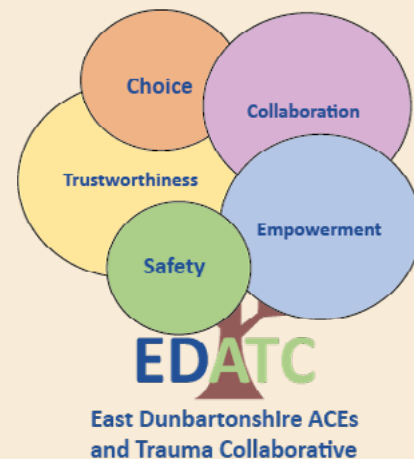


# EDATC Newsletter



## What Has The East Dunbartonshire Aces And Trauma Collaborative Been Doing?



An East Dunbartonshire ACEs and Trauma Collaborative (EDATC) meeting was due to take place at the end of June; however, due to annual leave, low attendance and conflicting training commitments it had to be cancelled. The first half of 2025 has been less consistent with meetings which has contributed to the decision to look at the structure of the EDATC meetings and do a self-evaluation exercise to ensure it continues to meet the aim of being a trauma-informed and responsive East Dunbartonshire.

The EDATC members are next due to meet on 2 September for an in-person event which is going to focus on the task of self-evaluation. The EDATC has run in its current form since its inception and has grown in size and achieved a significant amount since 2018. As the Trauma Informed Practice programme grows across East Dunbartonshire, there is now a need to reassess the core purpose of the EDATC and ensure that it is achieving its goals, aims and objectives, as well as meaningfully supporting the services within not just the steering group, but across the whole of East Dunbartonshire.

The in-person event will consider a variety of changes to its structure, as well as looking to what we want to keep the same; this is an important consideration when looking at change and ensuring that the things we do well, remain, while always seeking to improve and grow in the right direction.



The next planned meeting after this event is **28 October 2025 at 10 – 11.30am on Microsoft Teams**. If you would like to be a member of the EDATC and can commit to attending the meetings, as well as supporting the implementation of trauma informed practice across your service, please do not hesitate to get in touch with our trauma informed practice coordinator on [Victoria.bannerman@eastdunbarton.gov.uk](mailto:Victoria.bannerman@eastdunbarton.gov.uk) for more information.

# Trauma Informed Practice Coordinator

In April 2025, the Scottish Government announced that the funding for the Trauma Informed Practice programme will be 'baselined' from now on, meaning that the funding would be provided through the general revenue grant given to Local Authorities. The reason for this decision was to evidence the Scottish Government's commitment to the National Trauma Transformation Programme and to support Local Authorities to continue to progress Trauma Informed Practice across their services in the long term. As part of this, the Improvement Service (who support local government improvement and have a team specifically focused on the trauma work) is working with the national group of Trauma Lead Officers (TLO) to formalise this network. One of the activities within the formalising of the network, was to elect two co-chairs of the national network of TLOs in order to strengthen relationships with all the national partners e.g. Scottish Government, COSLA, NES and Resilience Learning Partnership and to ensure that the voices of the TLOs who are implementing the programme across Scotland, are heard and listened to within the programme of change and growth.



In June this year, Vicki was elected to be one of the two inaugural co-chairs alongside Angi Pinkerton from South Ayrshire. This is a huge honour and Vicki is thrilled to have been selected for this position, especially as it was voted for by her TLO peers and feedback has been that Vicki and Angi are seen as clear leaders amongst the group nationally.

An additional element of formalising the network, in lieu of there being a national strategy for the Trauma programme, is to ensure there is an annual learning report to evidence the progress, as well as share the challenges and barriers, of implementation. Vicki collaborated with David Aitken (Chief Social Work Officer) to look at the progress across East Dunbartonshire and submitted the response in mid-August. The Improvement Service will collate all the responses and a national learning report will be available in Autumn 2025.

Vicki continues to also attend a wide range of other subgroups locally. Please do not hesitate to get in touch if you would like to extend an invite to request that Vicki attend a meeting, either as a one off or on an ongoing basis to support moving forward with Trauma Informed Practice:  
[Victoria.bannerman@eastdunbarton.gov.uk](mailto:Victoria.bannerman@eastdunbarton.gov.uk)



# SUBGROUP ACTIVITY

The EDATC's subgroups have continued to progress their individual agendas over the last few months.

