

Adversity, Trauma and Resilience monthly stakeholder bulletin



Issue 13 – August 2023

Welcome

Welcome to the West Yorkshire Adversity, Trauma and Resilience monthly bulletin which provides updates on the programme and information from 'place'.

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.

If you would like anything adding to the ATR bulletin please send it to caroline.andrews16@nhs.net

Workstream Updates:

Please note that all meetings will be recorded and only an action log will be produced. The recordings are only available for the members of the meeting and if you would like a copy, please let Caroline Andrews know.

Community Action Collective and Co-production (Community of Practice)

The focus of the meeting in August was:

- Deren Phillips from the Violence Reduction Partnership provided an update on the co-production work in Bradford, the Community Advisory Group and the work they are doing with the third sector networks.

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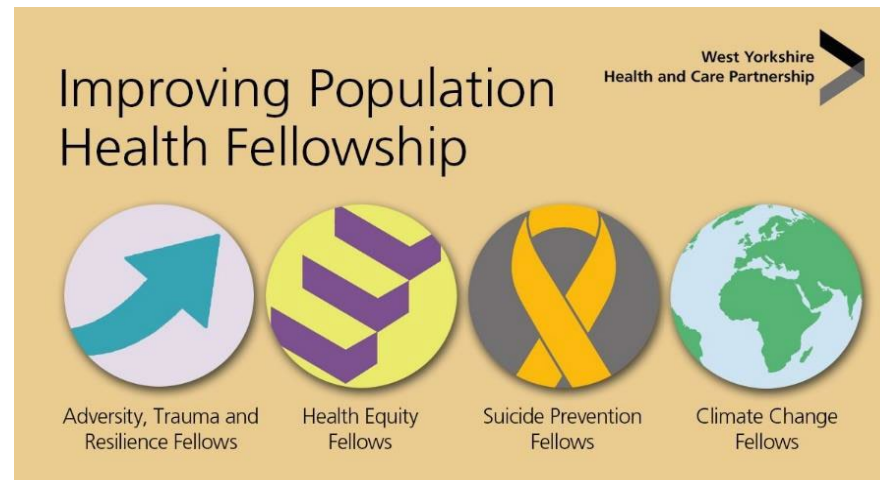


- Lisa Cherry provided an update on the Trauma Informed Language Guidance which is due to be launched on the website. Lisa also advised that she had carried out two webinars in respect of the guidance and these would also be available on the website.
- Lisa Cherry provided an update on the e-learning co-production guidance which will be launched on the website.
- Pakeezah Zahoor, ATR Programme Lead, Children and Young People's Team, City of Bradford Metropolitan District Council, provided an update on the joint communications plan.

If you would like any further information on the workstreams please refer to the West Yorkshire ATR Academy Hub <https://westyorkshiretraumainformed.co.uk/> or contact caroline.andrews16@nhs.net

Other News

Meet your Improving Population Health Fellows 2023 cohort



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The [Improving Population Health Fellows for 2023](#) have published their project outlines covering the four fellowship areas: health equity, adversity, trauma and resilience, climate change and suicide prevention.

Fellows are dedicating one day a week to attend training and work on their chosen project supported by a mentor. This year's projects cover a range of subjects each helping to build more equitable systems covering everything from trauma sensitive classrooms and reducing barriers for disabled people to perinatal mental health and sustainability in asthma care. There's also projects around language and bereavement, cancer screening, suicide prevention in universities, speech therapy, healthy ageing and improving access to flash glucose monitoring.

See our [Improving Population Health Fellowship pages](#) and the [meet the fellows pages](#) on the partnership's website for more information.

Men's Talk – now taking bookings for Autumn

Men's Talk

A theatre performance by men with lived experience of mental health issues

Men's Talk is a 40 minute long co-produced performance which explores men's experiences of mental health and their journey to recovery.

"Fantastic performance!"

"Thought provoking, emotional..real"

"An exceptional piece of theatre"

CLEAR
Creative Minds
Kirklees
COUNCIL

mens.talk@commlinks.co.uk

For further information contact Stuart Hawkes 07391 868752

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Men's Talk, created with and performed by men with lived experience of mental health issues, is a 40 minute performance exploring their experiences and their journey towards recovery. Following a well-earned break after their hugely successful [13 date spring tour, which received fantastic feedback](#), bookings for September to December 2023 are being taken.

