



Harbour remains open and accessible during the COVID epidemic. Our phone lines are open between 9am – 5pm Monday and Friday. Staff continue to work out of Hyde Park House and from home to provide ongoing support to service users within the different teams:

Community Team & Safer Injecting Service

- Workers will continue to contact service users by telephone for reviews and support throughout the pandemic. Workers can provide advice around reducing or detoxing from illicit substances, managing risky behaviours, maintaining progress in treatment and managing anxiety during the pandemic. Assessments will continue to be carried out over the telephone rather than face to face.
- Service Users can be signposted to other services such as those that can support with physical or mental health needs or issues such as accessing accommodation or referral to the Foodbank.
- Via Livewell Southwest we can also support service users to access Opiate Substitute Treatment if this is an assessed treatment need.
- Some urgent face to face work continues to take place – this will be carried out whilst following government advice on social distancing and whilst wearing PPE.
- Harbour is supporting service users by delivering prescription medication to those in receipt of the 12 week shielding letter or those isolating due to experiencing symptoms of COVID 19.
- The Harbour Safer Injecting Service continues to operate from Hyde Park House. Plans are in progress to operate a mobile safer injecting service delivering injecting equipment to those isolating at home or in hostels or homeless accommodation.
- The Mindfulness Art Group has moved to being an online group during the pandemic (accessed via the Mindfulness Art Facebook Page). Online (via Zoom) Drug Addict Anonymous and SMART Recovery meetings are also in the process of being developed.

Criminal Justice Team

- The Harbour Criminal Justice Intervention Team continues to support those who are subject to Drug Rehabilitation Requirements and Alcohol Treatment Requirements. Following government advice on the 15th April that **all face to face contacts should be kept to a minimum and the use of biological drug testing and breathalysers should only be used where it is safe to do so** Key Worker appointments for those subject to these requirements will, in the majority of cases be

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carried out over the telephone and drug/ alcohol screening will not take place.

Harbour Families Team

- The Harbour Families Team continue to support service users by telephone and are currently exploring the option of supporting service users via video call. Referrals for new clients continue to be accepted and assessments offered over the telephone.
- The Team continue to provide consultation to professionals with reference to parental/ other adult substance use in the family home, or if there are associated risks or concerns (such as domestic abuse).

SHARP (Young People's Team)

- SHARP continues to support young people. The team are working with young people via the telephone and are also exploring the option of Skype to support video calls.
- The Team continues to accept referrals and provides initial contact and support to young people and their families. Sharp also provide a consultation service for professionals providing information on working with vulnerable young people affected by substance use, the effects of parental substance use within the family home and associated risks and concerns.

Contacting Harbour

- All services at Harbour can be contacted via reception on 01752 434343 or via e-mail: harbourcentre@harbour.org.uk.
- You can also receive up to date information from Harbour by following us on Facebook (Harbour Plymouth).

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