

Groundswell UK – The Escape Plan

Tuesday 16th June 2015



Who are Groundswell?

- Groundswell UK, have been around since 1996, we're an independent charity.
- Our job is to enable homeless and vulnerable people to take more control of their lives, have a greater influence on the services they use and to play a full role in their communities.



What is the Escape Plan?

Research to investigate: the critical success factors that have enabled people who have been homeless to move on.

Then to use this information to:

- empower currently homeless people
- establish a good practice model for workers
- and influence policy.

Common threads.....

- Change in attitudes
- Group activities, volunteering & training
- Good workers
- Peer perspective & client involvement
- Importance of friends & family
- Hitting rock bottom

Change in attitudes

- Overcoming pride
- Trusting people
- Forgiving themselves
- Hope
- Taking responsibility

Group Activities, Volunteering and Training

- Regain self worth
- Looking beyond your own needs
- Giving back
- Develop confidence
- Find structure
- Escaping boredom
- Developing sense of belonging

Good workers

- Go the extra mile
- Stick with people
- Challenge you
- Encourage you
- Believe in you
- Value and care

Peer perspective and Client involvement

- Informal and formal opportunities
- Inspiration from role models
- Having earned the right to challenge
- Insight and support

Importance of friends and family

- Support
- The motivation to change
- Challenging
- Unconditional

Hitting rock bottom

- “a stark reality” - could not hide from themselves anymore.
- If they did not do something, they probably would not survive.
- A point that pushed people to make a grab for some inner strength.

The Escape Plan – The Notebook

- **Images** – made up of real Escapees
- **Quotes** – from Escapees
- **Advice** – Collective opinion, not directive
- **Questions** – Room for you find your own path

Have your own copy!



Groundswell

Stay in Touch

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