

ACTION ON ACES

Gloucestershire



From ACEs to Resilience Conference

June 10 2021 9.30am - 3.30pm

ONLINE

Join us at the Action on ACEs Conference 2021: *From ACEs to Resilience*

You're invited to join us at the Action on ACEs Conference 2021; a free virtual event aimed at people who are aware of, talking about and taking action on adverse childhood experiences.

We know that a history of ACEs can underpin poor educational attainment, health-harming behaviours and anti-social and criminal behaviour in adolescence, and in later life the development of premature ill health and death.

We also know that not everyone who suffers ACEs experiences the same harmful outcomes. Experts suggest that building resilience can help avoid and overcome many of the problems arising from childhood adversity. Resilience is enhanced by the presence of protective factors; building on an individual's strengths and skills and the existence of safe, stable, nurturing relationships.

Our 2021 conference, 'From ACEs to Resilience' will focus on resilience, how to build it in children and young people and how we can support adults who have experienced ACEs. It will help us to consider what we can all do in our roles as trusted adults, professionals, colleagues and members of our own communities to build trauma informed relationships.

We are delighted to be joined by keynote speakers, **Professor Mark Bellis** (Director of Policy and International Health, WHO Collaborating Centre on Investment for Health & Well-being) and **Jaz Ampaw –Farr** ('resilience ninja', educator, author and founder of the charity Everyday Heroes).

We also welcome **Kirsty Tate** from The Nelson Trust and our panel of Trauma Informed Relational Practice (TIRP) experts, **Molly Macleod, James Saunders, Juliette Ttofa** and **Samantha James**.

Alongside this, we will host interactive workshops led by trail-blazing practitioners from a range of sectors.

Finally, throughout the day, we will celebrate individuals making a difference in our communities, through the presentation of our first Action on ACEs Change Maker Awards.

Book [here](#) for what promises to be an informative and inspirational event.



From ACEs to Resilience Conference

June 10 2021 9.30am - 3.30pm

AGENDA

9.30am Welcome and introduction

Sarah Scott

Executive Director of Adult Social Care & Public Health - Gloucestershire County Council

9.50am Adverse Childhood Experiences & the importance of building resilience

Professor Mark Bellis

Director of Policy and International Health, WHO Collaborating Centre on Investment for Health & Well-being

10.30am Change Maker Award

10.35am Break

10.50am Change Maker Award

10.55am Wellbeing, resilience and self-care - A practitioner lens

Kirsty Tate

Head of Recovery Services, The Nelson Trust

11.35am Change Maker Award

11.40am Trauma Informed Relational Practice

Molly Macleod, Restorative Practice Service Lead, Gloucestershire County Council

James Saunders, Inclusion Strategy & Relationship Manager, Gloucestershire County Council

Juliette Ttofa, Chartered Educational Psychologist, HCPC Registered Professional Psychologist and Registered Sand Play Therapist.

Samantha James, Adverse Childhood Experiences (ACES) Coordinator, Gloucestershire County Council

12.20pm Lunch

AGENDA *(continued)*

1.05pm Workshops *(delegates may choose one from the below)*

- ▶ **Why a trauma informed relational approach is so important for our secondary schools right now!**
Tom Shaw, Senior Manager of Research and Development, Carr Manor Community School
Molly Macleod, Restorative Practice Service Lead, Gloucestershire County Council
- ▶ **The power of leading restoratively, without the fear of the dragon**
Yvette Fay, Deputy Head Teacher at Iffley Academy
Chantel Yeates, Deputy Head Teacher at Belmont School
- ▶ **Using a trauma informed relational approach in primary schools**
Charlotte Blanch, Head Teacher at St Gregory the Great Primary School
Gayle Fletcher, Head Teacher at Gloucester Road Primary School
Charlotte Fearn, Restorative Practice Operational Manager, Gloucestershire County Council
- ▶ **Know Your Patch: community assets and resilience**
Indigo Redfern, Chief Executive, GL11 Community Hub
Audrey Harris, Families and Wellbeing Manager, GL11 Community Hub
- ▶ **Building resilience in times of crisis: the importance of the 'significant other'**
Victoria Robson, Chief Executive Officer at The Door Youth Project
- ▶ **Sport, trauma and mental health: the information we all need to know**
Richard Berry, Co-chair of the National 'Engage in their Future' Committee, educational consultant, Mental Health First Aid Trainer and Mental Health and Wellbeing Ambassador for Gloucester Rugby and the Rugby Football Union.
- ▶ **Building resilient communities**
Caroline Walker, Head of Communities, Cheltenham Borough Homes

1.45pm Break

2pm Change Maker Award

2.05pm From surviving past thriving to driving change

Jaz Ampaw-Farr

Resilience ninja, educator, author and founder of the charity Everyday Heroes

2.45pm Closing Remarks

Paul Stephenson, Action on ACEs Chair

Sarah Scott, Executive Director of Adult Social Care & Public Health
- Gloucestershire County Council

Workshop information

Delegates may choose from one of the workshops below. All workshops will be recorded and the content will be available after the conference.