The performance is followed by a short question and answer session and is suitable for conferences, training and community events. You'll need a performance space of around 5x3 metres and an audience. The performance carries a warning of adult themes: suicide and self-harm. Find out what previous attendees have thought in this [short video](#) and see the '[standing at the edge of the world](#)' [extract](#).

Email Stuart Hawkes - stuart.hawkes@commlinks.co.uk - Community Engagement Lead, CLEAR Community Links Engagement and Recovery if you would like to make a booking.

Adversity, Trauma and Mental Health – Tuesday 19 September 2023 – Virtual Masterclass

The recent continuing exponential increase in mental health problems in children and young people is associated with the pandemic, lockdown, illness, losses, separations, economic hardship. These stressors have resulted in increasing tension and stress within the family, for parents and children, increasing physical and emotional abuse, and an exponential rise in mental health responses. Find out more at the upcoming [Adversity, Trauma and Mental Health](#) masterclass which is taking place **virtually on Tuesday 19th September 2023**.

A 20% discount is currently available with code *HCUK20ad*

For the full programme content, learning outcomes and to book

visit www.healthcareconferencesuk.co.uk/conferences-masterclasses/adversity-trauma

Find out more about [virtual attendance](#).

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Key Learning Objectives

- Have an understanding of the factors associated with the rising rate of overlapping mental health disorders of childhood and young people exposed to the pandemic lockdown.
- Understand the nature of Mental health responses associated with toxic trauma responses to adversities seen in social care, physical and mental health services, educational contexts and offending services
- Will have an understanding of the way toxic stress responses are biologically embedded, and are associated with a variety of temperamental, genetic, factors resulting in triggering overlapping mental health responses, in Children, Young people and the life cycle
- Will be introduced to the range of protective, and resilience factors, and appreciate the balance of risk and protective which moderate responses to trauma and adversity
- An introduction to Modular common elements approaches, and the modules and guides of the Hope for Children and Families Intervention Resources, and how they can be integrated to deliver an evidence- based intervention, distinguishing between children and young people who can be worked with across services, and which children require specialist mental health intervention
- Clinical video case studies will illustrate how the library of interventions can meet the complex changing needs of young people with adversity, and trauma based mental health difficulties.
- The training model of workshops and coaching will be described, and evidence of effectiveness of the approach.

Group Rates: We are pleased to discuss special rates for group bookings if you would like a number of staff to attend or to book places across all our conferences for the year ahead. Contact clare@hc-uk.org.uk and we will do our best to work to your budget and meet your CPD training requirements.

We hope to see you there.

www.healthcareconferencesuk.co.uk

www.socialcareconferences.co.uk

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NIHR Leeds BRC funded Clinical fellowships

The NIHR Leeds Biomedical Research Centre is delighted to announce the funding of six clinical PhD fellowships. Applications are invited from healthcare professionals, medics and dentists. Research studies must align with the six themes of the Leeds BRC and your primary academic supervisor must be a workstream or theme lead.

Further information regarding the PhD fellowships (including a link to frequently asked questions and the application form) can be found at <https://jobs.leeds.ac.uk/Vacancy.aspx?id=39662&forced=1> and information regarding the workstreams and leads can be found at <https://leedsbrc.nihr.ac.uk/research-themes/>

BRC Clinical Doctoral Fellow

Are you a fully qualified, ambitious and experienced registered Healthcare professional or pre-CCT doctor or dentist, committed to the progression of clinical research and a career in academia? Would you like the opportunity to undertake a PhD? Do you want to receive research training whilst conducting a clinical research project in one of the UK's leading research-intensive Universities?

You will support and undertake research generously funded by the School of Medicine Stella Erdheim endowment which is contributing part of the University matched funding for our NIHR Leeds Biomedical Research Centre (BRC). You will join an established research group within one of (or across) the 6 world-leading multi-disciplinary themes that comprise the BRC (<https://leedsbrc.nihr.ac.uk/>) which includes:

- Antimicrobial resistance and Infection (AMRI)
- Cardiometabolic Disease (CVD)
- Haematology (HAEM)
- Musculoskeletal Disease (MSK)
- Pathology (PATH)
- Surgical technologies (SURG)

or

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- our cross-cutting themes of Clinical Trials and Methodology or Data Science/AI

You will lead your own studies, as detailed in a competitive Clinical PhD Fellowship application written by you with the support of your proposed supervision team, including methods development, cutting-edge experimental medicine and early translational clinical studies, and you will contribute to the work of the research group. We particularly encourage research proposals that work across BRC workstreams and/or Themes. You will be funded for three years (or equivalent part-time) to complete a PhD and have access to the BRC early careers network, the University of Leeds Graduate School and other support mechanisms to help in the successful delivery of your PhD. Funding includes salary buy out at your current salary scale, UK PhD fees and a consumable budget.

