

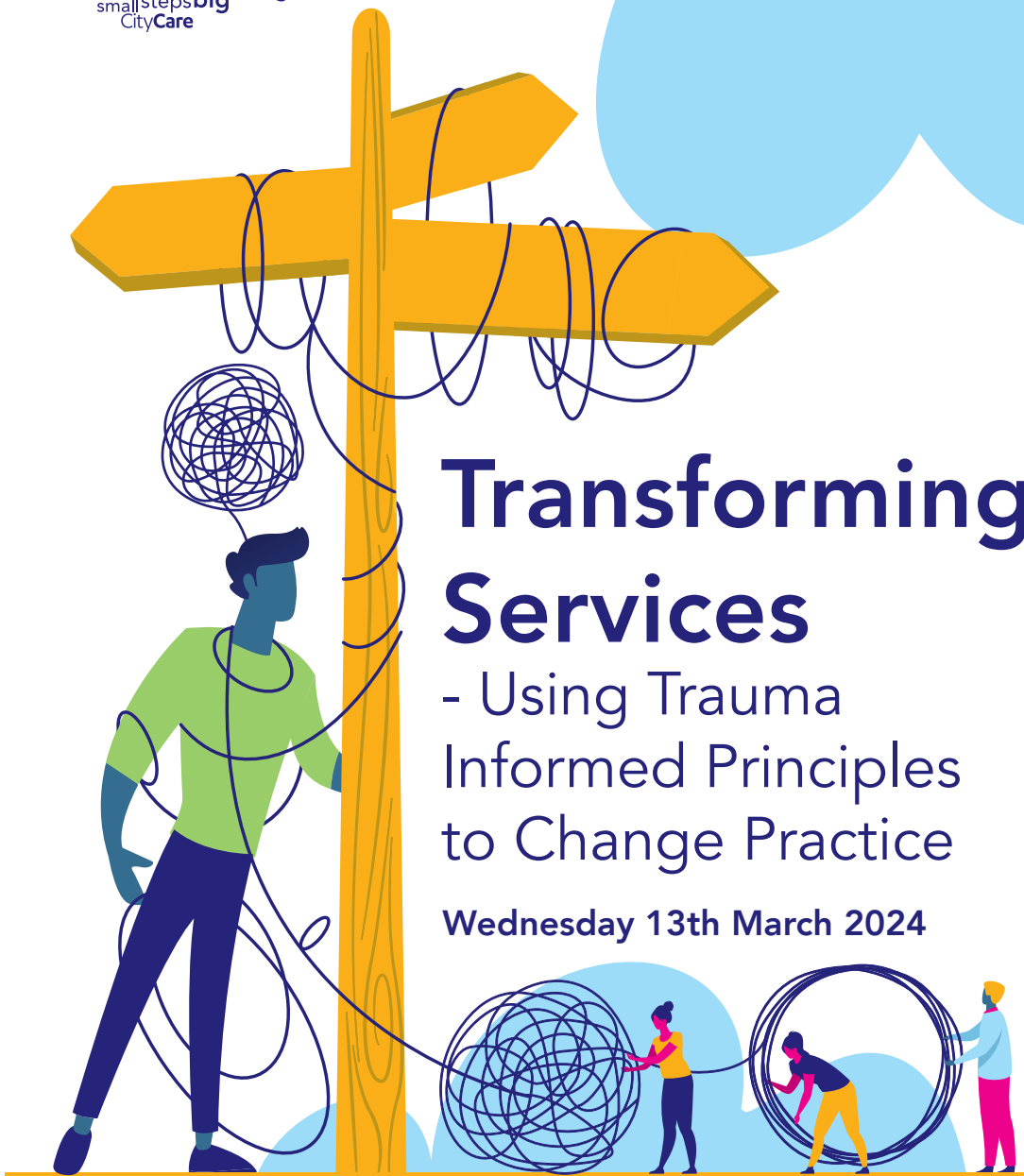


Event Guide

Transforming Services

- Using Trauma Informed Principles to Change Practice

Wednesday 13th March 2024



Small Steps Big Changes - giving every child the best start in life



Welcome

We are delighted to welcome you to today's conference:
Transforming Services - Using Trauma Informed Principles to Change Practice

This is the third event that has been designed for the family and children's workforce which supports the Nottingham and Nottinghamshire Trauma Informed Strategy.

