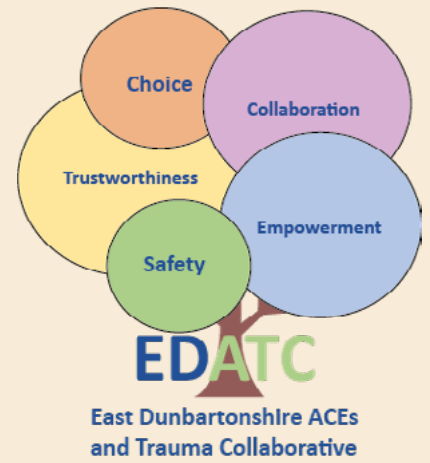


# EDATC Newsletter



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

The EDATC last met in October 2024 with a fantastic presentation from Mhairi O'Rourke of [I Am Me Scotland](#) Initiative, delivered in partnership with Police Scotland, which is focused on changing attitudes and behaviours of people in society to ensure disabled and vulnerable people feel safe in their communities. Attendees felt it was a really interesting presentation and there was a lot of discussion afterwards, with links made between I Am Me Scotland and many of our services in East Dunbartonshire.

Please see the [RESOURCES](#) section later in this newsletter for further information on the I Am Me Scotland initiative and resources, including contact information.



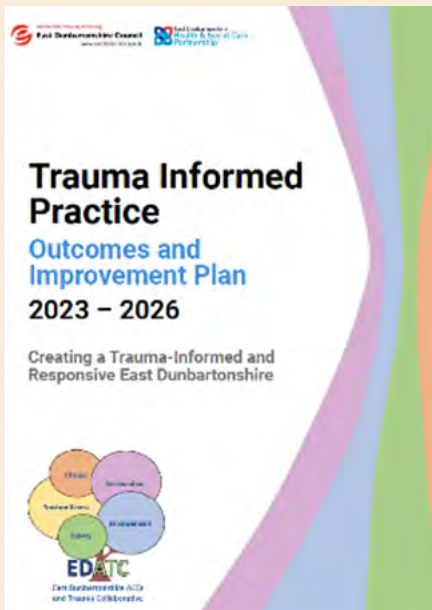
The meeting planned for December 2024 was cancelled due to the high number of apologies, given the time of year, with a renewed enthusiasm for Trauma Informed Practice coming for 2025!

The next planned meeting is on 18 March 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 [Victoria.bannerman@eastdunbarton.gov.uk](mailto:Victoria.bannerman@eastdunbarton.gov.uk) for more information.

# Trauma Informed Practice Coordinator

The East Dunbartonshire Outcome & Improvement Plan 2023 – 2026 was officially launched in October 2024 with several online briefings welcoming staff from across East Dunbartonshire Council, HSCP and other services within the local community including our vital Third Sector services. The three-year plan focuses on five short-term priorities for achieving a trauma-informed and responsive East Dunbartonshire across all Council and HSCP services.

To request a copy of the plan, please contact Vicki via email: [Victoria.bannerman@eastdunbarton.gov.uk](mailto:Victoria.bannerman@eastdunbarton.gov.uk).



During the International 16 Days of Action programme, which seeks to highlight the ongoing epidemic of violence against women and girls across the world, Vicki was invited to present on taking a trauma informed lens to gender-based violence and the Equally Safe strategy in Scotland, as well as providing a lived experience input. Vicki presented alongside Graham Goulden, who showed an enthralling film named 'The Bystander Effect' which focused on the impact of trauma and the social influence of other's inaction during a crisis or traumatic event.

The event was well attended with three local Councillors and Evonne Bauer from East Dunbartonshire Council's Senior Leadership team, as well as over fifty representatives from local services. There were also information stalls from lots of local services and a fantastic art display provided by Glasgow and Clyde Rape Crisis.

