

May 2024

Bristol Trauma Informed Practice Network Newsletter

A quarterly update highlighting trauma informed policy and practice developments across Bristol

*I've learned that
people will forget
what you said,
people will forget
what you did,
but people will
never forget how
you made them feel.*



Maya Angelou

Welcome

to our May newsletter. This is the fifth written update since we relaunched our Bristol Trauma Informed Practice network, with now over 800 professionals having signed up.

Please feel free to forward this newsletter to colleagues who might be interested in joining us. Colleagues can sign up to the network by following this link:

<https://forms.office.com/r/iGAD4nZ07h>

Items in this bulletin

- Pledge Your Support!
- Family Hubs
- Training
- Call for evidence on evaluations and any learning of trauma-informed approaches
- Trauma Informed Interpreting Services Collaboration opportunity
- Useful resources
- Diary Dates

Pledge Your Support!

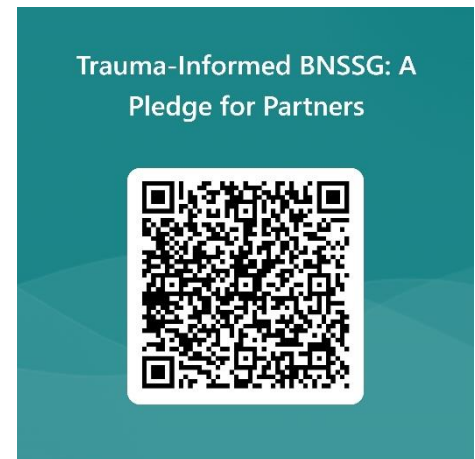
The BNSSG Trauma Informed Pledge for Partners has been developed and co-produced by the Trauma-Informed Systems Programme. This programme is hosted by the BNSSG Integrated Care Board and aims to promote trauma-informed systems change across all sectors, professions, and areas of work. The pledge represents an opportunity for organisations, strategic groups and boards serving the people and communities of Bristol, North Somerset and South Gloucestershire to make an active commitment towards embedding a trauma informed approach across services and systems by asking for:

- Organisational and strategic leaders to sign the pledge.
- Organisations and strategic boards and groups to identify two key actions that they will commit to over the next 12 months to progress their trauma-informed journeys.

Here is a link to the sign-up form:

<https://forms.office.com/e/Gau6EBsK8Z>

You can also use this QR code to access the form.



A leadership event will take place on the 11th of July where more partners from across our region are expected to discuss Trauma Informed Practice and to pledge their commitment. If you have any queries or you would like to find out more about how to get involved, please contact bnssg.traumainformed@nhs.net

Launch of the new [Family Hubs virtual offer](#), including a new package of online learning for every parent and carer in Bristol for free!

The courses have been developed by [the Solihull Approach](#), alongside the NHS, health experts and parents too. Our mission in Bristol is for every parent in Bristol to complete the Solihull Approach – the learning is for everyone, not only for when you might be struggling.



There are specific modules about [understanding trauma](#) but the courses cover a whole range of topics to support parents and carers through all stages of a child's development including:

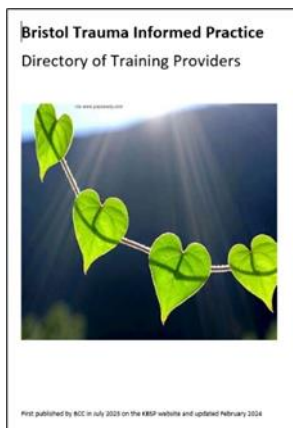
- Pregnancy and post-pregnancy support
- How to understand your child or teenager's mental health
- Help for understanding relationships

- Support for children with additional needs
- There are also courses for teenagers to help them understand their brain and their mental health.

Parents, carers and young people can access the courses in their own time, and use the code "GROWING" to access them free, through this link [Family Hubs virtual offer](#).

We invite you to share these new resources with your network. You can [find out more about Bristol's Family Hubs on our website](#).

Training, Reflective Practice and Clinical Supervision



If you are looking for a training provider to support your trauma informed practice, our local training directory might be useful. It lists training providers who can offer a range of learning experiences that are all related to Trauma Informed Practice. This now

includes organisations who provide clinical supervision or reflective practice. Please follow this link to download the directory [Trauma Informed Training Directory 2024](#). If you would like to be listed in our directory as training provider, please get in touch with us at trauma.informed@bristol.gov.uk.