As the final SSBC trauma informed conference today's event brings together colleagues, researchers and partner agencies who support trauma informed care. Speakers will explore relationship-focused and trauma-informed practice on the frontline, including intergenerational trauma, recovery and resilience. As part of our legacy we wanted to ensure colleagues leave the event with information and tools to maintain a trauma informed approach in practice. We will be sharing outcomes from all the trauma informed events to support sustainability going forward.

The Networking Space includes stalls from a range of related services in Nottingham (more information is on pages 12-15). We hope you enjoy meeting other practitioners and learning about their work and experiences of delivering trauma-informed services to local families.

You might find the content of today's event emotionally challenging. We've scheduled several breaks, and there is also a Safe Space (Room G3) for you to take some time out should you need to.

At the back of this document we have left reflective space for referencing and guidance and hope that this will support your trauma journey going forward.

We would love to see your photos and hear about your highlights of the day. Join the conversation on X.



#traumainformednotts
@ncitycare_ssb

Agenda **AM**



9.00 Registration and refreshments

9.15 Welcome & housekeeping

Karla Capstick

Programme Director, Small Steps Big Changes

9.20 Progress update for Nottingham

Helen Johnston

Consultant in Public Health - Leading on the Nottingham City and Nottinghamshire Violence Reduction Partnership, Trauma Informed Strategy 2022/25

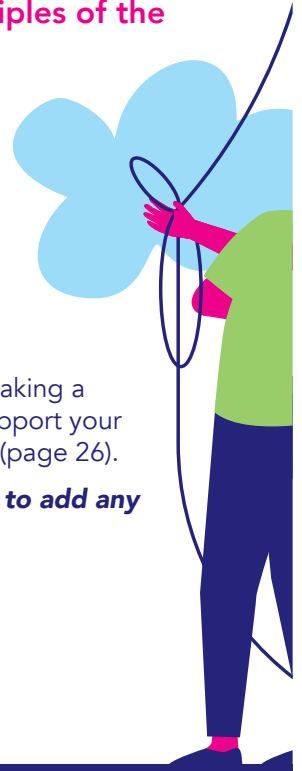
9.30 Revisiting Key principles 1-6 of trauma-informed practice - Dr Lisa Cherry and Dr Suzanne Zeedyk will be taking us through the journey of the first six principles of the toolkit

Live Stream - Dr Lisa Cherry

Director, Trauma Informed Consultancy Services

Dr Suzanne Zeedyk

Developmental Psychologist and Research Scientist, University of Dundee



10.45 Break

Visit the Networking Space.

Take the time to explore how these organisations are taking a trauma informed approach and add any that would support your organisation to your reflective notes under principle 9 (page 26).

Please use the Mentimeter QR codes on the tables to add any questions you have for the panel.

11.10 Revisiting Key principles 1-6

Dr Lisa Cherry & Dr Suzanne Zeedyk

Agenda **PM**

12.45 Lunch

Please visit the Networking Space.

Have you booked onto SSBC future training events? (See pages 27-28)

13.30 Visiting Principle 7- Peer support and mutual self-help

Katie Hall

Programme Manager, Nottingham Practice Development Unit (PDU)

Bobby Lowen

Programme Director, Nottingham Changing Futures

14.00 Principle 8 - Cultural, historical, gender issues, social graces group work

Natasha Beer

Healthy Little Minds Team Manager

Emense Tulloch

Systemic and Family Psychotherapist

Katie Hall

Programme Manager, Nottingham Practice Development Unit (PDU)

John Fen Raju and Reshma Suresh

Al-Hurraya

Please use this time to grab a quick coffee whilst completing group task

14.45 Principle 9 - Pathways to trauma-specific care - Local context

Paul Martin

Supporting Families Co-ordinator, Nottingham City Council

Dr Maddi Popoola

Educational Psychologist, Nottingham City Council

Final opportunity to add panel questions to Mentimeter

15.30 Q&A panel with closing remarks

Donna Sherratt, Helen Johnston, Amanda Doughty, Bobby Lowen, Dr Maddi Popoola, Emense Tulloch, Michael Dawes



Today's Speakers



Karla Capstick

Karla is the Programme Director for Small Steps Big Changes. She has worked in early help and early intervention for over 10 years, with a career spanning local government, the voluntary sector and health. She is a passionate advocate for coproduction, children's voices and asset-based approaches and is the current chair for the Integrated Care Board strategic coproduction steering group. She has a background in primary school teaching and has also worked in study support, extended services, education welfare and SEND.



