



Adversity, Trauma and Resilience

This is my pledge – Barca-Leeds is committed to becoming a trauma informed organisation



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At Barca-Leeds we support children, young people, adults and families to overcome challenges and adversity in their lives.

We recognise and understand that trauma plays a significant impact on people from childhood through to adulthood. Experiencing trauma can have a long-lasting negative impact on a person's life chances, the choices they make and the way they present.

However, we also know that trauma does not define a person and that with support people can overcome barriers and live happy and fulfilling lives.

This is why Barca-Leeds is committed to becoming a trauma informed organisation. Working collaboratively with the West Yorkshire and Harrogate HCP and other partner organisation we will ensure the services we deliver are person centred and individualised, taking into account each person's unique life experiences.

The Barca-Leeds Strategy 2021 - 2024 will include a trauma informed focus incorporating workforce development, staff policies and procedures. This will ensure that we embed a trauma informed culture across the organisation, not only for the people we support but also for our staff.