Keeping Bristol Safe Partnership - Training

Please visit [Welcome to the Keeping Bristol Safe Partnership website. bristolsafeguarding.org](http://www.bristolsafeguarding.org) for the training offer including:

- KBSP Raising Awareness of Child Exploitation; A Contextual Safeguarding Approach
- KBSP Advanced Child Protection Training for Safeguarding Leads and Specialist Practitioners
- KBSP Safeguarding Adults Training

For any queries regarding bookings please contact: kbsp.training@bristol.gov.uk

The KBSP is currently undertaking a Workforce Survey about child sexual abuse (CSA) multi-agency training to further develop this offer. Please follow the link if you want to participate: [Workforce survey about child sexual abuse \(CSA\) multi-agency training \(office.com\)](https://www.office.com/workforce-survey-about-child-sexual-abuse-csa-multi-agency-training)

Closing date: 7th June 2024 @5pm

Research and Evaluation

Call for evidence on evaluations and any learning of trauma-informed approaches

The NIHR [Applied Research Collaboration \(ARC\) West](#), University of Bristol is currently undertaking an evaluation of trauma informed systems change initiatives within the Bristol, North Somerset and South Gloucestershire/Avon and Somerset/Wiltshire areas. Please see our [project page](#) for further details. We aim to evaluate and share learning about the work that is being done by different services such as health and social care, local government, education and the police to embed trauma-informed practice within their areas.

As a first step, we would like to understand what evaluations of trauma informed initiatives have already been completed, and key lessons from these. We are asking if you could kindly share evaluation reports of any trauma-informed initiatives in your organisation/services. These will allow us to build our system-level evaluation on the existing evidence.

Please send us internal or external evaluation reports carried out in your organisation/services since 2019. These may include evaluations of:

- baseline organisation/service-level assessment prior to a trauma-informed project.
- trauma-informed training
- trauma-informed practice or project
- trauma-informed policy.

Please ensure that reports do not contain any identifiable information of individual staff or service users.

Please forward this request onto any colleagues who you think this call may be relevant to. Any reports shared shall be confidentially handled and will only be used for the purpose of the evaluation of trauma informed change at the system level. Please email any evaluation reports to: Innocent.Mahiya@bristol.ac.uk **before the end of May** (if you miss this deadline, please do still share the materials and we will try and include them).

All organisations replying will receive a copy of our evaluation report. Many thanks for your help.

Trauma Informed Interpreting Services Collaboration opportunity to develop trauma informed training for interpreters.

In trauma informed care, the primary goal is to prevent further harm to survivors. This highlights the critical importance of all involved parties adopting practices aimed at averting re-traumatising people and vicarious trauma.

Interpreting for individuals who have endured trauma, such as asylum seekers and survivors, presents many challenges. Interpreters, who deliver messages in the first person, may not always have the opportunity to debrief after assignments. Consequently, they may experience secondary trauma or compassion fatigue due to exposure to distressing narratives. Additionally, when interpreters lack trauma informed training, there is a risk of unintentionally triggering trauma for service users through the choice of language or tone. To effectively address these challenges and make best use of interpreters while prioritising the well-being of both, service users and interpreters, we are launching a co-production project. Our objective is to collaborate with organisations and charities working with interpreters to develop and implement specialised training programs for interpreters and service providers.

'TIP interpreting', an interest group that is currently forming, are now actively seeking

collaboration and funding opportunities for this project. If you believe that you and your organisation may be interested in participating, please do not hesitate to reach out to us at interpreting.TIP@gmail.com

We warmly welcome your insights and involvement. Thank you.

Useful Resources

[Welcome to the Keeping Bristol Safe Partnership website. \(bristolsafeguarding.org\)](https://www.bristolsafeguarding.org/) - What is Trauma Informed Practice – our Bristol website keeping you updated.

[About us | Safe Hands Thinking Minds](#) Karen Treisman has extensive experience in the areas of trauma, adversity, loss, child protection, fostering, adoption, refugee and asylum seeking contexts, trafficking, and attachment. She works clinically using a range of therapeutic approaches with families, systems, and children in or on the edge of care, unaccompanied asylum-seeking young people, and adopted children. As well as being a supervisor, reflective practice facilitator, and trainer.

Diary Dates

Next Bristol Trauma Informed Practice Network meeting: Thursday 13th June 2024, 10-11.30am on TEAMS! Please note we changed our meeting platform! Please sign up here if you are already a network member: <https://forms.office.com/e/pBy8H1tJRX>

And here

<https://forms.office.com/r/jGAD4nZ07h>

to join the TIP network member mailing list to receive future invites and newsletters.

If you have practice you would like to share with colleagues across the network or if you would like to get involved in producing or contributing to these quarterly updates in any other way or would like to speak at one of the Network Meetings, please get in touch with us by emailing trauma.informed@bristol.gov.uk