Helen Johnston

Helen is a Consultant in Public Health at Nottingham City Council where she leads an 'Inclusion Health' portfolio including mental health and wellbeing across the life course. Helen provides public health advice to the Violence Reduction Partnership and has recently picked up leading on the Trauma Informed Strategy. She is keen to explore how trauma responsive approaches can be implemented across organisations, aligning with good practice. Helen completed her public health training in the East Midlands and has worked in Nottingham since 2019; she has a background in community nutrition.



Dr Lisa Cherry

Dr. Lisa Cherry is the Director of Trauma Informed Consultancy Services Ltd, a dynamic and creative organisation that provides a 'one stop' approach to delivering on research, consultancy and learning and development.

Lisa has been working in Education and Children's Services for over 30 years and combines academic knowledge and research with professional expertise and personal experience.

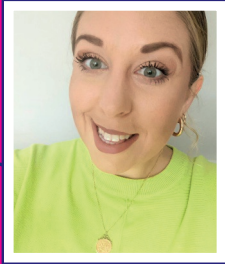
In February 2024 Lisa completed her DPhil research at The University of Oxford in the Department of Education, asking the research question "How do care experienced adults who were also excluded from school make sense of belonging?"

Lisa is the author of 'Conversations that make a difference for Children and Young People' (2021) and 'The Brightness of Stars' 3rd Edition published in June 2022. A new book will be released in 2024 on cultivating belonging.



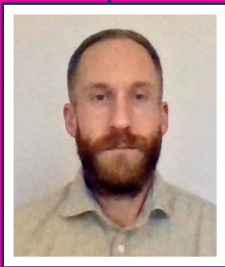
Dr Suzanne Zeedyk

Suzanne is fascinated by babies' innate capacity to communicate. Since 1993, she has been based at the University of Dundee's School of Psychology, where she now holds an honorary post. In 2011, she set up her own independent training enterprise focusing on 'the science of connection'. In 2014, she founded the organisation Connected Baby. Suzanne's work focuses on infants' communicative capacities and brain development, and parent-infant relationships.



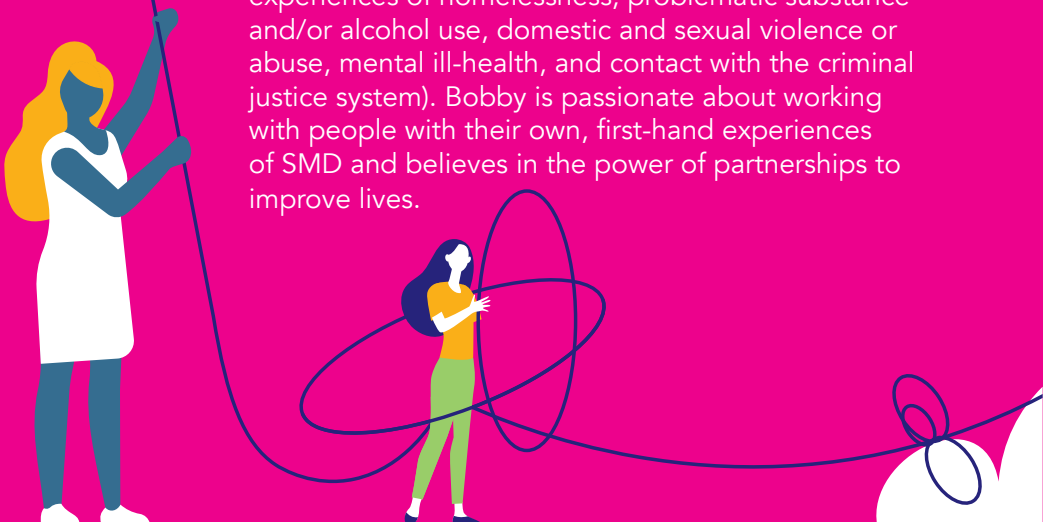
Katie Hall

Katie is the Programme Manager for Nottingham Practice Development Unit (PDU), a cross-sector learning platform sharing good practice and expertise in the field of severe and multiple disadvantage (SMD). Katie has a BSc in Psychology and over a decade of experience working in services supporting people with complex needs across a range of residential, education and high secure psychiatric settings. She is committed to embedding psychologically and trauma informed practice within services, so staff feel confident to deliver approaches that work, and is a passionate advocate for partnership working, intersectionality and positive system change.