## People and Training Subgroup:

### Trauma Informed (Level 1) Training!

Trauma Informed training is the foundational level of training which we now offer on a monthly basis to all members of the workforce across East Dunbartonshire. Within this training, we focus on the prevalence of trauma across society, as well as considering ACEs and the impact of these, exploring what trauma and Trauma Informed Practice are and a brief overview of wellbeing and the Window of Tolerance. This training is now available to view via the Joint Learning and Development calendar and can be accessed by emailing [cpc@eastdunbarton.gov.uk](mailto:cpc@eastdunbarton.gov.uk) for spaces. All sessions take place at McGregor House on Thursdays, alternating between a morning and an afternoon session. The next date is **Thursday 11th September at 12.30 – 3.30pm**.

A REMINDER! East Dunbartonshire's own Trauma Informed e-learning module is now available on Moodle! If you are a Council or HSCP employee with an East Dunbartonshire email address, you have access to Moodle and can complete the e-learning module. This is a foundational level of learning and has been developed to provide an understanding of the prevalence of trauma, an introduction to Trauma Informed Practice and also has several videos and resources which help to provide context across a variety of both children and adult services. Please take some time to access Moodle and complete the module, as well as encouraging colleagues and staff to access it, to support the continued rollout of trauma training within our workforce.

Should you wish to discuss what level your service/staff require and would like to discuss the option of a single agency training session for either Trauma Informed or Trauma Skilled level, please do not hesitate to get in touch with [Victoria.bannerman@eastdunbarton.gov.uk](mailto:Victoria.bannerman@eastdunbarton.gov.uk).

## Data and Reporting Subgroup:



Over the next few months, we will continue to explore the themes, impact and learning from across training with the aim to develop a learning report which will be presented to senior management in 2026. Additionally, we are aiming to evidence the positive impact of trauma informed practice through the stories of those we are supporting within our services, but also from the perspective of our workforce. One of the most important elements of trauma informed practice is learning from the lived experience of both our service users and our staff, which can have a huge impact on how we design and deliver our services. The creation of an annual report to show the value of being trauma informed and responsive is our main goal and there is already so much to evidence and celebrate.

If you are also a keen data analyst and feel that you would like to contribute to the annual learning report, please get in touch with [Victoria.bannerman@eastdunbarton.gov.uk](mailto:Victoria.bannerman@eastdunbarton.gov.uk) to join the subgroup.

# UPDATES FROM EAST DUNBARTONSHIRE SERVICES

## ALCOHOL AND DRUG PARTNERSHIP

In our communities, individuals and families that are affected by alcohol/drug use can be at increased risk of harm and experience of trauma. The Alcohol and Drug Partnership has been involved in trauma informed work since 2017, recognising that people often have multiple and complex needs and different levels of trauma.

Although trauma can affect the whole population, evidence shows that individuals using alcohol and drugs may have higher levels of trauma in their lives, which can impact on many areas, such as relationships, housing, employment, physical and mental health. It is important to understand that individuals affected by alcohol and drugs should not be stigmatised and labelled as making poor choices.

Trauma informed practice is so vital in supporting alcohol and drug deaths and harm that the Scottish Government and Public Health Scotland introduced the implementation of Medication Assisted Treatment (MAT) Standards in 2021. MAT standards acknowledge that the majority of people cared for by services have gone through significant trauma (MAT 10) and require support services to be trauma informed. The National Trauma Transformation Programme Roadmap for Creating Trauma-Informed and Responsive Change (2023) is based on evidence as well as learning and good practice to develop trauma-informed provision in Scottish services.

Working in a trauma informed way allows individuals being supported to feel listened to and understood without being judged and allows staff to feel safe and supported while providing much needed support. Having a trauma informed workspace enables staff to feel valued, supported and reduces the possibility of burnout, compassion fatigue and vicarious trauma.

It is vital that staff that support people and their families affected by alcohol/drug use can access the high-quality trauma training relevant to their role, provided via the Trauma Informed Practice Coordinator.