A poster for an event titled 'CHALLENGE CHANGE PREVENT'. The text is in bold, orange and black. The event is on 5th December, 2024, from 10:30am to 3:00pm at Kirkintilloch Town Hall. The theme is 'A LOCAL APPROACH TO TACKLING VIOLENCE AGAINST WOMEN AND GIRLS'. It is part of the 16 Days of Action event by EMPOWERED, East Dunbartonshire's Violence Against Women &amp; Girls Partnership. The speakers listed are Graham Goulden, Victoria Bannerman, and Police Scotland. There is a special exhibition 'Reassess the Press' by The Rosey Project. Event details include a marketplace, booking via Eventbrite, and a content disclaimer. A QR code is provided for booking. The poster also features a megaphone icon and the EMPOWERED logo with the tagline 'Protection of Women in East Dunbartonshire'.

Vicki has been supporting the ongoing delivery of Trauma Informed (level 1) sessions across public dental services, with two more sessions delivered in November 2024 totalling six since June 2024 to almost 80 staff, including paediatrics and prison-based oral health. This also created a link to the Oral Health Improvement Teams (both child and older adults) and a session was held on 9 January 2025 at Stobhill Hospital for 47 dental team staff and managers across these services. The feedback for the delivery of this session was phenomenally positive and has started conversations about the wellbeing of dental staff as well as supporting staff to find new ways to engage vulnerable children and adults to access much needed dental care.

A national online event hosted by the Improvement Service, took place on 21 January 2025 with over 500 attendees present. The event was titled ‘The Roadmap for Creating Trauma-Informed and Responsive Change - How can the Roadmap support your service/organisation with embedding a trauma-informed and responsive approach?’ and Vicki was asked to present how the Roadmap informed and supported the development of the East Dunbartonshire Trauma Informed Practice Outcome & Improvement Plan 2023 – 2026. Vicki was also a guest panel speaker for the event alongside COSLA, the Care Inspectorate, the Trauma Responsive Social Work Services Programme and one other Trauma Lead colleague from Midlothian Council.

<b>9.20am</b>	<b>Introduction to the Roadmap</b> <i>Laura James, Improvement Service</i>
<b>9.45am</b>	<b>Q&amp;A</b> <i>With national partners of the NTTP and contributors to the Roadmap, including Scottish Government, COSLA, NHS Education for Scotland, Resilience Learning Partnership &amp; Improvement Service</i>
<b>9.55am</b>	<b>Learning from services &amp; organisations using the Roadmap</b> <ol style="list-style-type: none"> <li>1. Aileen Nicol and Jane Kelly, Care Inspectorate</li> <li>2. Andrew Burgess, City of Edinburgh Council</li> <li>3. Vicki Bannerman, East Dunbartonshire Council</li> <li>4. Ciara Burke, Midlothian Council</li> <li>5. Kirsty Pate, Trauma-Responsive Social Work Services, Scottish Government</li> </ol>
<b>10.35am</b>	<b>Q&amp;A</b> <i>With speakers</i>
<b>10.45am</b>	<b>Whole group discussion – collectively moving forward with this work</b> <i>All, facilitated via Menti</i> <ul style="list-style-type: none"> <li>• How could/ has the Roadmap support(ed) your organisation with this work?</li> <li>• What further support might you need in embedding a trauma-</li> </ul>

Following this presentation, Vicki was contacted by multiple attendees including from the Care Inspectorate asking to see the East Dunbartonshire strategy for Trauma Informed Practice, as an exemplar of how to move forward with developing this in their own services. Vicki also attended an



Improvement Service-hosted event alongside Christine McCauley (With You – Third Sector Service) to explore trauma informed evaluations and how to use this within the pilot project being planned with the With You service, looking to bring trauma informed practice training and awareness to our communities.

Vicki continues to also attend a wide range of other subgroups locally and nationally. 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 three subgroups have continued to progress their individual agendas over the last few months.

## Environment Subgroup:

Work continues on progressing the changes to the environment at Kirkintilloch Health & Care Centre (KHCC). An endowment bid was accepted in December 2024 to paint the 11 treatment rooms on the ground floor of the building. The rooms will be painted using colours which are known to be more trauma informed, with soft, calming tones and wall friezes showing images of sunsets, beaches, nature and similar views will be placed on walls to support patients to feel comfortable and relaxed during sessions. The work began in February 2025, with two of the treatment rooms prioritised; the wall friezes will be added shortly after. The changes to the treatment rooms will be part of a phased plan, with a view to adding more sensory items such as cushions, diffusers, different lighting, carpets and soundproofing over the next few years.