Bobby Lowen

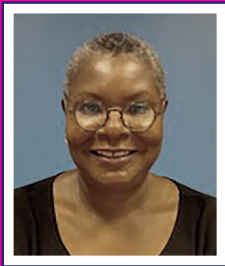
Bobby is the Programme Director for Changing Futures Nottingham, one of 15 partnerships across the country working to deliver sustainable improvements in the way that voluntary and statutory partners come together to improve the lives of people who experience severe and multiple disadvantage (or 'SMD' – defined as three or more co-occurring experiences of homelessness, problematic substance and/or alcohol use, domestic and sexual violence or abuse, mental ill-health, and contact with the criminal justice system). Bobby is passionate about working with people with their own, first-hand experiences of SMD and believes in the power of partnerships to improve lives.





Natasha Beer

Natasha manages Nottingham City Council's Parent Infant Relationship team, which delivers the SSBC-commissioned Healthy Little Minds service. Natasha has worked with children and young people in Nottingham for over 15 years. She has an MSc in Psychology and is interested in mental health and trauma in the early years. Natasha pursued a therapeutic career, most recently working in CAMHS with young people at risk of self-harm and suicide.



Emense Tulloch

Emense is a reflective social worker with over 25 years practice experience and includes work with children and families, and adult services, mainly in London. Since qualifying as a Systemic and Family Psychotherapist in 2014, she has continued to practice within a social care context. Since returning to her home city of Nottingham, she has been engaged in developing her knowledge and skills in systemic leadership and consulting, paying particular attention to training and coaching; sharing systemic ideas to develop the skills of social workers and others in multicultural and relational approach to trauma work.



John Fen Raju

John works as a Person-centred therapist at Al-Hurrayya, for both its Nottingham and Derby chapters. He holds a Masters' in Person-centred experiential counselling and psychotherapy practice from the University of Nottingham. He works with both adults and young adults experiencing complex issues such as drug and gambling addictions. In the past year he has provided counselling services to individuals at the Human Flourishing Project, a research clinic in Nottingham and continues to work at NHS Trentside Medical Group, a GP Surgery in Nottingham.



Reshma Suresh

Reshma, a qualified Counsellor with a BSc in Developmental and Educational Psychology and a MA in Person-Centred Experiential Counselling and Psychotherapy, works within Al-Hurraya to support adults and young people who have been affected by domestic and sexual violence, and abuse. Recognising the importance of broader support, Reshma also facilitates workshops, alongside other Al-Hurraya trainers, for professionals on Cultural Competence, Unconscious Bias, and Hidden Harm in Diverse Communities.



Paul Martin

Paul is one of the Operational Managers for the Family Intervention Service which includes a number of operational teams but also the Supporting Families Programme. This has a focus on promoting whole family working and driving forward transformation and system change across the wider Children's Partnership. Paul is also leading on the Government's Reducing Parental Conflict Programme and locally is driving forward training in relation to therapeutic parenting. He has been a manager in children's services for the past 18 years.



Dr Maddi Popoola

Maddi qualified as an Educational Psychologist (EP) in 2018 and has worked in Derby City and Nottingham City since graduating the Doctoral Programme. Maddi has extensive experience in the primary, secondary and alternative provision settings delivering training and providing support to staff and students on an individual and group basis. Maddi has led on local and national research projects and developed content and resources for the new **NottAlone** website, which provides resources and referral pathways for help and support from both local and national mental health support services.

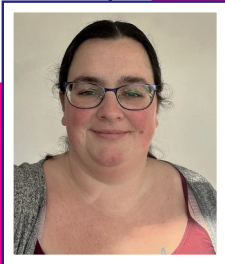
Additional Panel Members

Join the conversation [#traumainformednotts](#)



Donna Sherratt

Donna has worked in the early intervention and prevention arena for over 28 years and became Head of Programme at Small Steps Big Changes in September 2018. This role has enabled her to follow her passion for making a difference for families. Over the past 3 years, this has been further enhanced with a focus on race health inequalities experienced by communities. Alongside Clive Foster MBE, Donna is the Place-Based Partnership (PBP) Race Health Inequalities Programme Lead which has also led to her being a nominated, Nottingham City Integrated Partnership Member.



Amanda Doughty

Amanda is a Parent Champion at SSBC and a proud mum to 3 beautiful children 4, 7 and 9. She has been volunteering for SSBC for 9 years and has always lived in the Aspley ward. Through her work with SSBC she continues to volunteer for a number of organisations and has recently taken up the role of chair for the Nottingham and Nottinghamshire Maternity Voices Partnership.



