

Nomad believes that everyone has the right to live independently in safe, secure accommodation, and to reach their full potential. We aim to provide high quality and holistic housing and support services in Sheffield and across South Yorkshire that are open to all members of the community. We aim to treat people as individuals and with respect. Nomad strives to support, empower, and motivate people to access opportunities, achieve their goals, and live as they choose.

Introduction to the Personal Transitions Service

The Personal Transitions Service (PTS) is a strength-based service that has been developed in response to a traditional deficit-based system. The purpose of the PTS is to break negative cycles and support people going through life's toughest transitions to blossom. We support anybody who is experiencing, transitioning away or at risk of homelessness.

The objective of the PTS is to discover what a person is passionate about through honest, person-centred conversations and to then make this a reality by brokering relevant opportunities in Sheffield.

Asset Coaches within the PTS focus on people's aspirations, goals and strengths; regardless of any personal and/or societal hardships a person may be facing.

An important facet of the PTS is to empower people to realise and develop their own self-worth and capability. This internal change will positively impact upon the local community by helping shape self-aware, confident individuals who are active in their city and the opportunities it holds for them.

Sheffield City Council Tackling Inequalities funds gave a grant of £33,889 to support this work.

"Thanks for all your help and support, it's really reassuring to have access to your knowledge and input. Also your communication is great, I always know where I stand with everything, it's clear and always has purpose and objective." - Jared

Greta's Case Study

Having worked in the catering industry from being a teenager, Greta was left unable to work in her twenties due to a combination of health issues, mental health problems, her learning disability and surviving domestic abuse. As a result, Greta became dependant on benefits and her mental health declined significantly as a result of not being in work. Greta felt that her learning disability had been a barrier to her progress, and she found it hard to interact with new people.

Greta began her PTS journey in June 2018 as she came to Nomad after becoming homeless. Greta wanted to work towards getting back into the catering industry after losing her confidence. Greta decided that volunteering would be a positive first step and so I sourced her a kitchen assistant volunteering opportunity at a local community café where food that would normally be binned by supermarkets is transformed into wholesome, healthy food that is served to the local Sheffield community.

Greta has recently been promoted to head chef, training new volunteers in basic food preparation skills as well as

running cookery evenings with menus she has designed autonomously. She has commented on how much her quality of sleep has improved since volunteering and Greta has also made friends as a result of her volunteering opportunity. Greta is now at a stage in her life where she is developing self-esteem and practising self-care. She has become a member of the local gym as well as practicing mindfulness colouring sessions regularly to combat her anxiety. Greta has also begun to engage with IAPT services as well as distribute her CV as her confidence has flourished and she is now ready for work.

Greta has demonstrated a 5 point increase in her WEMWBS score since the start of her PTS journey, highlighting a significant correlation between her involvement with PTS and a positive impact upon her mental health.



Beneficiary Outcomes

Beneficiary Outcome 1



91%

Of people sustained their accommodation

70% of people engaged in PTS will sustain their accommodation.

91% of people have either sustained their tenancy throughout our work together, or have had a successful move on to accommodation with less support. This is 21% above target.

Beneficiary Outcome 2



5

Point average increase in peoples Wellbeing (WEMWBS) Score.

People engaged with the PTS have increased wellbeing.

This is calculated from conducting numerous WEMWBS questionnaires over time. The questionnaire consists of statements such as 'I have been feeling useful', 'I have been feeling loved', 'I have had energy to spare' and asks a person to rate themselves on a scale of 1—5. This measures peoples personal wellbeing and life satisfaction progress through their PTS journey.

1,151 Volunteer hours contributing
£10,359 worth of time if put in line
with Real Living Wage



22

Organisations worked with

Beneficiary Outcomes

Beneficiary Outcome 3



51

People engaged in meaningful activities

People engaged with PTS will start employment, education, training, volunteering or meaningful activities (20—30 people)

10 Employment: Administration Worker at Charity | Special Needs Carer | Call Centre Operative | Operative | Scrap Collector | Graphic Designer | Charity Fundraiser | Charity Shop Supervisor

9 Volunteering: Administration at Nomad | Charity Shop Assistant | Chef | Bicycle Repair Technician | Dog Walking | Girl Guides Leader | Group Training Provider

11 Training: SIA Course | Domestic Abuse Perpetrator Course | Personal Training Course | Creative Journaling | Theatre Interview Skills | Clay Workshop | Signing training

10 Education: ESOL | CISCO Technician | Media and Directing Course | Personal Training Course | Health and Beauty Course | Creative Writing Course | Online Health and Social Course

11 Meaningful Activity: Radio Play | Counselling | Gym | Mindfulness Colouring | Boxercise Session | Christmas Play Actress | Christmas Choir Singer | Kick Boxing Training



47

People were supported by PTS

People engaged with PTS will demonstrate a cost saving to the public purse.