As part of this plan, significant work has been undertaken to gather feedback from patients and staff within KHCC, as well as HSCP buildings generally. The feedback from this is currently being collated by Vicki, Lucy McGonigle (peer support worker – PCMHT) and Yvonne Lambie (ADP Development Officer). Lucy is compiling a report, which we aim to present to HSCP Senior Leaders at a managerial meeting in March 2025. The aim is to explore the impact on the environment on patient access to services and the barriers this can present to people successfully and positively responding to treatment, as well as a focus on the impact of the environment on staff who may have their own lived experience of trauma both personally and professionally.



## Policies and Systems subgroup:

The subgroup is developing a framework to support the review of policies within East Dunbartonshire Council and HSCP (where relevant to local policies). The next development session will be held at the start of March, with the framework then circulated. The subgroup will then move to being a task and finish group, available for consultation and support for the review of any policies going forward.



## People and Training subgroup:

The Transforming Connections: Trauma Skilled (level 2) training programme continues into 2025 with all dates from January – April now fully booked and only a few spaces left for May and June. The ongoing interest and commitment from team leaders to request spaces for their staff is incredible and all the facilitators have commented on what enjoyable experiences they are having with each other and during the sessions. Attendees are also asked to attend a follow-up session three months after the full day, to reflect on their thoughts and how the training has impacted on their practice and wellbeing. Attendees continue to evidence what amazing trauma informed work is already happening across our local services but are also reflecting on the opportunities to make changes and understand their needs as individuals too.



Trauma Informed sessions have been delivered to our Educational Psychologists and Scottish Fire and Rescue Team, as well as to the Oral Health Improvement Team (both adults and children).

We have a Training For Trainers event for Trauma Informed level with seven nominees currently signed up. This is planned for late March 2025 and will support the rollout of a programme of Trauma Informed sessions across the Council to services such as Roads, Waste and Facilities Management. The aim is for the programme to follow the same structure as the Transforming Connections: Trauma Skilled sessions with monthly sessions. We will add the sessions to the joint learning calendar when these are available and notify management of dates.

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).

# UPDATES FROM EAST DUNBARTONSHIRE SERVICES

## MEET THE SERVICES EVENT

We are excited to invite you to join us on 24 April 2025 for an event designed to bring together local service providers and community members. Whether you are looking to connect with organisations that can support your needs or simply want to explore what is available in our area, this is the perfect opportunity to network, ask questions, and discover valuable resources.

Come meet the people behind the services, learn about the programs they offer, and find out how they can help make a positive impact in your life or the lives of others. We look forward to seeing you there!



## ADP TRAINING CALENDAR 2025



In 2025, the Alcohol & Drug Partnership (ADP) is thrilled to offer a comprehensive training calendar, providing access to a range of free, funded courses. These courses are designed to enhance your knowledge, skills, and confidence in addressing critical issues such as alcohol and drug misuse, as well as suicide prevention and self-harm.

The ADP is committed to supporting individuals and organisations in our community, equipping them with the tools and resources needed to make a positive impact. Whether you are a professional working in health, social care, education, or any other sector, the training sessions are tailored to provide you with practical insights and strategies for supporting those affected by addiction, mental health challenges, and crisis situations.

Some of the key areas covered in the training include:

- Alcohol and Drug Misuse: Understanding substance use, recognising the signs of addiction, and learning effective intervention strategies.
- Suicide Prevention: Gaining crucial knowledge and skills to identify the warning signs of suicide, providing appropriate support, and offering resources to those in need.
- Self-Harm Awareness: Exploring the causes and effects of self-harm, while developing the confidence to provide compassionate, non-judgmental support.

These training opportunities not only support personal and professional growth but also help build stronger, more resilient communities. The courses are open to anyone looking to deepen their understanding and make a real difference, particularly those in frontline services or community-based roles.

Keep an eye on the ADP training calendar for upcoming sessions and ensure you don't miss out on this valuable learning experience!

Please contact: [Yvonne.Lambie@nhs.scot](mailto:Yvonne.Lambie@nhs.scot) for more information.

