

# Creating a Trauma-Informed Workforce

Wednesday 15th March 2023

## Event Guide



# Welcome



# We are delighted to welcome you to today's conference: **Creating a Trauma-Informed Workforce.**



This is part of a series of events that have been designed for family and children's workforce and supports the Nottingham and Nottinghamshire Trauma Informed Strategy.

Today's event brings together colleagues, researchers and partner agencies who support trauma adversity and trauma-informed care. Speakers will explore the underlying causes and impact of Adverse Childhood Experiences, and how our own childhood experiences may affect how we support 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 - more information is on the back of this guide.

The Networking Space includes stalls from a range of related services in Nottingham – more information is on pages 8-11. We hope you enjoy meeting other practitioners and learning about their work and experiences of delivering trauma-informed services to local children and their families.



Join the conversation on Twitter  
[#traumainformednotts](#)

# Agenda

## AM

### 09.00 Registration and refreshments

### 09.20 Welcome

**Karla Capstick**

Programme Director, Small Steps Big Changes

### 09.30 What is trauma, adversity, and trauma-informed care? Creating shared language across our public and voluntary sectors

**Donna Stenton-Groves**

Clinical Lead & Honorary Assistant Professor of Trauma and Trauma Informed Practice, University of Nottingham; Nottingham City & Nottinghamshire Violence Reduction Unit

### 09.50 The power of relationships

**Dr Suzanne Zeedyk**

Developmental Psychologist and Research Scientist, University of Dundee

*Suzanne's book and documentary film provide deep dives into this topic - visit [www.connectedbaby.net](http://www.connectedbaby.net) for more information.*

### 11.00 Refreshments

*Head to the Networking Space to find out about organisations in Nottingham that are taking a trauma-informed approach to their work.*

### 11.30 The development of children's stress systems

**Dr Suzanne Zeedyk** (continued)

# Agenda PM



**12.30 Lunch**

**13.15 Recognising and responding to neglect**

**Sam Harris**

Service Manager, Partnerships and Planning  
Safeguarding Assurance and Improvement Group

**Jesse Keene**

Nottingham City Safeguarding Children Partnership Officer

**13.30 Building a culture through shared language**

**Dr Suzanne Zeedyk** (continued)

**14.45 Refreshments**

**15.00 Healthy Little Minds and trauma-informed care**

**Natasha Beer**

Team Manager, Healthy Little Minds

**15.45 Closing remarks and evaluation**

**Donna Stenton-Groves**



# Today's Speakers



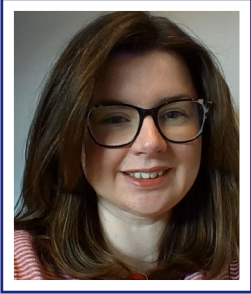
## Donna Stenton-Groves

Donna has worked across health and social care for the past 20 years. She began her career in healthcare, supporting individuals impacted by homelessness, substance use and domestic abuse. She later moved to a Local Authority, running family therapy teams for children at risk of coming into care. Donna is now the clinical lead for trauma for children's social work. For the past 8 years she has been a visiting therapist at the Centre for Trauma, Resilience and Growth, providing clinical treatment to adults impacted by trauma.



## 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.



## Sam Harris

Sam has been the Service Manager for the Nottinghamshire Safeguarding Children Partnership since March 2022. She is a qualified social worker, and has had various practitioner and management roles in children's social work for local authorities and the Children and Family Court Advisory and Support Service (CAFCASS).



## Jesse Keene

Jesse is the Nottingham City Safeguarding Children's Board Officer, working within the Nottingham City Safeguarding Children Partnership. Jesse has spent many years as a frontline worker and team manager within Targeted Family Support, supporting children/young people and their families.



## Natasha Beer

Natasha is the Manager of Healthy Little Minds, a parent-infant relationship team in Nottingham City which is collaboratively delivered by SSBC and Nottingham City Council. 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.

# 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. We are a charity and all of our services are free to access. We receive Child Sexual Abuse referrals directly from the local paediatric sexual assault referral centre (0800 183 0023), and now receive referrals for our Domestic Abuse service directly from Equation and other DVA services and refugees.

We are the chosen provider of therapy for all children and young people aged 0-18 affected by sexual abuse across the county of Nottinghamshire, as well as children under 12 in Nottingham City. Therapy support is also available for safe family members. We support our clients from a legal and advocacy perspective with our CHISVA service (Children and Young People's Independent Sexual Violence Advisor) which is commissioned by Nottinghamshire Police and Crime Commissioner. We offer training to professionals and organisations on several areas including Trauma, Child Sexual Abuse, Familial Abuse and the Criminal Justice Process.

