

Adversity, Trauma and Resilience

monthly
stakeholder
bulletin



Issue 4 – September 2022

Welcome

Welcome to the fourth West Yorkshire Adversity, Trauma and Resilience monthly bulletin which provides updates on the programme and updates from each 'place' on the current work being undertaken and the current workstreams.

If you would like anything including in future bulletins, please contact caroline.andrews16@nhs.net

Adversity, Trauma & Resilience Programme – Our Ambition

Working together with people with lived experience and colleagues across all sectors, organisations to ensure that West Yorkshire is a trauma informed and responsive system by 2030.

Adversity, Trauma and Resilience

monthly stakeholder bulletin



Changes to the ATR Leadership at System Level

As you may be aware, there have been some changes within the ATR Leadership at system level.

As the West Yorkshire Health and Care Partnership has transitioned to its new organisational status there has been a number of reviews and changes across programmes to align with emerging priorities across West Yorkshire.

Changes within the Children Young People and Families Programme have resulted in a need to realign capacity against the refreshed priorities and asks for delivery. As such, Carrie Rae will be changing focus and moving her capacity away from the leadership of the ATR Programme.

I would like to provide you with the assurance that the Programme will continue under the governance of the Improving Population Health Programme and the West Yorkshire Violence Reduction Unit.

Carrie's passion, commitment and leadership for this work will be dearly missed and I know that Carrie would love to be able to continue with the work. However, we are in an ever changing world with increasing complexity and reduced resource and we have to look at how we use capacity within the ICS to meet all priorities and ensure the best outcomes for our population.

Over the past two and half years this programme has matured and gone from strength to strength and Carrie's dedication has been fundamental to the achievements made.

I would like to take this opportunity to thank Carrie for being my partner in all of this and along with all of you have put ATR on the map across West Yorkshire. Together, we have developed such strong foundations on which we will continue to build and achieve our ambition of West Yorkshire being trauma informed and responsive by 2030.

We would really appreciate if you could sign the e-card [please sign](#) which we will pass on to Carrie.

Thank you again for all your continued dedication and support and I will look forward to continuing to work with you. Hope to see you all soon.

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monthly stakeholder bulletin



Emm Irving

Trauma Co-Production Guidance

If you haven't seen it already, please do check out our new [guidance for trauma co-production](#) which is getting rave reviews on Twitter. The guidance, authored by Lisa Cherry, who is an author, researcher and leading international trainer and consultant, specialising in assisting schools, services and systems to create change that supports working with the legacy of trauma, sets out an understanding of how to engage in co-production using a trauma informed lens. The guidance has some great tips offering things to consider, reflect on and questions to ask rather than instruction.

Workstreams:

The following workstreams have been established:

- West Yorkshire Adversity, Trauma and Resilience Strategy Board
- Adversity, Trauma and Resilience Network
- West Yorkshire Adversity, Trauma and Resilience Training Collaborative
- West Yorkshire Adversity, Trauma and Resilience Community Action Collective
- Places Based Adversity, Trauma and Resilience Programmes and Boards
- West Yorkshire Consortium for Adults Facing Multiple Adversity
- Trauma Informed Education Settings
- West Yorkshire Trauma Informed Organisations
- Trauma Informed Justice System
- Reducing Violence Against Staff
- West Yorkshire Adversity, Trauma and Resilience Social Media and Cyber Trauma

If you would like to be part of any of our workstreams, please contact caroline.andrews16@nhs.net

Next Steps:

Adversity, Trauma and Resilience

monthly stakeholder bulletin



- Development of the West Yorkshire ATR Framework and Academy
- Commissioning embedded evaluation & learning partner
- Launch the WY Adversity, Trauma & Resilience Fellowship Programme
- Continue to develop new and existing networks and workstreams
- Continue to roll out trauma informed foundation training
- Developing training the trainer approach for foundation training
- Developing a guide and resources to support organisations to become trauma informed

The following table provides the timeline for some of our workstreams/reports:

Current Workstreams	Completion
ATR Fellowship Launch	October 2022
ATR Website Launch	October/November 2022
Training Mapping	31/01/2023
Knowledge & Skills Framework	28/02/2023
Train the Trainer	31/03/2023
Annual Report	31/03/2023

WY ATR Steering Group

The next Steering Group on Thursday 20th October will be focussing on poverty and I have been forwarded a link to the poverty proofing schools scheme which I thought would be of interest. There is also a link to an evaluation and a video of children speaking about the impact of poverty.

