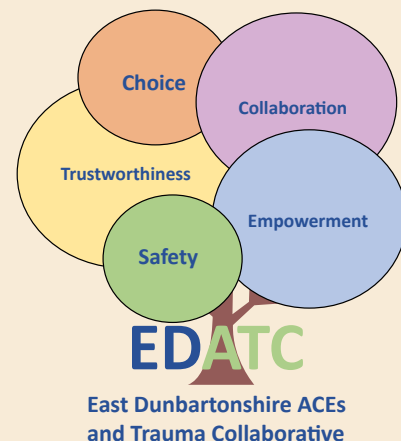


EDATC Newsletter



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



The EDATC has met three times since the last newsletter and has continued to support progress in a range of services. Another successful in-person event took place on 3 September 2024 and focused on Leadership, as this is the first priority within the Trauma Informed Practice Outcome and Improvement 3-year Plan. Strengthening local leadership's understanding, buy-in and commitment continues to be a key priority as raised during the EDATC in-person events and Leadership remains a crucial part in supporting the progress being made across services. The aim of this session was for the EDATC to think ambitiously about how to enable fully committed trauma-informed leadership to support becoming a fully trauma-informed and responsive local authority. This session considered both the challenges and supports needed to achieve this.

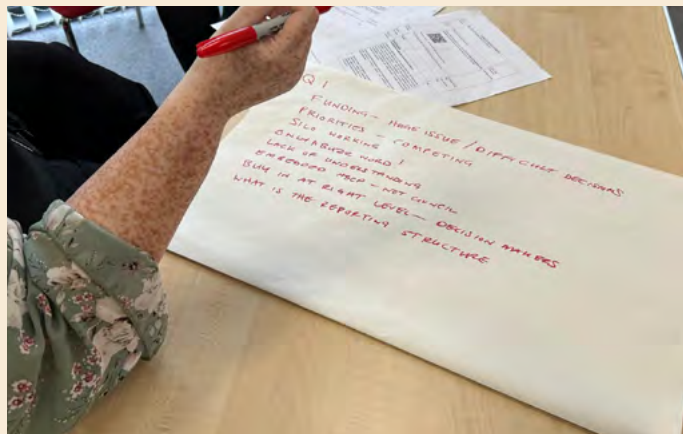
Fourteen people from the EDATC attended on the day; this number was lower than expected but was still a successful session with lots of enthusiasm from those present. The in-person event was held at Hillhead Community Centre and colleagues worked closely, both figuratively and literally (due to the small room!) to achieve the aims of the session. Vicki provided an update in terms of the EDATC, subgroups, her work nationally and where East Dunbartonshire is currently at in terms of progress. The group recognised the huge progress made since Vicki came into post and the importance of having a Trauma Informed Practice Coordinator post in place.

We also used a mentimeter survey to gather attendees' views on what meaningful Trauma Informed and Responsive Leadership looked like to them and this was what they said:



These actions support Vicki to continue to progress the Trauma Informed and Responsive agenda across all the services that are present in East Dunbartonshire.

We also had the pleasure of a presentation from the Local Area Coordinators' Team Manager, Ashleigh Grant-Ng and Local Area Coordinator Ailsa McNab around the East Dunbartonshire Autism Strategy and the work the team does to support people aged 14 and over, in East Dunbartonshire with a diagnosis of Autism and/or some Learning Difficulties. They also led a tabletop discussion with the whole group around cross-service collaboration, how to support the Autistic and Neurodivergent community in East Dunbartonshire across all services.



The Trauma Informed Practice Outcomes and Improvement three-year Plan has been fully developed and designed, with a launch planned for October 2024. The plan sets out the priorities around Trauma Informed Practice for East Dunbartonshire for 2023 – 2026.

Briefings will take place on the following dates to support an understanding of its content and the plan going forward in terms of implementation. Please endeavour to attend one of these dates:

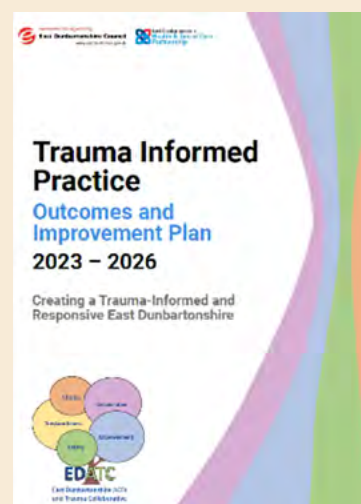
Wednesday 23/10/24 – 12pm [Join the meeting now](#)

Thursday 24/10/24 – 9.30am [Join the meeting now](#)

Tuesday 29/10/24 – 4pm [Join the meeting now](#)

There will also be a 7-minute briefing circulated to support Managers and Teams with a focus on information and priorities for implementing Trauma Informed Practice across services.