Workshop 1 Why a trauma informed relational approach is so important for our secondary schools right now!

Presenters **Tom Shaw**, Senior Manager of Research and Development, Carr Manor Community School and **Molly Macleod**, Restorative Practice Service Lead, Gloucestershire County Council

Theme This workshop will explore the practical application of a relational approach in Secondary School settings. It offers an insight into our personal experiences and the rewards and challenges we have faced when implementing a whole school culture change programme. We will include strategies employed as a result of COVID and discuss how we can continue to create truly inclusive and nurturing school communities post pandemic.

Workshop 2 The power of leading restoratively, without the fear of the dragon

Presenters **Yvette Fay**, Deputy Head Teacher at Iffley Academy and **Chantel Yeates**, Deputy Head Teacher at Belmont School

Theme In this session, trail blazers Yvette Fay and Chantel Yeates will take you on a quick journey of self-discovery into the world of leading restoratively in special schools. They will share ways of avoiding the inner dragon and the fear of other hidden dragons. They will explore the challenges of leading dynamic change in school cultures, forming and maintain relationships; strengthening and growing communities. You will leave with a greater understanding of why this work is imperative and the positive impact it can have for all involved.

Workshop 3 Using a trauma informed relational approach in primary schools

Presenters **Charlotte Blanch** Head Teacher at St Gregory the Great Primary and **Gayle Fletcher** Head Teacher at Gloucester Road Primary, **Charlotte Fearn**, Restorative Practice Operational Manager, Gloucestershire County Council

Theme We know that children cannot learn if they don't feel safe, known, and cared for within their schools. When teachers are proactive and responsive to the needs of students suffering from traumatic stress, are trauma informed and focus on relationships, it makes a huge difference to the child's ability to thrive. In this session, Head Teachers Charlotte Blanch and Gayle Fletcher share their experiences of using a trauma informed approach in primary schools. They are joined by Charlotte Fearn, Restorative Practice Operational Manager at Gloucestershire County Council.

Workshop 4 Know Your Patch: Community Assets and Resilience

Presenter **Indigo Redfern**, Chief Executive, GL11 Community Hub, **Audrey Harris**, Families and Wellbeing Manager, GL11 Community Hub

Theme We believe that thriving communities are key to good lives and central to building resilience. Connecting Gloucestershire with local people, places and things that can help them will in turn help people live well and worry less. We are proud of the community opportunities which exist in Gloucestershire and in this session, Indigo Redfern and Audrey Harris from the GL11 Community Hub will talk about the way Know Your Patch is working in the county, and how you can get involved.

Workshop 5 Building resilience in times of crisis: the importance of the 'significant other'

Presenter **Victoria Robson**, Chief Executive Officer at The Door Youth Project

Theme Victoria is the CEO of The Door, a local youth charity which works to increase resilience in young people. She will be sharing her experience of the potential outcomes for vulnerable and at risk young people, when the focus for support is resilience through the provision of an enduring, supportive and trusted relationship.

Workshop 6 Sport, trauma and mental health: the information we all need to know

Presenter **Richard Berry**, Co-chair of the National 'Engage in their Future' Committee, educational consultant, Mental Health First Aid Trainer and Mental Health and Wellbeing Ambassador for Gloucester Rugby and the Rugby Football Union.

Theme Sports coaches, and other adults, involved in youth sport play a pivotal role in the lives of children and young people. They are uniquely placed to offer support to children who may be experiencing a range of difficulties, childhood trauma or have Adverse Childhood Experiences (ACEs).

In this session, Richard Berry looks at the links between ACEs, trauma, sport and resilience and the benefits physical activity can have on child and adolescent mental health.

Workshop 7 Building Resilient Communities

Presenter **Caroline Walker**, Head of Communities, Cheltenham Borough Homes

Theme Engagement in community activities, access to trusted adults, supportive friends and positive attachments are shown to improve the lives of individuals everywhere, including those with high levels of ACEs. These factors rely on active, thriving and resilient communities. But what makes a resilient community and how can families be supported to build them?

In this session, Caroline Walker, Head of Communities at Cheltenham Borough Homes talk through the award winning 'St Pauls ACEs project; building trust, hope and resilience for stronger communities.

Register today

reg.actiononacesconference2021.co.uk