This is an exciting opportunity for an emerging clinical academic who is interested in pursuing an academic career in Leeds to translate scientific discoveries into new treatments, diagnostic tests or medical technologies to improve patients' lives. You will have appropriate full registration with your relevant healthcare professional body and, if medically qualified, you should be a post registration doctor.

Salary: Commensurate with your current salary

Fixed term for 3 years (Full time) or up to 5 years (part time)

How to Apply

Step 1: Register your interest by completing the EOI form found in the candidate brief available at <https://jobs.leeds.ac.uk/Vacancy.aspx?id=39662&forced=1>

Step 2: Read the accompanying guidance and FAQ document.

Step 3: Make best use of the supporting webinar on at 10 am on 19th September 2023 (details will follow after registering your interest) or watch the recording link.

Step 4: Co-develop your research proposal in partnership with your supervisory team.

Step 5: Submit your application by 28th January 2024, uploading.

- A covering letter / personal statement

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- Your CV
- Your application form including your project proposal and details of your supervisory team
- Any other relevant supporting documents

To explore the post further or for any queries you may have, please contact: acd.brc@leeds.ac.uk

NIHR Leeds BRC leadership team

Take part in research in the homeless sector

The University of Hertfordshire is carrying out a qualitative study to collect the views of staff members who work in homelessness organisations that are implementing trauma informed care. The aim is to understand the experiences of colleagues in this setting. The research will involve a one-to-one interview with the project lead, lasting around one hour. See the [flyer](#) for more information and contact Clare Weston, trainee clinical psychologist on c.weston2@herts.ac.uk if you are interested in taking part.

Community Organisations Cost of Living Fund is open

The [Community Organisations Cost of Living Fund](#) is open for applications via the National Lottery Community Fund. The fund supports charities and community organisations which provide critical cost of living services for those struggling with rising costs and increased demand. It is focused on small and medium sized organisations, but national organisations can apply where they can demonstrate local impact. You can apply for between £10,000 and £75,000. The deadline for applications is 16 October 2023.

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Collaboration with other organisations to put bid together

Soundproofbox are looking at collaborating with other organisations to put bids together. We are finding that funders are more interesting in backing projects where two or more organisations are working together. We think that we can compliment bigger charities by offering our theatre shows as part of a join package of activities. We have a number of interactive shows to offer now such as:

- Red flags-coercive control aimed at teens
- Red Cards-Bullying show aimed at ages 7-12yrs
- Drink spiking- aimed at university students
- Cyber bullying- all ages

Please see video link explaining what we do <https://youtu.be/3I5mVmMoAYA>

Lisa Bell, CEO Soundproofbox CIC

Email: info@soundproofbox.org

Phone:07538 803095

Website: www.soundproofbox.org

Young Lives Consortium

Please see offers below and feel free to share with your networks.

[From Harm to Hope: Achieving a generational shift in demand for drugs in Wakefield » Young Lives | Wakefield Charity Third Sector Network](#)

[Prenatal Alcohol Exposure and the Birth of a Preventable Condition » Young Lives | Wakefield Charity Third Sector Network](#)

For further information please contact Emily at emily@ylc.org.uk and Kat Kat@ylc.org.uk

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Bring Me To Life – Women’s Wellness CIC

Please share this across your networks/employees/service users and anyone one else you think may benefit. More information and how to book can be found here [Me-and-Menopause](#)



Me & Menopause is a 5 week course that will provide information, practical help and support to empower women to take control of their menopause and improve their health and mental wellbeing .

Where: The Denhale Active Recreation Centre, Wakefield WF2 9EF

When: Sessions on Thursdays @ 6.30pm to 7.30pm (5 week course)

Dates: 28th Sept, 5th Oct, 12th Oct, 19th Oct, 26th Oct 2023

How to book: Email catherine@bringmetolife.co.uk

Support Training delivered by:  