The Alcohol and Drug Partnership continues to prioritise trauma informed practice through the MAT Standards and aims to improve service delivery, the environment and workforce development opportunities for staff, together with the ACEs and Trauma Collaborative.



**EAST DUNBARTONSHIRE  
ALCOHOL AND DRUG PARTNERSHIP**

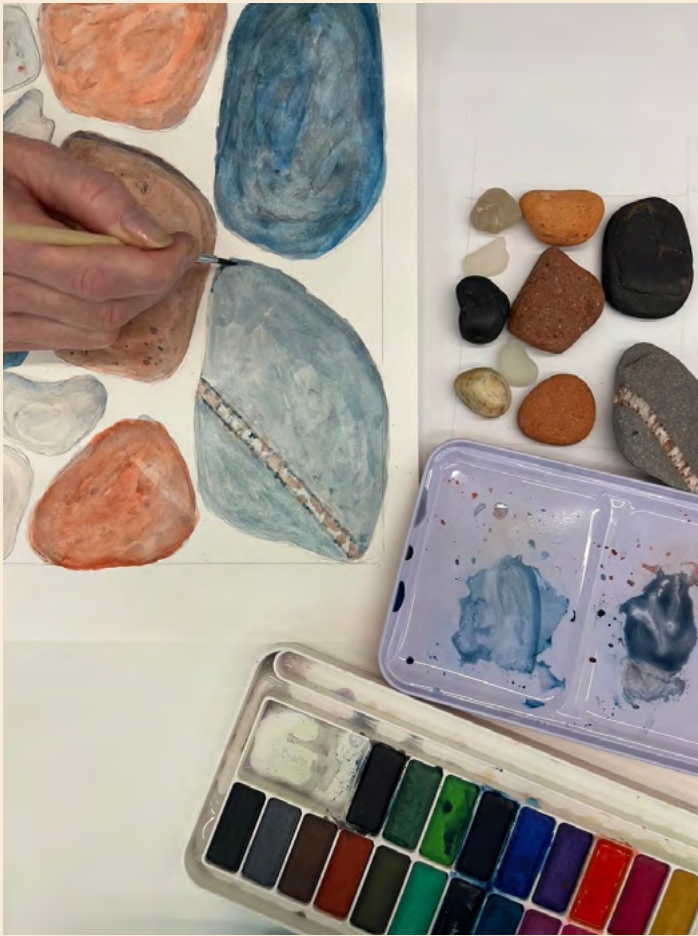


Lynsay Haglington

Alcohol and Drug Partnership Coordinator



# THE ART OF HEALING' PROJECT



Following a successful bid to the Endowment Fund last year, the East Dunbartonshire Local Trauma Project Group was provided funding by the East Dunbartonshire HSCP Senior Management Team to commission artwork to be created for Kirkintilloch Health and Care Centre (KHCC). The group collaborated with GRACE (Group Recovery Aftercare Community Enterprise), which is a local East Dunbartonshire organisation that supports individuals in recovery from trauma, mental health problems, addiction issues, bereavement, isolation and more.

The main aim of the project was to create a more welcoming and relaxed KHCC for patients, their families and carers, staff and visitors. This is part of the ongoing work of the group to create a more trauma-informed KHCC.

Community Artist at GRACE, Rachel Toner, led the 10 week project, named 'The Art of Healing'. This officially began in April 2024, although ideas about featuring artwork from the organisation were first discussed in 2019, and had to be delayed due to the pandemic. Fifteen members of GRACE participated in the project, and the artwork

they created is now featured in eight of our large lockable frames that you may have noticed in the KHCC reception area, our clinic corridors and group room. Some pieces feature personal statements from the artists, and some have information about GRACE.

"Because art helps me say what my words can't."- Artist

We were delighted to welcome GRACE into KHCC on the evening of Wednesday 14 May 2025, to meet the artists, view the artwork together, and give some recognition and appreciation to all involved. We were very pleased to have such great attendance from staff who were invited, and were delighted to have Head of Adult Services for East Dunbartonshire HSCP, David Aitken, in attendance, as well as Service Manager (Mental Health Services and Learning Disability) Lorraine Currie, and Nurse Team Leads for the East Dunbartonshire Primary Care Mental Health Team, Larkfield Community Mental Health Team, and East Dunbartonshire Alcohol and Drugs Recovery Service.