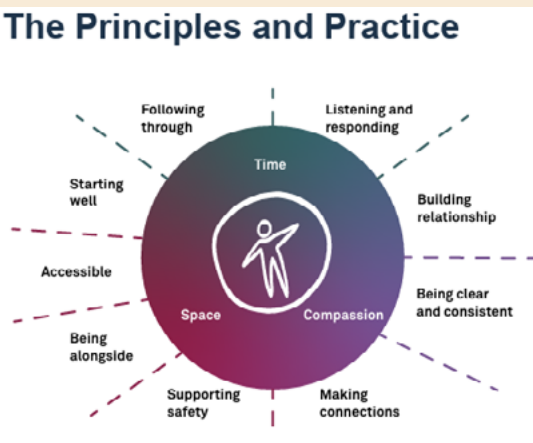














# TIME SPACE COMPASSION EVENT

-Update provided by Yvonne Lambie (ADP Development Officer)

In December 2024, we had the privilege of hosting a Time, Space & Compassion event at Kirkintilloch Baptist Church, which was led by Linda Hunter, Lead Officer from the Scottish Government. This gathering brought together a diverse group of community members, service providers, and professionals, all united by the shared goal of fostering compassion and support within our community.


The event provided a fantastic opportunity for networking, as attendees had the chance to connect with one another, share experiences, and build relationships. Linda Hunter, with her wealth of expertise and insight, led us through thought-provoking discussions and activities that encouraged reflection on how we can cultivate more compassionate spaces in our everyday lives and communities.



Time	Space	Compassion
 to be heard and listened to	 to seek help	 kindness, respect, sensitivity & proactive support
 timely response	 that is and feels safe & accessible	 trauma & crisis informed
 sticking with people over time	 emotional & psychological space	 clear on what people can expect
 through change and transitions	 in all the spaces we operate	 taken time for our own time space compassion
RESPECT ... EQUITY.... TRUST.... RELATIONSHIP		

Throughout the day, participants engaged in meaningful group discussions, where we explored the challenges we face in supporting others, ways to create inclusive and compassionate environments, and practical strategies for improving community well-being. The learning from these conversations was invaluable, offering fresh perspectives and a renewed sense of purpose for all involved.

Overall, the Time, Space & Compassion event was an enriching experience, fostering a sense of unity and shared responsibility in creating a more compassionate community. We left with new ideas, stronger connections, and a deeper commitment to supporting each other moving forward.

Developing our capacity for Time Space Compassion		
H	 How we connect	The quality of connection and relationships with others – those we support, work alongside and link to in other places
O	 Ourselves	Finding our own Time Space Compassion to stop, reflect, learn and recover
P	 Practice	Consistently paying attention to and taking steps to sustain and increase our impact for people in crisis
E	 Everyday actions	Having good processes, forms, working habits, systems and policy that actively support us to work this way

# JUSTICE SERVICE USER GROUP

## – update from Sylwia Sajid (Social Work Student in Justice SW Service)

In November 2024 a monthly Service User Group was established at East Dunbartonshire Justice Services to:

- support the ongoing development of our services
- ensure that the voices of our clients are heard
- ensure that our clients' diverse needs are met.

Research has demonstrated that playing an active role in their community and taking on a measure of responsibility can assist offenders in the journey away from crime.

During the first brainstorming session a group agreement was established. This was to keep everyone safe and to respect each other's personal space and confidentiality. A number of proposals were suggested by the participants, including designing a new service user leaflet and creating a video addressing how Justice Services work. Since the first meeting we have produced a draft of the service user leaflet, which will be presented and discussed at the meeting in February.

The Unpaid Work Manager was invited by the participants to attend the next meeting to which he agreed. They would like to ask him questions regarding unpaid work.

Since the commencement of the Service User Group attendance has varied. This has prompted us to explore ways to attract new participants; one idea being a bag of edible goodies or a food voucher.

## THE LAC TEAM AND THE AUTISM COMMUNITY GROUP

East Dunbartonshire Council is excited to launch our 'Neurodivergence Survey' – an online survey seeking to gather the views and feedback of the local Neurodiverse community (14+).

This survey has been created by the Autism Community Group, a group of local autistic people who are hoping to make positive change for the Neurodiverse community in East Dunbartonshire. We hope that the information gathered in the survey can inform future Council provision.

