



'Bitesize PIE' Training Opportunities in 2025 for all Homelessness Services Staff

'Psychologically Informed Environments'

Psychologically Informed Environments (PIEs) for people who are homeless are places where the emotional and psychological needs of service-users at the centre of the service provided. The PIE approach aims to take into account psychological thinking about issues which are over-represented in this population, including histories of neglect, abuse and trauma, in order to help services understand and work with how such issues may impact on their work.

We are offering a range of 'Bitesize' 2-hour training sessions to support your work towards becoming PIE. Below is a list of available sessions – scroll down for detailed posters about each workshop. **To book**, please email **Lauren.McGregor@nhs.net** with your name, number, organisation and email details.

Session Title	When?	By whom?
What the PIE!!! An introduction to Psychologically Informed Environments	18 th August 2025 9.30am-11.30am Falcon Centre, Loughborough	Suzanne Elliott (Clinical Psychologist) Homeless Mental Health Service
Mental Capacity	21 st August 2025 9.30am-11.30am MSTeams	Dani Harker-Brown (Clinical Psychologist) Homeless Mental Health Service
Introduction to Collective Care	3 rd September 2025 2.30-4.30 Inclusion Healthcare	Laura Hancox (Clinical Psychologist) Homeless Mental Health Service

**Homeless Mental Health Service***Engaging, supporting & empowering since 1990*

Introduction to Community Psychology	9 th September 2025 9-11am Falcon Centre, Loughborough	Suzanne Elliott (Clinical Psychologist) Homeless Mental Health Service
'Spaces of Opportunity': psychological safety in organisations	19 th September 2025 11 – 1pm In person, venue TBC	Suzanne Elliott (Clinical Psychologist) Homeless Mental Health Service

Also freely available:

Debriefing with connection: Recovery after an incident at work	Please book with us as required – these are available as one-off sessions following any incident that is impacting workers	One of our qualified clinical psychologists
Collective Care Workshops	Please book with us as required – these are half day workshops that develop the ideas of collective care for your specific organisation	One of our qualified clinical psychologists



PIE Bitesize: What the PIE? An introduction to Psychologically Informed Environments

Delivered by: Suzanne Elliott, Clinical Psychologist, Homeless Mental Health Service

This two-hour session will be an introduction to Psychologically Informed Environments. We will discuss how PIE came about, what it is and how it applies to homeless services. We'll give consideration to the steps you are taking in your teams to 'be more PIE' and provide information about what is happening next with PIE.

Monday 18th August 2025

9.30am-11.30am

Falcon Support Services, Queens Road, Loughborough

Bookings - To book a place please email Lauren.McGregor@NHS.net providing your **name, job role, organisation, contact telephone number and email address.**

If you have any queries regarding the training, please contact Suzanne Elliott (Clinical Psychologist with the Homeless Mental Health Service and Co-ordinator of the PIE approach in homelessness across LLR) on 07909 523 174



Bitesize: Understanding Mental Capacity

Delivered by: Dani Harker-Brown, Clinical Psychologist.

This two-hour session aims to introduce the concept of 'mental capacity'. We will consider factors that may cause concern around capacity, and the four main aspects involved in assessing capacity. We will reflect on experiences and discuss any questions related to mental capacity.

Thursday 21st August 2025

9.30am-11.30am

MSTeams

Bookings- To book a place please email Lauren.McGregor@NHS.net providing your **name, job role, organisation, contact telephone number and email address.**

If you have any queries regarding the training, please contact Suzanne Elliott (Clinical Psychologist with the Homeless Mental Health Service and Co-ordinator of the PIE approach across the city) on 07909 523 174.

**PIE Bitesize: Introduction to Collective Care****Delivered by: Laura Hancox, Clinical Psychologist, HMHS****This is a repeat of a previously run session**

This two-hour session aims to introduce collective care – how we take care of one another. The session will incorporate topics such as burnout and professional boundaries. We will explore what can happen when we are taken away from our team ethics, and how we can support each other to get back to our preferred zone.

Wednesday 3rd September 2025**2.30-4.30****Inclusion Healthcare**

Bookings - To book a place please email Lauren.McGregor@NHS.net providing your **name, job role, organisation, contact telephone number and email address.**

If you have any queries regarding the training, please contact Suzanne Elliott (Clinical Psychologist with the Homeless Mental Health Service and Co-ordinator of the PIE approach across the city) on 07909 523 174.



PIE Bitesize: An Introduction to Community Psychology

**Delivered by: Suzanne Elliott, Clinical Psychologist
Homeless Mental Health Service**

This two- hour session will explore one of the three core models which form the ‘Psychological Framework’ for PIE that is used in homeless services in LLR. We will introduce the values of community psychology, learn about mapping the social context and consider the relationship between community psychology and homelessness. We will consider how we share the power we have and how we can take action.

Tuesday 9th September 2025

9-11am

Falcon Support Services, Queens Road, Loughborough

Bookings - To book a place please email Lauren.McGregor@NHS.net providing your name, job role, organisation, contact telephone number and email address.

If you have any queries regarding the training please contact Suzanne Elliott (Clinical Psychologist with the Homeless Mental Health Service and Co-ordinator of the PIE approach in homelessness across LLR) on 07909 523 174.