Photo courtesy of GRACE

All artists were provided with a certificate and small gift for their hard work, and we enjoyed some soft drinks and nibbles together. Founder of GRACE, Robert Smith, spoke of being encouraged by such great partnership working, and looks forward to collaborating on more projects.

We greatly enjoyed speaking to the artists, and hearing how much the project meant to them. Some comments from the artists, included in Rachel's report, included:

I've really enjoyed it as I love being creative and knowing that my artwork is going up in the health centre and helping to create a calm and welcoming environment for people has made the experience a lot more meaningful.

Art produced by a peer support group like GRACE can show others the amazing benefits to our mental health when we become part of a group that offers so much for so many

This project exceeded my expectations, I enjoyed engaging in this creative process, surrounded by my peers. Seeing this collective progress from start to finish has been empowering.

I have really enjoyed taking part in this project, the creation of these art pieces has been therapeutic in itself.



GRACE visit KHCC: Artists with The East Dunbartonshire Local Trauma Project Group (including Peer Support Worker Lucy McGonigle (far left), Service Manager Lorraine Currie (4th from left), Team Lead for East Dunbartonshire PCMHT Josie Stewart (2nd from right), and Community Artist Rachel Toner (centre, kneeling), and David Aitken (Head of Adult Services) – Photo courtesy of GRACE



GRACE artists viewing their pieces with David Aitken (Head of Adult Services) – Photo courtesy of GRACE



Founder of GRACE, Robert Smith, speaks about the project, before handing out certificates to the artists - Photo courtesy of GRACE

To find out more about GRACE, please visit their website: <https://graceaftercare.org/>



# SCOTTISH TRAUMA INFORMED LEADERSHIP TRAINING WEBINARS 2025

The final STILT webinar of 2025 is scheduled for the following date:

**11 September 2025 from 1-4pm**

The STILT programme is to undergo review following feedback from attendees and Trauma Lead Officers. A short life working group is being established in partnership with NES and the national group of Trauma Lead Officers to consider how to improve the STILT content to support both a national and local perspective. No further dates have been planned until 2026. Please endeavour to attend this session where possible if you are a leader within your service. If you are unsure whether your role requires you to attend STILT, please contact [Victoria.bannerman@eastdunbarton.gov.uk](mailto:Victoria.bannerman@eastdunbarton.gov.uk) to seek further information. Leadership training is vital to support the ongoing development and implementation of Trauma Informed Practice across East Dunbartonshire, as well as Leadership being seen as one of the key priorities within the Outcome & Improvement Plan 2023 – 2026.

Registration for the STILT session is open, please click the associated links in the image below.



**National Trauma Transformation Programme**  
Responding to Psychological Trauma in Scotland

## Scottish Trauma-Informed Leaders Transformation (STILT) Webinar

The **Scottish Trauma-Informed Leaders Transformation (STILT)** programme was developed by NHS Education for Scotland as part of the National Trauma Transformation Programme (NTP), recognising the key role of leaders in driving trauma-informed change through multi-agency and collaborative approaches.

**What we aim to cover in this webinar:**

- Why trauma informed and responsive organisations, systems & workforces are important
- Provide real life examples of what 'good' looks like
- To offer resources on how we get there

**What are the pre-requisites and who should attend?**

- This event is by invitation only and is intended for those invited by their local NTP representative e.g. TPTIC, Trauma Lead Officer, Trauma Champion, or member of the NES team.
- Completion of the 'Developing Your Trauma Skilled Practice' e-learning module (available [here](#)), is a pre-requisite of attending this webinar.



**What have previous attendees said about the webinar?**

- "I thought the whole webinar was excellent. It was a great balance of theory, participation, scenarios and live examples and reflections from guest speakers too."
- "Hearing exactly why 'lived-experience' is so crucial."
- "That larger system changes can occur and it's ok for it to feel messy at times. We are not alone!"

