



## **'Bitesize PIE' Training Opportunities in 2026 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 are 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 [chloe.woods14@nhs.net](mailto:chloe.woods14@nhs.net) with your name, number, organisation and email details.

Session Title	When?	By whom?
<b>Trauma-informed safety assessment and working with risk/safety</b>	Tuesday 24 <sup>th</sup> February 2026 10:30-12:30am Online	Laura Hancox (Clinical Psychologist) Homeless Mental Health Service
<b>An introduction to autism and homelessness</b>	Tuesday 3 <sup>rd</sup> March 2026 9:15-11:15am Online	Dani Harker-Brown (Clinical Psychologist) Chloe Woods (Trainee Clinical Psychologist) Homeless Mental Health Service
<b>Post Incident Team Reflection: How to use a team debrief for managers</b>	Monday 16 <sup>th</sup> March 2026 2:30-4:30pm Online	Suzanne Elliott (Clinical Psychologist) Chloe Woods (Trainee Clinical Psychologist) Homeless Mental Health Service



<b>Racism and Homelessness</b>	April date TBC Online	Dani Harker-Brown (Clinical Psychologist) Vince Williams (Service Manager, No5)
--------------------------------	--------------------------	--

**Also freely available:**

<b>Debriefing with connection: Recovery after an incident at work</b>	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
<b>Collective Care Workshops</b>	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: Trauma-informed safety assessment and working with risk/safety**

**Delivered by: Laura Hancox, Clinical Psychologist, Homeless Mental Health Service**

**This session will include similar material to previously run sessions on working with risk issues, it has been updated in line with changes to national guidance on risk/safety assessment.**

This two-hour session aims to introduce the idea of trauma-informed safety assessment, including working with risk and safety planning, with a predominant focus on an individual's risk of harming themselves or ending their own life. We will consider ways to assess and monitor risk and to support someone to stay safe, focusing on how we might adapt this for people who are homeless. **Content warning:** This session will involve the topics of self-harm and suicide.

**Tuesday 24<sup>th</sup> February 2026**

**10:30am-12:30pm**

**Online: Microsoft Teams**

**Bookings** - To book a place please email [chloe.woods14@nhs.net](mailto:chloe.woods14@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)



**PIE Bitesize: An introduction to Autism and Homelessness**

**Delivered by: Dr Dani Harker-Brown, Clinical Psychologist, HMHS, and Chloe Woods, Trainee Clinical Psychologist, HMHS.**

This two-hour session will provide an introduction about Autism, focusing on the relationship between Autism and homelessness. We will consider practical strategies of support and taking a strengths-based approach to those living with Autism. We will also discuss screening for Autism and referral pathways for diagnosis and support.

**Tuesday 3<sup>rd</sup> March 2026**

**9:15am-11:15pm**

**Online: Microsoft Teams**

**Bookings** - To book a place please email [chloe.woods14@nhs.net](mailto:chloe.woods14@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: Post Incident Team Reflection:**

**How to use a team debrief for managers**

**Delivered by: Dr Suzanne Elliott, Clinical Psychologist, HMHS, and  
Chloe Woods, Trainee Clinical Psychologist, HMHS.**

This two-hour session aims to explore what teams working in homelessness might need after an incident and the process of setting up a post incident team reflection (sometimes known as a 'debrief'). We will review our current policies and procedures across Leicester and consider how we can work together to ensure a safe and timely response when things go wrong.

***Please note: this session is for managers and team leaders only.***

**Monday 16<sup>th</sup> March 2026**

**1:30-3:30pm**

**Online: Microsoft Teams**

**Bookings** - To book a place please email [chloe.woods@nhs.net](mailto:chloe.woods@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: Racism and Homelessness**

**Delivered by: Dani Harker-Brown, Clinical Psychologist and  
Vince Williams, Service Manager, No5**

We will think together about the experience of racism, its links with homelessness, and the impact of racial trauma.  
We will focus on how we might support people who have been subjected to racism. We will also consider current anti-racism practices within your organisations and how to promote a culture that is actively anti-racist..

**April date**

**TBC**

**Online: Microsoft Teams**

**Bookings-** To book a place please email [chloe.woods14@nhs.net](mailto:chloe.woods14@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 LLR) on 07909 523 174.



Please see below for some free, externally provided training and networking opportunities from LLR Violence Reduction Network:



Drug Awareness Webinar  
Trauma Sensitive Practice  
Conflict Resolution  
VRN Faith Network Meeting  
Emotion Coaching

<https://www.tickettailor.com/events/llrviolencereductionnetwork>

### 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](#).

Resources for managing the effects of stress and trauma



**NEW PARTNERSHIP RESOURCE**

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

Download a copy!

**TECHNIQUES TO MANAGE THE EFFECTS OF STRESS AND TRAUMA RESOURCE PACK**

Developed collaboratively with:

- changing FUTURES
- Nottingham Recovery Network
- AL-HURRAYA
- Framework For your future
- University of Nottingham
- Nottingham Community Health