Michael Dawes

Michael is the Trauma Lead Therapist and Operational Lead for the Gambling Service at Al-Hurraya. Michael has counselled individuals who have experienced trauma for over a decade. He has counselled many refugees and asylum seekers from war torn countries who have experienced significant trauma during his time working with Al-Hurraya. He has an MA in Trauma Informed Practice and holds an interest in Dissociation and Attachment and Developmental Trauma. Michael has had a therapeutic career working both privately and with charitable organisations with a client base that has experienced trauma.

The Networking Space

Find out about organisations in Nottingham that are taking a trauma-informed approach to working with young people and families.



Imara

Imara is an independent specialist service that supports children, young people and their safe family members following a disclosure or discovery of child sexual abuse.

They are the chosen provider of therapy for all children and young people aged 0 - 18 affected by sexual abuse across Nottinghamshire and 0 - 12 in Nottingham City. As a charity, Amara services are all free to access.

In addition they offer training to professionals on several areas including Trauma, Child Sexual Abuse, Familial Abuse and the Criminal Justice Process.

Get in touch

t: 0115 752 6083
e: info@imara.org.uk
w: www.imara.org.uk



Hands of Rescue C.I.C.

Hands of Rescue C.I.C, is a Community Interest Company, formed from a lived experience of domestic abuse and school bullying.

The company is designed to give support to women and girls from Black, Asian and Minority Ethnic communities who are affected by domestic abuse and are at disadvantage because of a lack of understanding.

They aim to focus on offering support around issues to do with social inequality for all women and young girls who may be experiencing problems within the community.



Get in touch

e: info@handsof-rescue.org.uk
w: www.handsof-rescue.org.uk

Healthy Little Minds

Healthy Little Minds provides specialist support to enhance bonding and attachment at the earliest stage of the parenting journey.

Trauma experienced in the earliest years can dictate future social and emotional outcomes for children, and high-quality specialist parent-infant relationship support for families is vital.

The Healthy Little minds Team understand the unique experience of each family, provide compassionate support to identify their hopes and wishes for their baby, and empower and equip them to create a safe and nurturing environment. They are passionate about achieving the best outcomes for babies in Nottingham.



Get in touch

t: 0115 876 1771
e: CYPBEHM@nottinghamcity.gov.uk

Referral forms are available on the SSBC website: www.smallstepsbigchanges.org.uk/healthy-little-minds



Small Steps Big Changes (SSBC)

SSBC have practical ways colleagues can get involved and become more 'Father Friendly'. Visit the stand to find out about;

- Think Dads training
- Fathers Information Pack
- Think Dads campaign
- Father Friendly Service standards



Find out more

t: 0115 883 6741

e: npc.ss.bc@nhs.net

w: www.smallstepsbigchanges.org.uk

Achieve Well Team

The Achieve Well Team sits within the Education Department of Nottingham City Council and is funded by Public Health. They support Nottingham schools to enhance the health and wellbeing of children through an evidenced based whole school approach in line with statutory requirements.

What they offer

- Training – virtual, on demand and face to face
- Networks
- In school training
- Email and telephone support
- Advice, information, and signposting
- Achieve Well Awards for schools
- Health and Behaviour survey
- Intent smoking prevention programme for secondary schools
- Resources



ACHIEVE WELL TEAM
Empowering wellbeing,
elevating achievement

Get in touch

e: achievewell

[@nottinghamcity.gov.uk](https://www.nottinghamcity.gov.uk)

Nottingham Early Help Partnership

The Nottingham City Early Help Partnership provides advice, information and support to children, young people and families. Visit the stand to find out more about their newly launched website and strategy.



Find out more

w: www.earlyhelpnottingham.org.uk

Al-Hurraya

Al-Hurraya is a peer led, culturally specific voluntary sector organisation providing children, young people, adults, families and communities with counselling, mentoring, youth diversionary projects and family support. Al-Hurraya has developed a range of culturally specific and specialised interventions to help clients overcome challenges such as mental health, domestic abuse, addiction, crime, trauma, honour-based abuse, sexual abuse and many more.



Find out more

w: www.al-hurraya.org



Look
out for

Our Safe Space - Room G3

You may find that the content of this conference is emotionally challenging. A Safe Space is available for you to use throughout the day to take some time out. A member of SSBC staff will also be on hand if you need any confidential support. G3 is signposted and located off the main corridor. Please inform a member of the SSBC team if you need help finding the room or require any further assistance or support.

