

On a post-it note

Write two practical things you think you can do in relation to ACEs and resilience?



Welcome

# ACEs Ambassador Day

Assistant Chief Constable Julian Moss  
ACEs Panel Chair

*“If you can put the science into the hands of the general public, they will invent very wise actions.”*

Laura Porter, co-founder of ACE Interface

# Outline Agenda

- Inspiring stories of change – 45 minutes

## *Comfort break*

- Workshop – finding meaning - 1 hour
- What being an Ambassador means to you – 20 minutes
- Networking & pack collection – 12-12.30

# Stories of change

Individuals & organisations taking  
action on ACEs

# Comfort break – 10 minutes

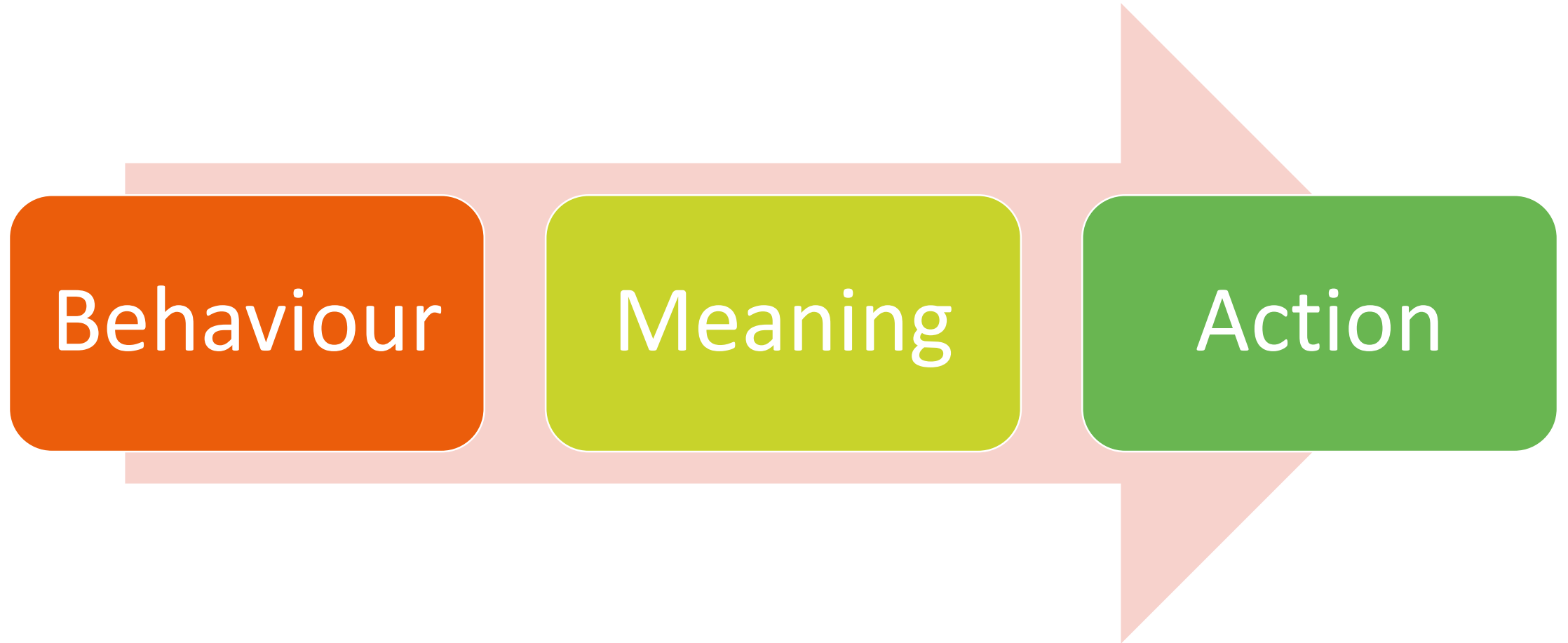
Return to workshop and further discuss stories on your tables

# Workshop

Everyday connections

Workshop  
Session  
1 hour

**ACTION  
ON ACES**  
Gloucestershire





# What do they mean to you?

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SHOW COMPASSION  
(TO YOURSELF AND OTHERS)



MAKE CONNECTIONS



CHANGE THE QUESTION

*ASK WHAT'S HAPPENED?  
NOT WHAT'S WRONG.*



# How can you put them into action?

*Things to think about:*

- Think about your professional or personal roles
- How could a change of approach impact your life or work?
- What could you organisation do?
- What simple actions or changes can you make that will make a difference?

*Write one of your ideas onto a pledge card, keep it with you to remind you. Or share on social*



# Taking Action

Building a network of Ambassadors

# We are all Ambassadors

*ACEs Ambassadors are an informal network of people who are keen to champion ACEs awareness across Gloucestershire, in whatever way they can, whenever they can.*



# Simple things you can do

## Build your knowledge base

### Actionaces.org

- Use our website resources
- Watch our videos
- Read the research updates
- Use our sources of support

## Spread the word

- Share the campaign anyway you can
- Use our logos and graphics
- Talk to colleagues, clubs, friends

## Make connections

- Add to the community assets map
- Connect with other Ambassadors
- Find connections across organisations, communities and boundaries



## Ambassadors Q&A

We want your views:

- As Ambassadors what do you want to achieve?
- What would help you achieve it?
- What do you want to get from the Ambassador Network?



And finally

Write two practical things you think you can do in relation to ACEs and resilience?



# Collect your packs

Thank you for attending

[www.actionaces.org](http://www.actionaces.org)

@actionaces

#ActiononACEs