

# Adversity, Trauma and Resilience monthly stakeholder bulletin



## Issue 16 – November 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](mailto:caroline.andrews16@nhs.net)

### 31 Days of Trauma Informed Activity

The ATR Team have created a 31 days of trauma informed activity for December. Please take the time to try the activities and please feel free to pass onto any other colleagues and download and display at your workplace.

[ATR December Planner FINAL.pdf \(wypartnership.co.uk\)](#)

### Supporting organisations to embed trauma informed principles

Partners can now sign up to a [West Yorkshire Charter](#) with a [Readiness Checklist](#) and commit to preventing trauma and adversity. The journey towards trauma informed systems and services is a long-term commitment which needs time and resources. Completing the readiness checklist will help

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organisations to reflect on how their services and systems currently operate and the changes they need to make before committing to the charter.

The West Yorkshire Adversity, Trauma and Resilience Programme, jointly delivered by West Yorkshire Health and Care Partnership and West Yorkshire Violence Reduction Partnership, adapted the charter, which originated thanks to the [Visible Project, Leeds](#) and many other stakeholders in Leeds. It's all part of our ambition to be trauma informed and responsive by 2030.

See our [animation](#) for an explainer about what adversity, trauma and resilience mean. By connecting organisations, communities and individuals across West Yorkshire we can better understand our services, recognise people's needs and experiences and prevent re-traumatisation.

## Spotlight on



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As you may know, Catherine Knibbs is the digital lead for the ATR programme and she has won a prestigious national award. Below is the reason for the awards which Catherine was unaware that she would be receiving. The hugest congratulations to Catherine, the award is thoroughly deserved.

“The REAL Cyber Awards was created to recognise those people making a real difference in the world of data protection, cyber and risk. Catherine was awarded the special ‘REAL Impact’ award, in recognition of her tireless efforts to bring data protection and cyber security into the therapeutic sector, and in recognition of her knowledge and skill in these disciplines. There are few people outside of Cybersecurity and Data Protection that truly understand what is needed to stay online, but Catherine is a true leader in her sector and whilst many will claim to understand Data Protection, GDPR, and online safety, Catherine is the ‘REAL Deal’.”

As well as the work that Catherine carries out for the ATR programme she can also provide:

- Training for Education, healthcare, Social Care, Youth work and Emergency services around how technology can cause a specific type of trauma and how to work with victims of cybertrauma. She will be running a certificate programme in this throughout 2024 (see her website to sign up for the waiting list)
- A train-the-trainer model for staff members to learn about cybertrauma and support people in the organisations and systems they work with.
- A Trauma gap analysis with organisations to help assess what currently sits within the organisation to meet the trauma-informed and applied status that they wish to display. This can be followed by an in-depth audit after a year to ensure that routes to trauma-informed are working and highlight where gaps may be. The gap analysis includes a discussion about the technological side of the organisation to ensure that compliance with legislation ensures the protection of the people you work with to prevent cybertrauma.
- Retreat and Self Care days and weekends for workers in the space of cybertrauma, which includes police officers working with abuse material and other technology facilitated crimes

Please contact her via [info@childrenandtech.co.uk](mailto:info@childrenandtech.co.uk) to find out more about these options.

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## 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.***

### **WY ATR Strategy Board**

A meeting was held on Friday 24 November and the following items were discussed/approved:

- Funding and resource for training
- Data
- Knowledge Exchange 2024
- Communications Plan
- Highlight Reports by Exception

### **WY ATR Trauma Informed Education Workstream**

At the November meeting there was a presentation in respect of research carried out into Children's Excess Weight Management. Thank you to Caroline Steele and Helen Robinson from Leeds Teaching Hospitals NHS Trust for providing this presentation at very short notice.

The presentation provoked some very interesting conversations and Caroline and Helen asked the group how we could embed their outcomes into education settings.

Please note that the Education Awareness Week will now take place in February 2024.

Angela Wright, Senior Educational Psychologist, Children and Young People, Wakefield Council is a member of the Education Workstream and has kindly shared the work that they have carried out in Wakefield in respect of Relate to Educate. Angela, along with her colleagues, filmed a webinar for

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the ATR programme on this work which will be shared on the digital hub. This is the link to the work carried out: [Relate to educate](#) and [Relational approaches - the case for change](#)

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](mailto:caroline.andrews16@nhs.net)

## What's New on the Digital Hub

We will be adding some new and exciting resources to the digital hub very soon. You will receive an email when these have been uploaded.