### Get in touch

Find out about training:  
**e:** [gemma@imara.org.uk](mailto:gemma@imara.org.uk)  
Other enquiries:  
**t:** 0115 752 6083  
**e:** [info@imara.org.uk](mailto:info@imara.org.uk)  
**w:** [www.imara.org.uk](http://www.imara.org.uk)





## Zephyr's

Zephyr's provides support in Nottingham and Nottinghamshire for bereaved parents and families following pregnancy loss or the death of a baby or child, as well as for those who are pregnant or parenting after loss. We also provide training opportunities for staff, and a regular email/Teams update for healthcare professionals.

With a mix of peer and professional services, Zephyr's offers bereavement counselling, wellbeing walks, yoga, woodwork, group meet ups, 1-2-1 conversation, family activities in the woods, a library of books and resources to borrow, and much more.

We accept self-referrals, and referrals from staff and healthcare professionals on someone's behalf. For all who seek our support, we offer a community of warmth and compassion.



### Get in touch

**t:** Carly - 07915 995532  
**w:** [www.zephyrsnottingham.org.uk](http://www.zephyrsnottingham.org.uk)

## Shifting Your Mindset

Shifting Your Mindset is a voluntary organisation founded on ethical principles of love and inspiration. Our aim is to improve and transform the lives of men, fathers, children, young people and families in lower socio-economic populations by providing tailored support services, activities and events that help individuals to recover, rebuild and thrive.

We support BAME fathers within Hyson Green, Arboretum, Aspley and Bulwell wards to be involved, knowledgeable and engaged in their children's early years. Our objectives include engaging system partners and fathers about the importance of fathers' roles in the early years of a child, and supporting fathers to develop confidence in their parenting ability. We also provide a mentoring programme within BAME communities, with a focus on young fathers.



### Get in touch

**t:** 0115 9205665  
**e:** [info@shiftingyourmindset.co.uk](mailto:info@shiftingyourmindset.co.uk)  
**w:** [www.shiftingyourmindset.co.uk](http://www.shiftingyourmindset.co.uk)

## Healthy Little Minds

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

The first 1001 days, from pregnancy until the age of 2, is a period of great opportunity; a baby's brain grows and develops at an astonishing rate during this time. The baby brain is more open to, and dependent on, outside influence than it ever will be again. 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.

We 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. We are passionate about achieving the best outcomes for babies in Nottingham. We work in partnership with the community to provide support that is meaningful and responsive.



### 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](http://www.smallstepsbigchanges.org.uk/healthy-little-minds)

## Equation

Equation's Domestic Abuse Service for Men is a free and confidential service that supports men aged 16+ within Nottingham City and men aged 18+ within Nottinghamshire County. The service offers support to self-identifying men experiencing domestic abuse either with an intimate partner, ex-intimate partner, or familial relation. We work with all sexualities, ethnicities and cultural backgrounds, regardless of the gender of the perpetrator.

This specialist support is provided by a dedicated team of qualified Independent Domestic Violence Advocates (IDVAs) and Support Workers.



### Get in touch

Marie Bower:

**e:** [marie@equation.org.uk](mailto:marie@equation.org.uk)

Rachel Daley:

**e:** [rachel@equation.org.uk](mailto:rachel@equation.org.uk)



## Recognising and Responding to Neglect

Small Steps Big Changes have worked with the Nottingham City and Nottinghamshire County Safeguarding Children Partnerships to develop two animated videos. They are designed to raise awareness about the impact of neglect on children.

- One video has been developed for children's workforce. It enhances current understanding about the lifelong impact of neglect and signposts to the joint partnership Neglect Strategy and toolkit.
- The second video has been developed for the local community. It takes a child's perspective, raising awareness about the impact of neglect and the importance of seeking and accepting support early.



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Safeguarding  
Children  
PARTNERSHIP



Nottinghamshire  
Safeguarding  
Children Partnership

## SSBC Family Mentor Service

### Delivering Small Steps at Home

Small Steps at Home is delivered by service partners in four SSBC wards: Home-Start (Aspley), The Toy Library (Bulwell), and Framework (Hyson Green & Arboretum, and St Anns). Family Mentors support the whole family as they adapt to life with a new baby; they provide evidence-based help and advice for the first four years of a child's life. The Family Mentor service is free for families who live in an SSBC area. Referrals can be made up until a child's first birthday.



THE TOY LIBRARY



Nottingham

### Find out more

w: [www.smallstepsbigchanges.org.uk/family-mentors](http://www.smallstepsbigchanges.org.uk/family-mentors)





## 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 qualified Person-Centred Counsellor 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.

### Next Steps Evaluation

We are evaluating this event. There are opportunities throughout the day for you to provide feedback. This will help us understand your training needs and shape the development of shared learning events in the future.

### Our next conference

#### Conversations That Make a Difference

June 13th 2023 at Trent Conference Centre

<https://conversations-that-make-a-difference.eventbrite.co.uk>

#### Keynote speaker: Lisa Cherry, Director of Trauma Informed Consultancy Services

Lisa is an author, trainer, and researcher. She specialises in assisting professionals working with vulnerable children and families to understand trauma, recovery and resilience.

## Thank you

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



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