Supporting families through a trauma lens



Reflective Notes

Reflection prompts to aid good relationship building.

Think about your role and note actions during the conference that will support a trauma informed approach for each principle.

An effective trauma-informed approach relies on us building effective, trusting relationship with the child/person/families we work with.





PRINCIPLE 1

Recognition

Points to consider

- What are the assumptions that I, the practitioner bring to the interaction?
- Be curious about the child, family, or individual's journey.
- How has trauma affected the way that this parent sees themselves in relation to other people?
- The purpose and function of the behaviour/response you're seeing. Is it about power and control? Difficulties in trusting? Defence mechanism? Lack of adaptive coping skills?



PRINCIPLE 2

Safety

Points to consider

- Based on previous experience, what set of assumptions might the family/individual bring to this client/worker relationship?
- How can you ensure physical and emotional safety?
- How can I empower the family/individual to tell me what they need in order to feel safe?
- How can I make this family/individual feel comfortable?



PRINCIPLE 3

Resist re-traumatisation

Points to consider

- How might my presence, my questioning be triggering the child, parent or individual?
- How can you as an individual practitioner maximise the opportunities available to support effective relationships that avoid re-traumatisation?
- Could there be any subtle, or not so subtle environmental markers that may retrigger?
- In which venue is it best to hold this meeting?



PRINCIPLE 4

Trustworthiness

Points to consider

- What needs to be created to build trust in the working relationship?
- Does the family/individual already have any professionals they trust? How can you utilise this to build your own relationship?
- How will you ensure transparency? What resources could you use to share your concerns with the family/individual and help them to plan for the future?



PRINCIPLE 5

Collaboration and mutuality

Points to consider

- How will I include the child's voice in this report?
- How can we enable the family/individual to make changes?
- What psychological barriers do we need to overcome?
- What strengths can we draw and build upon?



PRINCIPLE 6

Empowerment, choice, and control

Points to consider

- What is in my gift to change?
- How can I support the family/individual to make informed choices?
- How can I offer choice, even if there are limited options?



PRINCIPLE 7

Peer support and mutual self-help

Points to consider

- What makes it easier to do this work?
- What makes it harder to do this work?
- What groups might offer peer support to the child/young person, parent, staff member or individual that can foster a sense of hope and solidarity?



PRINCIPLE 8

Cultural, historical, gender issues, social graces

Points to consider

- What in my practice might the child, parent or individual be experiencing as helpful, and what might be unhelpful or even oppressive?
- How is sociocultural trauma showing up in the working relationship?
- How does my presence impact the child/young person/family/individual?

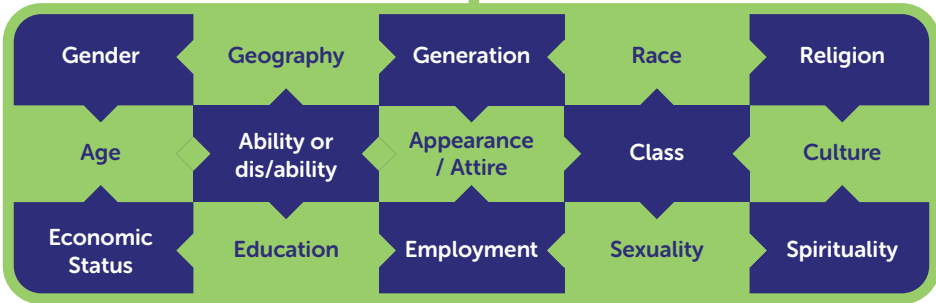
What is Sociocultural trauma?

Sociocultural trauma is the impact of oppression (for example, racism, gender-based violence and abuse, misogyny, homophobia, transphobia) on the individual or family life of marginalised communities and groups. Sociocultural trauma is chronic, sustained, intense and occurs over a protracted period of time. It's a powerful force that shapes the lives of those that are targeted. Sociocultural trauma is life altering and attacks the soul.



PRINCIPLE 8 ACTIVITY SHEET

SOCIAL GGGRRAAACCEESS



Pledge:

Challenge:



PRINCIPLE 9

Pathways to trauma-specific care

Points to consider

- If I were to refer someone to another service, how long until assessment?
- How long from assessment until treatment/service access?