We would appreciate if you could please circulate the poster and/or the survey link as far as you can so we can get feedback from as many people as possible.

Survey link - <https://survey123.arcgis.com/share/1aa3c439fc4a471789ab3cb5fa3eb438>

If you/someone you know would prefer to complete the survey in a more accessible format then please just contact [lacs@eastdunbarton.gov.uk](mailto:lacs@eastdunbarton.gov.uk) and we will do our best to support.



The poster features logos for East Dunbartonshire Health & Social Care Partnership, East Dunbartonshire Council, and the Autism Community Group. The text reads: 'Neurodivergence survey 2025', 'Are you neurodivergent?', 'The Local Area Coordinators along with the Autism Community Group have created a survey to see what East Dunbartonshire Council can do to improve the lives of autistic and neurodiverse people and create a more inclusive community.', 'Have your say and fill out the survey here', 'https://arcg.is/04vuC00', 'or by scanning the QR code:'. A QR code is shown, and an illustration depicts a hand holding a red string that forms a brain shape around a person's head.



# SCOTTISH TRAUMA INFORMED LEADERSHIP TRAINING WEBINARS 2024/2025

The next STILT webinar is scheduled for the following date: 25 February 2025. Registration for the STILT session is now open, please click the associated links below to take part. If you attended a session prior to June 2023, please attend another session, as the content has been updated to take account of new learning and progress made by the Trauma Leads nationally, in the last 18 months. 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.

[Tuesday 25th February 2025, 1-4pm](#)



## Scottish Trauma Informed Leaders Training Webinar

**Thursday 05<sup>th</sup> December 2024,  
1300 – 1600**

**[Click here to register](#)**

<https://forms.office.com/pages/responsepage.aspx?id=veDvEDCgykuAnLXmdF5JmstoU16GRnVKkuDDLUMVq9UNTFRILU0ZTRUozVTdZMU8wRU5XSURDUy4u&origin=iprLink&wdLOR=c34D1A65C-F40E-4B34-B93B-AB998A011967>

**Tuesday 25<sup>th</sup> February 2025,  
1300 – 1600**

**[Click here to register](#)**

<https://forms.office.com/pages/responsepage.aspx?id=veDvEDCgykuAnLXmdF5JmstoU16GRnVKkuDDLUMVq9UQ05YRILZROPUUNEJNUUzROWIJQSExKMY4u&origin=iprLink&wdLOR=c595F554E-FBFA-4326-A84B-0EB590BC8466>

The National Trauma Transformation Programme (<https://transformingpsychologicaltrauma.scot/>) supports the shared ambition of the Scottish Government, COSLA and partners from across Scotland to develop a trauma informed and responsive nation and workforce that is capable of recognising where people are affected by trauma and adversity, able to respond in ways that prevent further harm while supporting recovery and can address inequalities & improve life chances. This free webinar is designed to support leaders on this journey.

The Scottish Trauma Informed Leaders Training (STILT) was developed by NHS Education for Scotland as part of the NTPP in recognition of the key role of leaders in driving trauma informed change through multi-agency and collaborative approaches. The aim of the STILT programme is to support development of the knowledge, skills and confidence to lead trauma-informed change.

The webinar will cover:

What are the key principles of a trauma informed system and service?  
Why do we need trauma informed systems – what does the evidence tell us?  
How to take a trauma informed lens to your organisation.  
Next Steps and commitments: Key drivers that can support and maintain change.

Key Intended Learning Outcomes:

- To understand the ways in which the experience and impact of trauma can create barriers to accessing services.
- To recognise the key features of a trauma informed system that can respond with an understanding of the impact of trauma in mind and prevent re-traumatisation through relationships that offer collaboration, choice, empowerment, safety and trust.
- To recognise the value of creating systems that are informed by people with lived experience of trauma
- To develop the capacity to appraise organisational systems, practices & policies through a “trauma informed” lens.
- To identify the key drivers for creating and sustaining trauma informed change in your organisation.



Who is it suitable for?