## Violence Reduction Partnership Update

The VRP have recently commissioned the Centre for Public Innovation to carry out research to scope out the potential for a West Yorkshire service directory.

The linked survey seeks views on whether there is interest in a directory that has information on the range of services that are commissioned and operate across the area, in addition to wanting to know whether it would be useful and usable, what information it should hold and how to make a directory sustainable and updated.

<https://www.surveymonkey.co.uk/r/WYorksServiceDirectory>

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## Other News

### [Suicide Prevention Champions](#)

Suicide is more common in West Yorkshire than in England as a whole – for men and women. Nationally, it is our biggest killer of men and women aged 20-34. But, by working together, we can change this. We believe that every suicide is preventable and have a zero-suicide vision for West Yorkshire.

We are urging any residents (aged 18+), or anyone working in West Yorkshire, to join our movement to make suicide prevention everyone's business and sign up to become a West Yorkshire Suicide Prevention Champion. Becoming a Champion involves watching a 20-minute suicide awareness video (Zero Suicide Alliance's 20 Minutes To Save A Life) – which can be watched on Smartphones – and making a pledge, big or small, about how you plan to promote suicide prevention.

Signing up is quick and easy via [our website](#), where there is a form to fill in to register.

Champions then receive a downloadable information pack, providing details about all the news, resources, support services, messages and information available to them to help them spread the word across West Yorkshire and beyond.

For more information around the campaign, please take a look at the [campaign page](#) on our website.

This is the link to access the November Suicide Prevention Newsletter [newsletter](#)

### **Research Forum in February 2024**

Are you an early career researcher from an allied health professional background looking to take the next step in your research career? Or are you supporting someone who is?

If so, there is a special funding call opening in December from the National Institute for Health Research which specifically encourages early career allied health professionals to apply. This

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includes, for example, art therapists, dieticians, music therapists, occupational therapists, physiotherapists, speech & language therapists, podiatrists, etc etc.

They are really keen to fund as many projects from early career researchers as possible, so it is a great opportunity. You can read more about the funding call here and can also book onto a webinar on Monday 15 January 2024 at 2pm to find out more (also via the above link).

The call is being run by the NIHR's Research for Patient Benefit funding team so project-wise they are looking for projects similar in scale and scope to those accepted by the regular RfPB funding scheme – e.g. three tiers of funding depending on how far away the application is from patient benefit, with an overall funding limit of 500k.

With best wishes, Dr Rachael Kelley, Visiting Associate Professor, Leeds Institute for Health Sciences, University of Leeds, Email: [r.s.kelley@leeds.ac.uk](mailto:r.s.kelley@leeds.ac.uk)

### **Placement partners wanted**

Leeds Trinity University is looking for professional placements and projects to offer their second year undergraduate degree students. That could include students supporting things like mental health campaigns, research, fundraising, marketing, data analysis or community work.

Placements help to develop student skills and gain an insight into roles they may wish to pursue in the future. It also means students can demonstrate their attributes which can benefit the organisation too.

In addition to the second year placements, the university's final year students are also required to negotiate a collaborative work based learning project with an organisation. These projects can be carried out as a block over five to six weeks or more flexibly alongside the student studies.

If you can offer a placement or a project you'll need to complete a placement and project brief as well as a health and safety and risk assessment questionnaire. For more information or to offer a placement or project, please contact [placements@leedstrinity.ac.uk](mailto:placements@leedstrinity.ac.uk).

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### Speaking on Social Change

Soundproof box are holding an event for charity leaders, social enterprise leaders and those who want to focus on speaking on social change.

Here are the details below:

<https://www.eventbrite.co.uk/e/voices-for-change-public-speaking-on-social-issues-tickets-772093722107?aff=ebdsshios>

### NHS England Training Courses

#### Train the Trainer: 'Handling difficult situations – caring for yourself and others with compassion'

We are pleased to announce that we are now launching a “Train the Trainer” programme for our award-nominated ‘Handling difficult situations’ training course (see:

<https://www.england.nhs.uk/supporting-our-nhs-people/support-now/handling-difficult-situations-with-compassion-training-programme/>).