The EDATC is continually seeking to ensure that its membership is representative of the service provision that is present throughout the community. Should you have an interest in joining the EDATC and/or would like to present how your service is providing a Trauma-Informed experience for people, please contact the Trauma Informed Practice Coordinator at: Victoria.bannerman@eastdunbarton.gov.uk for more information.



Trauma Informed Practice Coordinator

Vicki attended a national meeting in March 2024 hosted by the Improvement Service and Resilience Learning Partnership (RLP), for the national group of Trauma Leads, to gather views and feedback around resources aimed at learning within communities.

From this meeting, Vicki has put forward East Dunbartonshire as one of four pilot sites in Scotland, to implement the facilitation of learning around trauma informed practice in communities, in partnership with substance and alcohol support service With You (formerly We Are With You). Vicki and With You Development Manager Christine McCauley attended a meeting with RLP in September, to discuss what the pilot might look like and will progress this over the coming months.



withyou

This pilot aims to also incorporate other services who support people in communities where trauma is intertwined with substance and alcohol use and experience of the justice system, as these are often all connected. The pilot aims to provide communities with more information and awareness of their experiences, while being supported by a whole systems approach to ensure they have the appropriate services available to them when they learn more about themselves.

Vicki will also be presenting at various events and forums in the coming months, to further increase and support awareness of Trauma Informed Practice across East Dunbartonshire.

In support of the annual international campaign for gender-based violence, '16 Days of Activism', held from 25 November to 10 December, Vicki will be presenting on 5 December at an event, considering the importance of using trauma informed practice when supporting women and girls who have experienced violence within relationships.



Vicki has also been part of developing the agenda for a development day for the national group of Trauma Leads alongside the Improvement Service which explores the challenges and progress made across Scotland and how to work individually and collectively to implement trauma informed practice across all the local authorities in Scotland. Vicki has also been contributing to a Short Life Working Group aimed at co-producing a standardised Trauma Informed level face-to-face resource with NHS Education for Scotland (NES).

On a local level, Vicki has been part of the Training For Trainers application and selection process for Transforming Connections: Trauma Skilled facilitators across Greater Glasgow & Clyde (GG&C). The process has highlighted the need for more clarity for applicants and led to the co-production of a standardised guidance document to share with applicants and in support of increasing the capacity across GG&C to ensure all facilitators have the same experience when applying and attending a Training For Trainers event. The importance of quality assurance in this process is paramount and the work undertaken by all the Trauma Leads has been a worthwhile investment, as the application process should allow for a smoother and more supportive experience for applicants in East Dunbartonshire.

Vicki also had the pleasure of delivering a Training For Trainers event for the Transforming Connections: Trauma Skilled training in August, with three facilitators from East Dunbartonshire in attendance.

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



SUBGROUP ACTIVITY

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

Environment Subgroup

HSCP Buildings Survey

Yvonne Lambie (ADP Development Officer) has created a survey focussing on the HSCP buildings to gather feedback. Please use either the QR code attached or the survey link below:



Have you ever stopped to think about the environment you work in? Have you ever felt things could be better to make it a more welcoming place for people that use the service? Changes can make a massive difference, from warm colours to a comfortable seat.

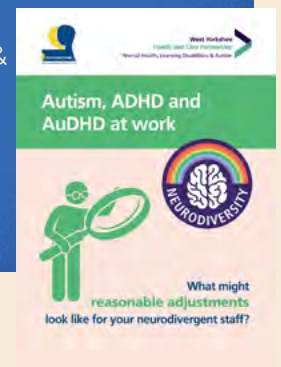
We all arrive at work as people before we put our professional hat on, and we ourselves have at times accessed our own services we so love and promote. Being trauma-informed is everyone's business and we rely on good practice and each other to make small yet significant changes

I have pulled together a short survey which should take only a few minutes to fill in. Gathering this information on any of the services/buildings within the HSCP will allow us to present information to leadership boards and other colleagues to allow us to be more trauma informed.

https://forms.office.com/Pages/ResponsePage.aspx?id=veDvEDCgykuAnLXmdF5Jm-m8y1TU8AtZOmseefD_6cwhUOUFaVVcyN1FRNVdIVIJVSIE1UIVNUk5ZSS4u

Awareness of Neurodivergence and Neurodiversity continues to increase and trauma-informed approaches within workspaces are needed to ensure that those with a diagnosis of a neurodivergent issue eg. Autism or ADHD, are able to work to the best of their ability when they are in the office. The following resource was developed by a partnership between Touchstone and West Yorkshire Health & Care Partnership to support an understanding of reasonable adjustments to make for neurodivergent staff.

<https://www.healthwatchwakefield.co.uk/wp-content/uploads/2024/09/Autism-ADHD-and-AuDHD-at-work-a-guide-for-EMPLOYERS-FINAL.pdf>



KHCC Staff Feedback



Lucy McGonigle (Peer Support Worker) and Josie Stewart (Team Lead) from the Primary Care Mental Health Team (PCMHT) have worked in partnership with Vicki to run a focus group for staff in KHCC which had six attendees, as well as two staff drop-ins (19 and 26 September), to gather feedback around thoughts on the environment and how to improve KHCC to make it more trauma-informed. This feedback will be collated into a report and presentation which will be presented to Senior Leaders across the HSCP to support an understanding of how important the environment is in helping people to access services and recover from trauma. It will also be used to inform an application to the Endowment Fund to prioritise improving the therapeutic spaces within KHCC.

Rapid Access Building



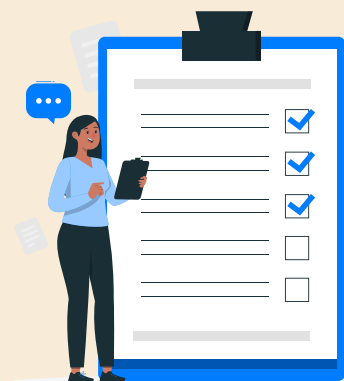
Jackie Sullivan and Aileen Farrell from the Rapid Rehousing and Homelessness Teams have been working hard to improve spaces within Housing services and have been focused on repurposing the old Action for Children building in Kirkintilloch. Additionally, changes to a communal space in Ravenswood Housing Support Service run by the Mungo Foundation, have been made with a trauma informed lens, offering a relaxed, therapeutic space for residents to spend time and feel safe in a shared environment.



Policies and Systems subgroup

The members have taken time to consider the role and remit of this group. It has been agreed that there should be a framework developed within East Dunbartonshire to support services with developing new and reviewing existing policies, to ensure they are trauma-informed and responsive. Members of the subgroup will be meeting in October to discuss and develop this framework which will then be circulated and shared with all those who are responsible for policy development across East Dunbartonshire.

The subgroup will then liaise with relevant managers and officers to offer advice and support in using the framework, using the expertise within the group relating to queries such as language, lived experience consultation and implementation.



People and Training subgroup

A Trauma-Informed, foundational level e-module is currently being developed with support from Gillian McEwan (Learning & Development Facilitator) with a view to being launched in Autumn 2024. Information will be circulated to announce the launch of the module, for managers and staff teams noting when they will be able to access this via Moodle. It will be situated on the Moodle dashboard for easy access to all users.

Trauma Informed level training has been facilitated across a variety of services within East Dunbartonshire. The most notable being with Paediatric and Primary Care Dental teams in Stobhill, as these services are hosted within East Dunbartonshire. Vicki developed the package in partnership with Kate Wiseman (Assistant Clinical Director) and the Trauma Leads across the Greater Glasgow & Clyde area. Two sessions were held in June and July, which were well attended and feedback was extremely positive, with all staff noting how important a trauma informed and responsive approach is when working with children and vulnerable adults in dental services. The training incorporated learning through direct application to a case study which staff noted to be particularly helpful when considering issues such as consent and compliance during examinations. Two further sessions are planned for November 2024.

Our Transforming Connections: Trauma Skilled training continues with pace and so far across East Dunbartonshire services we have provided sessions for nearly 300 people since October 2023. The next group of dates have been very popular and all remaining dates for 2024 are at capacity. New dates will be available from January – June 2025 at the end of the year. Feedback from attendees is always very positive.

This has also been delivered as a pilot project to Allander Centre staff, splitting the full day session into separate modules over the course of four weeks. This has been a great learning experience for understanding how this needs to be done in the future but has also supported a staff team who have limited availability to attend a full day, to receive the training in a way which meets the needs of the team.

Taking account of feedback and a need to evaluate the impact the training is having on staff, service delivery and those receiving a service, we have now incorporated an essential follow -session three months after attending a full day session. This one-hour online session helps facilitators to understand how the training has landed with attendees but also helps attendees reflect on the changes they have made and whether they identify any challenges or barriers within their services to implementing trauma-informed practice.

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.



Updates From East Dunbartonshire Services

After the huge success of the Meet The Services event in May 2024, it has been agreed that this will become an annual event. Vicki and Yvonne Lambie (ADP Development Officer) worked tirelessly over a short period to make the 2024 event a success. For the 2025 event, there is a Short Life Working Group (SLWG) to support with planning, which has already met once. Should you wish to be part of the SLWG, please email Yvonne.lambie@nhs.uk for details. Please keep a look out for more information over the coming months about the next Meet the Services event for East Dunbartonshire, as it will be a fantastic opportunity to network, highlight your service to others and meet members of the community who may benefit from knowing about you!



East Dunbartonshire residents,
services & organisations
are invited to a
'Meet the Services'
event at
Kirkintilloch Town Hall
Wednesday 24 April 2024
12 - 7pm.

**Health and social care providers
will be there to answer questions
and offer advice. Wellbeing
support and light refreshments
will also be provided.**

**Come along and find out
what support services are
available in your community.**

East Dunbartonshire Council
East Dunbartonshire Health & Social Care Partnership
NHS Greater Glasgow and Clyde

Justice Social Work One Stop Shop

Laura Dickie (Senior Practitioner) has developed a resource named the One Stop Shop for the Justice Social Work Team which aims to support the Justice Social Workers with a fuller understanding of what services they can work in partnership with, to better support people accessing Justice Social Work. The 'One Stop Shop' will comprise of monthly representation from many different agencies for a two-hour slot. Each agency will run a monthly surgery explaining the service they provide, how they will take referrals, the process for meeting clients and social workers, and will discuss the limitations of what they do.

It was recognised there is a need for a pro-active and multi-agency approach towards service provision, and the timing has never been more crucial. This and the team's awareness of trauma, mental health, addiction and poverty being barriers to service engagement led to the development of the One Stop Shop. It will be launched on **Wednesday 23 October 2024**.

The list of services hosting surgeries includes: The Foundry, We Are With You, GRACE, Men Matters, Citizens Advice Bureau, Housing, Mental Health Team, Venture Trust (Will join January 2025).

Scottish Trauma Informed Leadership Training Webinars 2024/2025

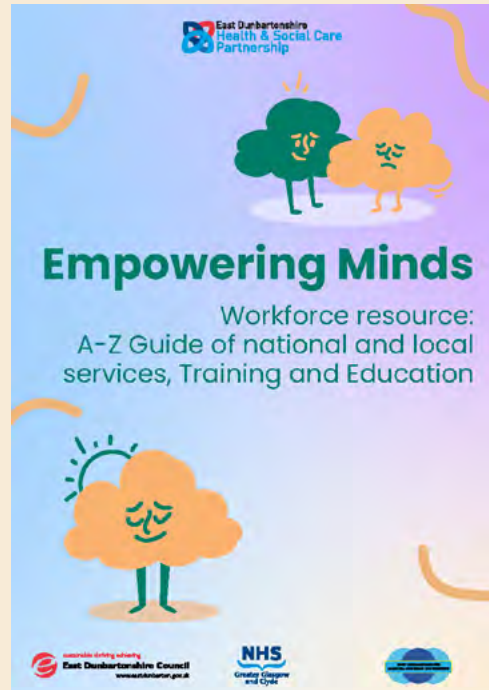
The next two STILT webinars are scheduled for the following dates. Registration for all STILT sessions is now open, please click the associated links below. If you have previously attended a session prior to June 2023, please consider attending another session, as the content has been updated to take account of new learning and progress made by the Trauma Leads nationally, in the last 18 months.

[Thursday 5th December 2024, 1-4pm](#)

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

WHAT RESOURCES ARE AVAILABLE?

Yvonne Lambie (ADP Development Officer) has created two resources to support you as an employee and your community. These A-Z resources aim to enhance your knowledge of national and local services, education and training to support your wellbeing, including suicide prevention. If you require printed copies, please email Yvonne.lambie@nhs.scot and these will be made available.



The Low Road Film Screening.

This raw yet inspiring film aims to open up conversation around suicide and mental health.

A screening of The Low Road has been arranged for Monday 21 October in Glasgow. Please see attached flyer and website www.thelowroadmovie.com for further information about the film.

The details are: Monday 21 October 10:00-13:00 (please arrive by 9.45).

Cineworld, Renfrew Street, Glasgow.

The film runtime is 1hr 37mins. This will be followed by a Q&A/conversation with the film makers.

Please let Craig Wilson know (at craig.wilson@gov.scot) if you would like to attend so they can manage numbers.



KEY NATIONAL DOCUMENTS?

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

Relaunched National Trauma Training Programme as National Trauma Transformation Programme: [Homepage - National Trauma Transformation Programme](#)



Who To Contact?

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Alistair McDonald –
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(Trauma Champion & EDATC Vice-Chair)

Councillor Susan Murray –
Susan.Murray@eastdunbarton.gov.uk
(Trauma Champion)

