change Team got to work reviewing a collection of key messages taken from discussions we have had over the past two years. This led to the team selecting 7 priority areas which will form the backbone to our learning and influencing going forward.

PEOPLE FIRST

FLEXIBLE AND PERSON-CENTRED SUPPORT

We want to find out if services are easier to navigate and able to respond rapidly and appropriately to people's needs. How are people on the frontline building strong, consistent, non-judgemental relationships with people, and what is getting in the way?

HEALTH AND WELLBEING

We want to find out if better mental health support is being given to people experiencing homelessness. Do people understand the links between poor mental health, homelessness and drug use?

AT HOME

SUPPORT FOR PEOPLE IN TENANCIES

We want to explore how more options of flexible support are being given to people in tenancies and when people move on from homelessness

HOLDING TENANCIES FOR PEOPLE SERVING SHORT SENTENCES

We want to see better communication with people in the criminal justice system and how they are being supported to keep their tenancies

NO WRONG DOOR

YOUTH HOMELESSNESS

We want to know whether services are accessible and designed to meet the needs of young people.

GOOD VIBES

RAISE AWARENESS OF POVERTY AND SOCIAL JUSTICE ISSUES

We want to know, and tell others, about the effects that childhood poverty and trauma have on people, and how these can be a cause of homelessness in later life.

END STIGMA CONNECTED TO DRUG USE

We want to help change public attitudes connected to needle exchanges, mat treatment and other forms of harm reduction, and ensure that people have choice and control over their treatment.

CHECKING IN AND LEARNING

Connect with people to learn about progress being made

Join retreats to feedback what you have learned

Link with wider networks to learn about progress being made

INFLUENCING

Contribute to national policy consultations

Identify external events and opportunities to influence

HEALTH INEQUALITIES INQUIRY

The Change Team were asked to participate in an inquiry into health inequalities, led by the Health, Social Care and Sport Committee. Key messages to come out of this conversation were:

KEEPING WELL WHEN STRUGGLING FINANCIALLY

- 1 Redundancy and working in low-paid jobs with long hours affect people's mental and physical health.
- 2 People experiencing poverty and homelessness are embarrassed to access food banks within their own communities as they don't want people to see they need additional support.
- 3 People in financial difficulty are not able to access gyms and fitness services and there is a lack of motivation towards people improving their fitness and wellbeing, as they have competing priorities to spend time and energy on. Access to free gym memberships and activities would promote better physical and mental health.

KEEPING WELL IN TENANCIES

- 1 Suffering from mental ill health impacts someone's ability to sustain a tenancy.
- 2 People in Private Rented Sector tenancies can feel anxious when landlords don't stick to guidelines and legal requirements.
- 3 There is a lack of housing options for people with physical difficulties. Physical health conditions can worsen if they are not offered suitable temporary accommodation, for example when someone with limited mobility has to climb stairs to reach their accommodation.
- 4 Losing a home has huge impact on mental health and affects people's capability to move forward in life.
- 5 Often a single meaningful relationship can make a real difference in someone's life. More advocacy services are needed to help people who are affected by poor mental health.

KEEPING WELL WHEN NAVIGATING A COMPLEX SYSTEM

- 1 Many health organisations work in siloes and don't communicate. There is a lack of collaboration between health services and housing & homelessness. People are finding that they are still not being asked about mental health issues and therefore find themselves having to fit into a system that does not cater to their needs.
- 2 Having a No Wrong Door approach, stronger coordinated working between different services, with clearer pathways for those most at risk and no-one being turned away, would help improve levels of anxiety and confusion.
- 3 Having to re-tell stories repeatedly can be re-traumatising, particularly when support workers have a lack of compassion and don't take personal circumstances into account. This creates a lack of trust of services.
- 4 Being able to stay with your local GP practice while experiencing homelessness rather than having to register with a homeless practice allows for continuity and helps people build trusting relationships.
- 5 Focus on community integration and connection, and more opportunities for people to be involved in group activities, helps build confidence and self-esteem.

Mental Health has been a ongoing priority for the Change Team and we are planning to dedicate one of our retreats later in the year to exploring this further.

The Change Team will continue to meet in person on a monthly basis. Our next retreat will focus on our priority to raise awareness of poverty and social justice issues. We will be joined by an expert from the Poverty Alliance and create a position statement to help us connect with people in our own networks and learn about any progress being made towards people understanding the link between childhood poverty, trauma and homelessness.

Hear from experts about our priority for change

Create a position statement for that priority

Connect with people in our network

Learn about progress being made

Feedback what we have learnt

**ALL^{IN} FOR
CHANGE**

THE CHANGE TEAM | KEEP IN TOUCH

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TAKING THE TEMPERATURE

The Change Team have begun plans to embark on a national road show, visiting 5 locations across Scotland to find out what progress is being made on the ground towards achieving the actions set out in the Ending Homelessness Together action plan.

Having had to postpone the road show for 2 years and instead find ways to engage online, the Change Team are excited to finally have the opportunity to capture the experiences of people across the country. Over September and October the Change Team will hold workshops and focus groups to engage with people with experience of delivering and using services to explore how far we have come in achieving our 4 New Directions: People First, No Wrong Door, At Home and Good Vibes.