The training, which was designed to upskill frontline, patient-facing colleagues with techniques and skills to handle and de-escalate difficult situations using effective communication techniques and active listening skills, has been open to colleagues since 2021 and to date, over 7,000 NHS colleagues have completed the training. In our post course evaluation, we have achieved 95% overall satisfaction, with attendees reporting an average 25% increase in confidence after the training.

As we transition into the new NHS England Operating Framework, with Integrated Care Systems and organisations taking local ownership of staff experience, we would like to train a number of colleagues across each ICS to become local trainers of this programme, embedding the programme at local level and offering longer term sustainability.



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### Who can apply to be a trainer?

We are seeking colleagues in relevant roles, with capacity to deliver the training at local level, who have expertise and experience in delivering training, as well as potentially subject matter expertise that adds to their credibility (e.g. an understanding of health and wellbeing, violence prevention, HR and organisational development etc). This could include colleagues in the following roles, however all applications will be considered.

- Health and Wellbeing Champions
- Violence Prevention and Reduction Leads
- Professional Nurse Advocates and Professional Midwifery Advocates
- Learning and development or organisational development roles
- Clinical educators, including primary care training hubs

**Trainers must have pre-agreed consent from their line manager to be able to attend the two half day training sessions and confirm that they subsequently have capacity and approval to deliver training sessions across their organisation.**

### How many places are available?

We are offering up to train up to 20 colleagues per ICS. We would anticipate this will be equally spread across a number of organisations, ensuring that it includes those working in primary care. Applications will be reviewed by NHS England to ensure the right candidates complete the programme.

### How to apply?

Training dates will be made available from January-March 2024. The training will be delivered virtually over two, half-day training sessions on different dates. Delegates will need to attend both sessions to be considered as a qualified trainer. All training has been funded by NHS England.

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If you are interested in applying, please discuss the opportunity with your line manager in the first instance. Applicants may then apply using this online application form:

<https://nhsei-hwb.onlinesurveys.ac.uk/handling-difficult-situations-train-the-trainer-applicati>

If you have any questions on your application, please email the team at [ournhspeople.hwb@nhs.net](mailto:ournhspeople.hwb@nhs.net)

### Fully Funded Violence Prevention and Reduction Qualifications and CPD for NHS Colleagues

NHS England has commissioned The Royal Society for Public Health (RSPH) and Liverpool John Moores University (LJMU) to develop a comprehensive accredited educational pathway, to build on the work of NHS England's Violence Prevention and Reduction Programme and the publication of the NHS Violence Prevention and Reduction Standard.

This pathway consists of accredited qualifications at Levels 3 & 4 (RSPH), and Level 7 CPD (LJMU) which has been co-developed with partners from across the NHS to meet the training needs of Violence Prevention and Reduction leads employed by Trusts, as well as other members of the NHS workforce who are considered to be working in 'at risk' environments.

The pathway takes a public health approach to understand and prevent the root causes of violence and abuse, and equips individuals to support and/or lead on the design and implementation of appropriate principles of practice in responding to incidents involving violence and abuse with a focus on:

- individual-specific factors such as trauma and distress, and
- structural, environmental, and societal factors, such as the impact of health inequalities and the behaviour of others.

All places have been **fully funded** by NHS England and applications are now open:

For both Level 3 and Level 4 RSPH qualifications and you can [Apply Here](#)

For the Level 7 [CPD Violence Prevention, Reduction and Public Health | CPD course | Liverpool John Moores University \(ljmu.ac.uk\)](#) you can apply here <https://caf.ljmu.ac.uk/>

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## Contact

If you would like to find out more about the Level 3 and Level 4 qualifications, please contact the team on [VPRPathway@rsph.org.uk](mailto:VPRPathway@rsph.org.uk)

If you have any queries about the Level 7 CPD course, you can contact the programme leader, Conan Leavey on [C.Leavey@ljam.ac.uk](mailto:C.Leavey@ljam.ac.uk).

## Talking Point Talking Therapies – Free Wellbeing Webinars and Opening Hours

For information about opening hours and free wellbeing webinars at Talking Point Therapies please use these links [Turning Point Talking Therapies Wakefield Christmas opening](#) and [Turning Point Talking Therapies Wakefield wellbeing workshops](#)