Upcoming Events 2024

When we are Scared - An Introduction to Trauma

Online, March 20th 9.30-11.30am



Intended outcomes from the session:

- Developing an understanding of different definitions of trauma and contexts where it might occur
- Finding out about the potential effects of trauma on individuals and communities
- Understanding how trauma can impact the developing child
- Developing knowledge of what protects us and what helps when we have experienced trauma

This session will start with an exploration of our human need for safety and what happens when we are not (or do not feel) safe. We will look at definitions of trauma and think about different contexts where trauma might be found. We'll consider how humans adapt to cope with traumatic experiences, recognising that these are protective reactions. Throughout, we will think about the importance of connection and relationships and why these are so important in recovery from trauma.

Book here:

<https://shorturl.at/ehopV>



Save the Dates

- **SSBC Webinar - Improving access to diverse communities**
April 25th 10-11.30am
- **SSBC Early Intervention Learning Conference**
September 24th & 25th



Think Dads Training

SSBC aims to support services to incorporate fathers in day to day practice, ensuring that fathers feel welcomed and valued.

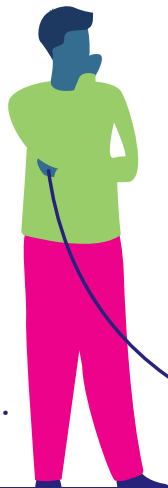
The training aims to:

- Increase your awareness of Father Inclusive Practice
- Understand how to support fathers and offer them advice
- Provide you with the knowledge, skills, and tools to approach Father Inclusive Practice in your own workplace
- Create a Father Inclusive workforce

Training will take place once a month at Trent conference Centre

- April 16th
- May 7th
- June 4th
- July 2nd
- September 10th
- October 8th
- November 12th
- December 10th

Book here:
<https://ThinkDadsTraining.eventbrite.co.uk>



Healthy Little Minds

Growing Healthy Little Minds - Attachment and Baby Brain Development (MS Teams):

- 11th April 9.30am-12pm
- 16th May 9.30am-12pm
- 15th June 9.30am-12pm

Family Scripts – Why families repeat patterns of behaviour (MS Teams):

24th April 9.30-11.30am

Bonding Before Birth

(MS Teams):

14th May 10-11.30am

Trauma Informed Practice with families and infants (MS Teams):

23rd May 9.30am-12pm

Parent Infant Relationship toolkit

(Meadows Childrens Centre, NG2 2HZ)

26th June 1-4pm

**Please note to attend this session you need to attend Attachment and Baby Brain Development*

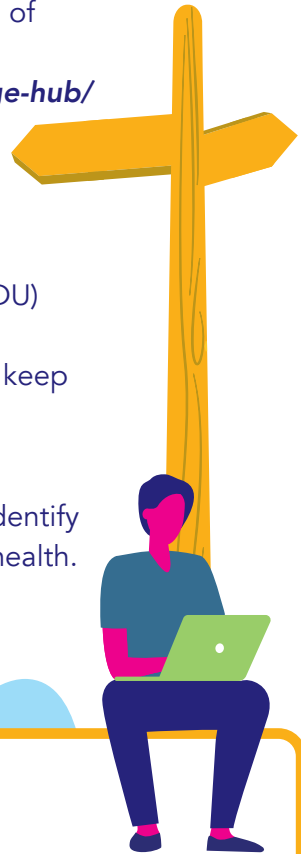
Book via the Learning Zone (Nottingham City Council colleagues) or by emailing hlm@nottinghamcity.gov.uk



Healthy Little Minds

Trauma Resources

- Visit the SSBC website for information about all of our workforce training and events
www.smallstepsbigchanges.org.uk/knowledge-hub/training-and-resources
- Nottingham Safeguarding Partnership
www.nottinghamcity.gov.uk/ncscp
- The Nottingham Practice Development Unit (PDU)
<https://www.pdunottingham.org>
Join our online hub to access free learning and keep up to date with upcoming events.
- Dr M Popoola and Dr S Sivers: Research paper 'School is too much pressure' - young people identify school as a contributing factor to poor mental health.
<https://shorturl.at/tzJR5>



Thank you

We hope you enjoy today's conference. If you would like more information about Small Steps Big Changes, please visit our website or follow us on social media.



www.smallstepsbigchanges.org.uk



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Registered address: Aspect Business Park, 26 Bennerley Road, Nottingham NG6 8WR

Chief Executive: Louise Bainbridge