**This event is by invite only and is intended for:**

- Trauma Champions
- TPTICs
- Those who have been invited to attend by their local National Trauma Transformation Programme representative (TPTIC) or member of the NES team

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

How do I get the most from this training?

**To find this webinar useful you will have:**

- A pre-existing trauma skilled level of knowledge about the impact of psychological trauma on individuals
- A basic understanding of the context of the national trauma training programme

To fulfil this, you can complete the 'developing your trauma skilled practice' e-learning module available by registering at <https://learn.nes.nhs.scot/> The module can then be found at: <https://learn.nes.nhs.scot/24384/elearning-psychology/developing-your-trauma-skilled-practice>

**This event is by invitation only, so please only register if you can confirm you have been invited to do so**

## WHAT RESOURCES ARE AVAILABLE?

I Am Me Scotland have developed a number of resources to support their initiatives being delivered in partnership with Police Scotland, focused on changing attitudes towards those with disabilities, as well as topics such as substance and alcohol issues and those at risk of exploitation.

Their initiative is named I Am Me Scotland which focuses on early intervention and prevention, creating educational resources to make communities safer and works in partnership with Police Scotland covering topics including hate crime, alcohol and substance use and recovery to tackle the stigma attached to it, exploitation awareness and all that this entails e.g. grooming, human trafficking, commercial sexual exploitation, county lines and radicalisation. The resources cover ages from Nursery up to Secondary and are available for practitioners in all settings.

All of the resources were developed in partnership with people with lived and living experience. For FREE access to the resources, please register at [Register for Access : I Am Me Scotland Learning Platform](#).

If you need any more information, you can contact [lamme@renfrewshire.gov.uk](mailto:lamme@renfrewshire.gov.uk) for more information.

Please find a link to an e-publication, ahead of full print publication, of a research project completed in partnership with the Greater Glasgow & Clyde Transforming Psychological Trauma Implementation Coordinator (TP-TIC) Dr Suzanne Aziz and the University of Strathclyde, on trauma informed practice in justice services:

[A JOURNEY TOWARDS A TRAUMA INFORMED AND RESPONSIVE JUSTICE SYSTEM: THE PERSPECTIVES AND EXPERIENCES OF SENIOR JUSTICE WORKERS](#)



## KEY NATIONAL DOCUMENTS AND EVENTS

The Improvement Service is inviting colleagues to join them for an online awareness-raising session to launch the Implementation Forum on **Thursday 27 February from 14:00 - 15:30**.

An email shared by Ariane Beaver (Protecting People Project Officer – IS) noted the following:

“As you may be aware, in August 2024 the Scottish Government and COSLA published the refreshed [Equally Safe Delivery Plan](#). Amongst the deliverables set out in the Plan, the Scottish Government and COSLA committed to work with a range of partners to develop a collaborative programme of support to enable local and national partners to adopt a public health approach to preventing Violence Against Women and Girls (VAWG). This Plan included a commitment to establishing an Implementation Forum to improve awareness, understanding and embedding of a public health approach to preventing VAWG.



The Implementation Forum seeks to collaborate with local and national partners to explore how a public health approach can be embedded in practice, identifying and overcoming barriers to implementation, sharing local experience and supporting its wider application.

This session aims to:

- Share examples of existing prevention activity happening locally and nationally
- Provide an introduction to a public health approach
- Introduce the role of the Implementation Forum in improving awareness, understanding and embedding of a public health approach to preventing VAWG.

The launch is aimed at anyone who is interested in learning more about the Implementation Forum or a public health approach to preventing VAWG. Therefore, we strongly encourage attendees to share the [registration form](#) with any colleagues who may have an interest in attending.

If you are interested in attending the launch, please register [here](#). “

The Improvement Service have also developed two resources to support the understanding of the cross-cutting agenda of trauma informed practice on a national level:

[Improving outcomes for people and communities affected by poverty, inequality, trauma and adversity: joining the dots across key policy agendas](#)

[Improving outcomes for people and communities affected by poverty, inequality, trauma and adversity inequality, trauma and adversity:](#)

A Roadmap for Creating Trauma-Informed and Responsive Change: Guidance for Organisations, Systems and Workforces in Scotland (2023): [Implementation - National Trauma Transformation Programme](#)

## 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)