**Please register by clicking one of the dates below**

**3<sup>rd</sup> June 2025**  
**1pm-4pm**

**11<sup>th</sup> September 2025**  
**1pm-4pm**

**Contact Information**  
For any enquiries, please contact: [nadezda.coyle2@nhs.scot](mailto:nadezda.coyle2@nhs.scot)

## KEY DOCUMENTS AND EVENTS

Midlothian Council is launching its brand new event: Midlothian Trauma Awareness Week. A week of free events exploring trauma-informed practice in Midlothian. Open to professionals, partners and community members.

The premise of the week is to focus on one of the principles of trauma-informed practice each day, starting with the launch event on Monday 15 September, which will focus on the power of collaboration, from organisational shift to developing direct work tools to support our practice with individuals impacted by trauma. On the following days the events will be online with a webinar each day offering practical examples of how services, teams or organisations have been able to put TIP principles into practice.

The first event is being hosted in person at Dalkeith Arts Centre from 1-2pm and will feature presentations from local organisations on how they are working together to build safe and empowering spaces for those who have experienced trauma. The registration link for this event can be found on the associated links in the image above. All other events will be held online via Teams meetings. Please click on the associated links also in the image above or email [Ciara.burke@midlothian.gov.uk](mailto:Ciara.burke@midlothian.gov.uk) for calendar invites.

The poster features a background image of a large tree with sunlight filtering through the leaves. The title 'Midlothian Trauma Awareness Week' is prominently displayed in large, bold, white letters. Below the title, the dates 'Monday 15 September - Friday 19 September 2025' are listed. The poster is divided into sections for different events, each with a title, date, time, location, description, and a link to join the webinar. At the bottom, there is a summary of the week's events and contact information for Ciara Burke.

# Midlothian Trauma Awareness Week

**Monday 15 September - Friday 19 September 2025**

**Launch Event - Collaboration**  
*Monday 15 September, 1pm–2pm, Dalkeith Arts Centre*  
Join us in person to launch Trauma Awareness Week. Hear how local organisations are working together to create safe, empowering spaces for people affected by trauma. Includes reflections from lived experience and a chance to ask questions.  
[Sign up on Eventbrite](#)

**Webinar - Trust**  
*Tue 16 Sep, 11am–12noon, online*  
Explore how trust builds strong relationships in schools and services. Hear insights on creating safe spaces and supporting children and young people affected by trauma.  
[Join the webinar](#)

**Webinar - Empowerment**  
*Thu 18 Sep, 11am–12noon, online*  
Discover how trauma-informed communication and staff support can empower individuals and influence change. Includes a video from the Staff Lived Experience Group.  
[Join the webinar](#)

**Webinar - Safety**  
*Wed 17 Sep, 11am–12noon, online*  
Learn how relational safety supports recovery and wellbeing. This session includes practical examples from local services and voices from lived experience.  
[Join the webinar](#)

**Webinar - Choice**  
*Fri 19 Sep, 11am–12noon, online*  
This session explores how offering choice can transform relationships and support recovery. Hear from local projects and young people with lived experience.  
[Join the webinar](#)

A week of **free** events exploring trauma-informed practice in Midlothian. Open to professionals, partners and community members. Click on the links to join online events, or email [\*\*Ciara.burke@midlothian.gov.uk\*\*](mailto:Ciara.burke@midlothian.gov.uk) for calendar invites.

 Midlothian Health & Social Care

 National Trauma Transformation Programme  
Improving the Trauma Management Response in Scotland

 Midlothian

## Who To Contact?

Victoria Bannerman –  
[Victoria.Bannerman@eastdunbarton.gov.uk](mailto:Victoria.Bannerman@eastdunbarton.gov.uk)  
(TIP Coordinator)

Alex O'Donnell –  
[Alex.ODonnell@eastdunbarton.gov.uk](mailto:Alex.ODonnell@eastdunbarton.gov.uk)  
(Trauma Champion & EDATC Chair)

Alistair McDonald –  
[Alistair.mcdonald@eastdunbarton.gov.uk](mailto:Alistair.mcdonald@eastdunbarton.gov.uk)  
(Trauma Champion & EDATC Vice-Chair)