Beneficiary Outcome 4



£69,303

Public purse saving evidenced

The HACT wellbeing valuation approach analyses people's self-reported wellbeing, from their WEBWMS questionnaire. An increase in wellbeing has a positive impact on the public purse due to their reduced use of public services (Trotter, L., Rallings Adams, M-K. 2017).

Jasmine's Case Study

Jasmine is a vulnerable young adult who began her PTS journey after she expressed an interest to her Keyworker at the women's hostel she was living in that she wanted to spend her time more productively. Jasmine originally moved into the hostel after becoming estranged from her family in a different city. Jasmine has anxiety and depression which have impacted on her greatly in the past.

A month or so into her journey after our relationship had bloomed and trust had become established, Jasmine shared her long-term goal of working in the film/theatre industry as somebody 'behind the scenes' instead of being on stage due to her lack of confidence.

In June 2018, I helped Jasmine plan, record and write an application for a part in a movie adaptation of her favourite theatre production that is to be filmed in Sheffield next year. Jasmine attended a 'Theatre Interview Skills' workshop that I organised for her to go on and she found it invaluable - when the auditions for extras are open for applications she will be applying, demonstrating a shift in her confidence. Jasmine has since attended a singing training course and a creative writing workshop to expand upon her

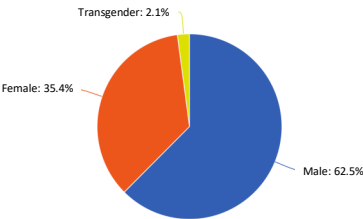
skill set; she has also engaged with a journal writing workshop to learn how to express herself better in writing. Jasmine has also participated in clay crafting and stained-glass making workshops and has stated how she feels happy when she is busy making beautiful things. She also joined a local choir and played a key role in a Christmas play in December 2018; demonstrating how she has used the strengths and experiences she's gained as part of the PTS into positive practice.

Jasmine has subsequently moved out of her hostel accommodation into semi supported accommodation due to an increase in her confidence and self-belief and this has led her to the next steps in her housing journey. She is now able to tackle life head on and so is now living in accommodation that is less supported. The next stage will be moving into general need accommodation in the near future.

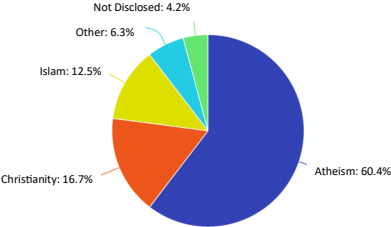


Diversity & Monitoring

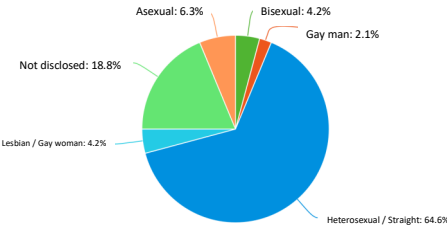
Gender Monitoring



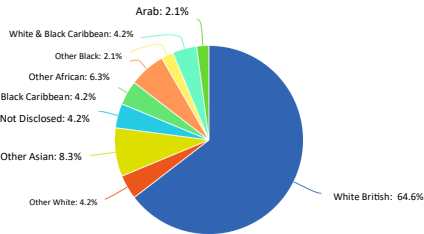
Faith Monitoring



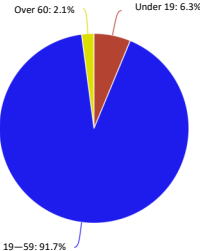
Sexual Orientation Monitoring



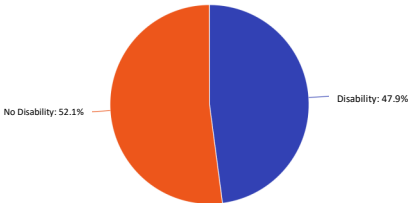
Ethnicity Monitoring



Age Monitoring



Disability Monitoring





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