[Poverty Proofing© Services - Children North East \(children-ne.org.uk\)](https://www.schoolwellbeing.co.uk/uploads/chronicler/document/document/1662/evaluation_report.pdf)

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monthly stakeholder bulletin



<https://www.youtube.com/watch?v=V8cNpUMvAwg>

If you would like to attend but don't have the invite in your diary, please contact me.

ATR Academy Website

We will be launching our new website towards the end of October which will hold all of the resources from the start of our trauma informed journey. If anyone has anything they would like adding, please contact me.

University of Bristol – Centre for Academic Primary Care

Please use [this link](#) to access information from the University of Bristol in respect of trauma informed health care in the UK.

The Attachment Research Community

Jancis Andrew, Head of Virtual School for Looked After and Previously Looked After Children has shared the work of the Attachment Research Community and they have a regional link. Jancis and Sarah Lloyd presented to the group, sharing the BUSS/LEAPlets work. Virtual School Heads promote ARC membership with schools and there are some helpful tools that come along with membership as you can see. Please see document below.



ARC VSHT digital
pack 2022 (1).pdf

The Attachment Research Community are also holding their 2022 Annual Conference, please use the link below for more information.

Adversity, Trauma and Resilience

monthly stakeholder bulletin



[VIRTUAL TICKETS - ARC 2022 Annual Conference 'Attachment and trauma - teaching, learning and emotional wellbeing in school' | ARC \(the-arc.org.uk\)](#)

Black Boy Joy #SpeakUpLeeds film screening as part of Kinder Leeds Fest

About this Event

Join us for this exclusive screening of the #SpeakUpLeeds film as part of Kinder Leeds Festival.

The film showcases 10 boys from across Leeds sharing their experiences as a black boy and how this affects their mental health.

Please use the link below for more information.

[Black Boy Joy #SpeakUpLeeds film screening as part of Kinder Leeds Fest Tickets, Mon 10 Oct 2022 at 16:30 | Eventbrite](#)

Handling difficult situations with compassion – training programme

NHS England is pleased to announce the extension of a national training programme – ‘Handling difficult situations – Caring for yourself and others with compassion’.

This training course is being offered to all frontline, patient facing NHS colleagues, and aims to teach colleagues the skills and techniques to handle difficult situations with compassion, including using appropriate communication techniques and active listening skills, whilst focussing on how to keep yourself safe and seek support if you feel affected by a situation.

The skills learnt in the training are considered transferable, and can be used in a wide range of difficult situations, for example where patients may present in a challenging or distressed manner, during instances of incivil behaviour or when speaking about difficult topics of conversation. The training also offers insight into models of self-awareness, self-compassion and emotional intelligence – all of which are important in looking after our own wellbeing, as well as that of others.

Adversity, Trauma and Resilience

monthly
 stakeholder
 bulletin



Please use the link below for more information.

[NHS England » Handling difficult situations with compassion – training programme](#)

#SurviveAndThrive is the Charity Excellence response to the cost of living crisis



Cost of Living Crisis - Grant Funding, Resources & Support For Charities & Community Groups

#SurviveAndThrive is the Charity Excellence response to the cost of living crisis. It is the biggest step change ever in the grant funding search and other support we provide for charities and community groups. This resource details the support we are providing with links to our crisis support and resources, including finding crisis grant funding

Cost of Living Crisis Grant Funding, Resources & Support For Charities & Community Groups

[SurviveAndThrive](#) is our largest ever step change in capabilities. Together with the existing system support, it will create a one-stop-shop that works for any charity, to support charities and community groups through the crisis.

Fast, simple and everything is free

Register now to find the funding and help you need; everything is free

[Charity Community Group Crisis Support \(charityexcellence.co.uk\)](#)

Dawn Bland, poet, artist and a member of the Violence Reduction Unit Community Advisory Group - about her lived experiences of trauma

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bulletin



<https://www.youtube.com/watch?v=Y0tCfKG1hNM>