PIE Bitesize: 'Spaces of Opportunity': psychological safety in organisations

**Delivered by: Suzanne Elliott, Clinical Psychologist
Homeless Mental Health Service**

This two-hour reflective session will give you an introduction to psychological safety. We will reflect on our own experiences of psychological safety and consider this in relation to work and from a service user perspective. We will think together about changes that we might have influence over to increase psychological safety in our teams.

Friday 19th September 2025

11 – 1pm

In person, venue TBC

Bookings - To book a place please email Lauren.McGregor@NHS.net providing your **name, job role, organisation, contact telephone number and email address.**

If you have any queries regarding the training please contact Suzanne Elliott (Clinical Psychologist with the Homeless Mental Health Service and Co-ordinator of the PIE approach in homelessness across LLR) on 07909 523 174.

UP COMING EVENT, PLEASE SPREAD THE WORD:



The poster features a light blue background with green wavy hills at the bottom. It includes logos for 'Raising Health' and 'NHS Leicestershire Partnership NHS Trust'. The title 'Families Event' is in large blue letters with flower icons. A blue circle indicates the time '10am -12:30 pm' and a purple circle indicates the date 'Tuesday 12th August 2025'. A QR code is in the bottom left corner.

Raising Health

NHS
Leicestershire Partnership
NHS Trust

Homeless Mental Health Service

Families Event

No need to book, just come along

To connect and bring together families in temporary accommodation.

Children's activities and guest speakers included!

At: Highfields Children's, Young People, Families Centre, 20 Barnard Close, LE2 0UZ

10am -12:30 pm

Tuesday 12th August 2025

Scan for LPT Website

This event is fully funded through donations secured by Raising Health

Leicestershire Partnership **NHS**

NHS Trust

Homeless Mental Health Service

Engaging, supporting & empowering since 1990





Please also see below for some free externally provided training:

Creating a Trauma-Informed Workplace

[Free Online Webinars - West Midlands Violence Reduction Partnership \(westmidlands-vrp.org\)](https://www.westmidlands-vrp.org/)

Tier 1: An Introduction to Childhood Adversity and Trauma Informed Practice

[LLR Tier 1: Introduction to Childhood Adversity & Trauma Informed Practice Tickets, Multiple Dates | Eventbrite](#)

Tier 2A: Developing Trauma Informed Practice

[LLR Tier 2a: Trauma Informed Practice Tickets, Multiple Dates | Eventbrite](#)

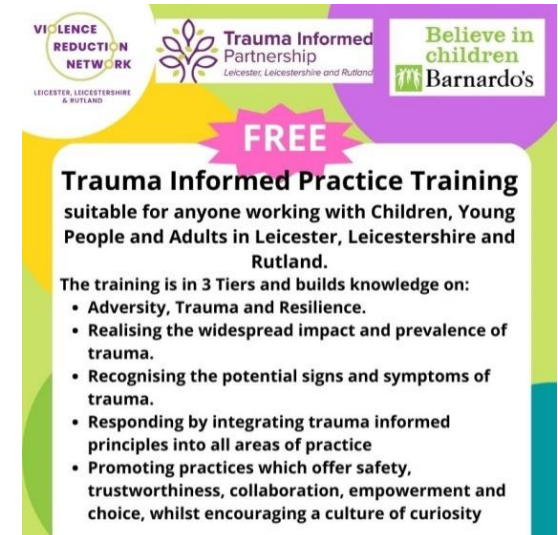
Tier 2B: Trauma Informed Organisations

[LLR Tier 2b: Trauma Informed Organisations for Senior Leaders Tickets, Multiple Dates | Eventbrite](#)

There is a rare chance to hear **Vikki Reynolds** speak for free in September. Everythingisconnected Press has published a book of her selected papers and there is a free launch on **Thursday, 18 September 2025 from 18:30 to 20:00**

"To be of Use. Vikki Reynolds Selected Papers". Click here to book on:

<https://www.eventbrite.co.uk/e/book-launch-to-be-of-use-by-vikki-reynolds-tickets-1478044433689>





The poster is for 'FREE Trauma Informed Practice Training'. It features logos for the Violence Reduction Network, Trauma Informed Partnership, and Believe in children Barnardo's. The text describes the training as suitable for anyone working with children, young people, and adults in Leicester, Leicestershire, and Rutland. It lists the topics covered in the 3-tier training: Adversity, Trauma and Resilience; Realising the widespread impact and prevalence of trauma; Recognising the potential signs and symptoms of trauma; Responding by integrating trauma informed principles into all areas of practice; and Promoting practices which offer safety, trustworthiness, collaboration, empowerment and choice, whilst encouraging a culture of curiosity.

Mental Health First Aid training:

A Mental Health Friendly Place is a public-facing organisation or community touch point in Leicester, Leicestershire or Rutland that has received training, resources and support to confidently navigate conversations around low-level mental health and wellbeing. In completing the free training and becoming a Mental Health Friendly Place, each organisation will be able to recognise signs and symptoms of poor mental health, ask appropriate questions, listen effectively and signpost to local mental health and wellbeing services. This means customers, members or visitors can feel comfortable and supported to talk about whatever is on their mind, and find out where to access further support if necessary. For more information, click [here](#).








NEW PARTNERSHIP RESOURCE

**Techniques to Manage
the Effects of Stress
and Trauma**

Download a copy!



Developed collaboratively with:

