



TIPN 2nd Annual General Meeting: 29/11/23 2 – 4 pm

Directors Present: Laura Griffiths, Sarah Cox, Anna Moss, Richard Woodland, Matt Bell, Vicky Brooks, Shelley England, Various members of the network (listed separately).

Apologies: Shelley Shaw, Sarah Newberry

1) Welcome Members

Laura Griffiths welcomed members and reminded them that the Annual General Report had been shared. Comments/feedback was invited for the attention of the directors via info@TIPN.org

Vicky Brooks introduced the new co-ordinator to members, Shelley England.

Vicky gave a brief overview of the journey of the network since 2018 and members were reminded of our overall aims to recognise pervasive legacy of the impact of experiences of trauma, adversity & social injustice across the lifespan. Simultaneously, we counter the deficit-based and deterministic narrative associated with the adverse childhood experience research by celebrating the strength, personal growth, innovation and creativity that can also emerge from such experiences with the right protective, supportive buffers.

It was reported that membership had now grown to over 900 members and that the 'branches' of the network had organically grown – with a new branch: the Plymouth Mental Health Collective. It was recognised that, due to capacity, the Criminal Justice and Care Experience branches had been put on hold, but there were hopes to reignite these in the coming year.

2) Updates from the network

Vicky Brooks shared updates regarding how the TIPN continued to support the **Keyham** community in managing the impact of the events of August 2021.

The network has also been working with Dr Elpitha Bruce to pilot **Trauma Informed Care of staff in the 'deep end surgeries' of Plymouth**. This had been a success and plans were being made to roll this out to other surgeries in the city.

In collaboration with Changing Futures, Research Professor and GP Richard Byng and our network of impassioned mental health professionals, we are striving to trial a cohesive way of how we conceptualise mental health in the context of trauma: **The Plymouth Three Lens Model**. The 3-lens model honours the salience of the dominant medical model but strives to create greater equity with a strengths-based and trauma-informed stance. Interested individuals from the Network membership have met 4 times since April 2022 with Changing Futures taking a lead on creating a workable model to trial in 2024.

The network supported the development of Shame Competence Training and the 'Envisioning Plymouth as a Trauma Informed City' document was reviewed with Luna Dolezal and Dr Haley Peckham. The training is being rolled out to Devon and Cornwall police. Together, we have supported the application for funding from Economic and Social Research Council to share the training with our network. Members will be informed when a decision is made.

3) Future Plans

Vicky shared the following plans for the year ahead:

- a. Review the findings of our Members' Survey and incorporate learning into our next year's planning;
- b. Establishing communities of practice for embedding trauma informed cultures within organisations following attendance at training;
- c. Relaunch criminal justice 'branch';
- d. Relaunch 'care experience 'branch';
- e. In collaboration with Improving Lives Plymouth and TR2 Our Space Veterans, launch a veterans' 'branch';
- f. In collaboration with Plymouth City Council, the Positive Behaviour Network and Havencare, launch a 'branch' for those working with learning disabilities, autism & additional needs;
- g. Offering our Trauma Informed Primary Care Project out to other surgeries and PCNs;
- h. Establishing trauma informed practice as part of the curriculum on all education and health & social care related courses;
- i. Exploring how to evaluate the impact of trauma informed approaches;
- j. Launch a newsletter to reduce the number of emails being sent by the Network;
- k. