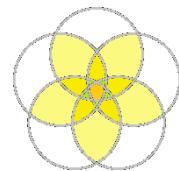


Trauma Informed workshop 3 – a summary of your ideas and input



As we continue to advance our vision of a truly trauma-informed Cambridgeshire and Peterborough, we're taking a crucial next step: forming four dedicated working groups. These groups will drive our efforts forward, focusing on key areas that emerged from our previous workshops.

To make real, lasting change, we need your expertise, passion, and creativity. Each group will tackle essential tasks and we seek members who are ready to contribute their skills and insights. Each group will play a vital role in shaping our network's future, and your participation could make all the difference. Whether you're able to commit a little or a lot of time, your contribution is invaluable.

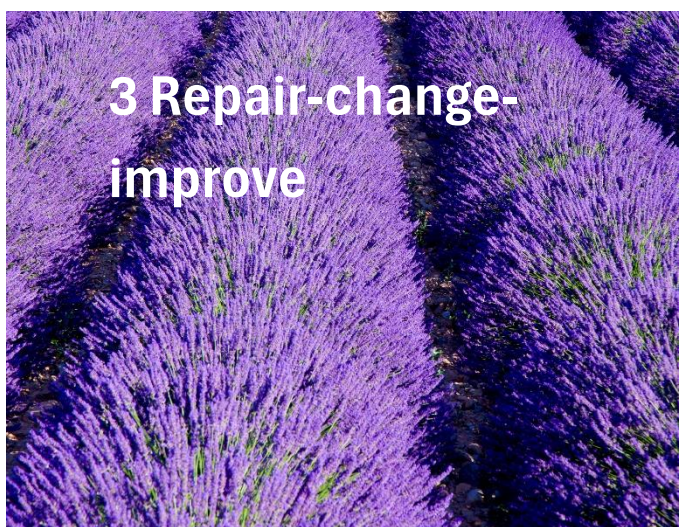
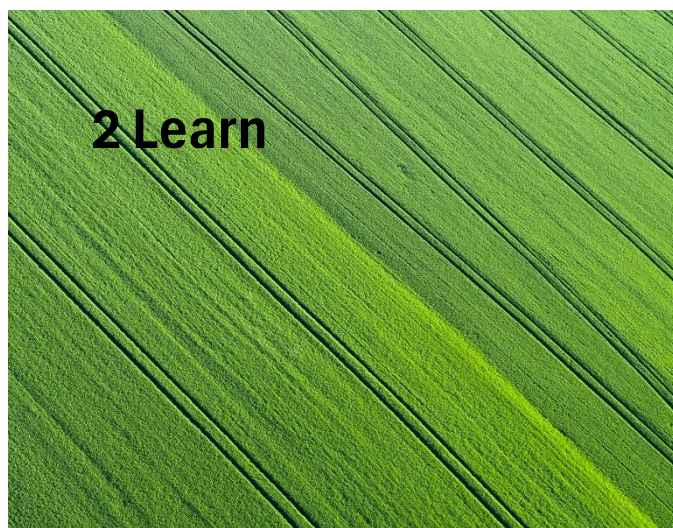
Together, we can create a trauma-informed, compassionate community that supports everyone

The next step: fieldwork

This note gathers and develops your input made in the exercises held at the July 2024 Trauma Informed System workshop. The exercise involved arranging the previous actions suggested into quicker / slower and less important / more important. The second part of the exercise was to add suggestions about how to go about developing the actions, and any questions.

Some suggestions made at the July workshop have been moved from their original 'theme' to another where they seemed more relevant or it reduced overlap. We have called the themes "fields".

Our next stage is to form groups which will go out and start our **fieldwork**...



1 Develop & explore shared resources

Suggested goal: Create and maintain a repository of shared resources that supports the trauma-informed network's development and sustainability.



Tasks could include:

- **Resource Inventory:** Identify and catalogue existing resources within the network, such as toolkits, best practices, and shared platforms.
- **Learning Hub Design:** Develop the concept and structure for a learning hub that facilitates resource sharing, continuous learning, and collaboration among network members.
- **Human Library Initiative:** Define and implement a 'Human Library' where individuals can share their expertise and experiences, helping others learn from their knowledge. Then 'shout out' asking what knowledge and experience people have and are prepared to share via the Library.
- **System Mapping:** Create and maintain a directory of services and resources that can be easily accessed and updated to reflect ongoing developments. (Maybe use and enhance the existing mental health & housing toolkit to incorporate multi disadvantage).
- **Group mapping** - Sharing info on groups e.g. women's action group, various co production groups) so we can know what groups are available (*links to "Link co production / working groups" under reflection*).
- **Funding Case Development:** Collaborate with stakeholders to build a robust business case for securing funding that supports network activities and growth.

2 Learn

Suggested goal: Promote continuous learning and professional development through shared training, knowledge exchange, and networking.



Tasks could include:

- **Training Sessions:** Organise and facilitate training sessions (drawing on existing training offers within the network) that build trauma-informed practices across the network, encouraging the participation of diverse professionals. Ensure accessibility for all those who want to join
- **Celebrate success:** Establish a platform for sharing case studies and success stories that illustrate effective trauma-informed approaches (such as the SAFE - case demonstration at TI workshop 2).
- **External Learning:** Reach out to other regions or networks (e.g., Wales, Scotland, MEAM Network) to learn from their experiences and integrate their insights into the network. Contact services outside C&P to come and speak to the network.
- **Volunteer Engagement:** Create opportunities for network members to volunteer as facilitators or speakers, sharing their expertise with the broader group.

3 Repair-change-improve

Suggested goal: Identify and address systemic issues & barriers in the network, fostering a culture of continuous improvement & innovation, working to celebrate / mitigate / remove



Tasks could include:

- **Identify Challenges:** Facilitate discussions to pinpoint systemic barriers, harmful practices, and areas where the network's efforts may be falling short.
- **Relationship Mapping and Targeted Support:** Identify and map out areas of innovation and energy within the network, learning from successful initiatives and applying these insights to other areas with genuine curiosity and inclusion of people with lived experience.
- **Co-production:** Engage service users and providers in co-production efforts, ensuring their perspectives are central to the development of new initiatives.
- **Commissioning Working Group:** Establish a sub-group focused on rethinking and improving commissioning practices to encourage innovation and better outcomes.

4 Reflect

Suggested goal: Create a culture of reflection within the network, allowing time for processing, listening, and thoughtful planning.



Tasks could include:

- **Define Reflection:** Collaborate to define what reflection means for the network and how it can be effectively incorporated into daily practices.
- **Link co-production:** Ensure that reflections from service users and working groups influence broader network strategies, creating a feedback loop that informs continuous improvement.
- **Menu of Involvement:** Develop a diverse range of options for involvement that accommodates different needs and preferences, particularly for those with lived experience. Maybe set out some options based on what people with lived experience say has worked so far – any formats they suggest or would like to test?
- **Support Mechanisms:** Establish supportive environments (e.g. 'Cloud of Support') where members can process and share their experiences collectively, promoting emotional well-being. Support collective 'unloading', ensuring choice in the way it is done.

Core Group

To get to this point, a group of people has been giving their time between workshops to process and develop the rich content each workshop produces. We are suggesting this Core Group continues to run giving oversight to the four fieldwork groups, making sure the work produced is complimentary and does not overlap too much. The Core Group will also play a role in creating and facilitating future 'whole network' events. A current Core Group member will be present at each fieldwork group to help and guide.

As well as seeking participants for the fieldwork groups, we will be asking one or two people from the fieldwork groups to also attend the Core Group to make sure the work links up. Who that is, can be decided as the fieldwork groups start to meet.

Guidance

These are the activities suggested for each field group:

1. Talk about what the *field* means – for a service and across the system.
2. Pick on one or two practical things to progress.
3. Embedding lived experience is vital, who is round the table? Do you have people from any key teams involved? Do you need others to join you? (though needs to remain focussed & manageable!)
4. Think about how you want to meet and communicate.
5. What does the group need? (e.g. additional resources, support, or specific information).
6. How will you capture your new and emerging ideas?
7. How do you plan to update the core group, or the full network?
8. Consider the 'ways of being' (below).

Tips

- Don't be bounded by resources, be creative and imaginative
- Don't be restricted by what is currently possible.
- Use understandable / universal language – try to avoid technical jargon and explain any acronyms.



Ways of Being

People at trauma informed workshops have devised "ways of being" which form a basis for our fieldwork. The ways of being support participants to fully take part. As a network we are...

- Aspirational
- Bold
- Flexible & adaptable
- Persistent
- Open and reflective in our communications
- Open to difference
- Open to innovation learning & growth
- Open to and appreciative of people with lived experience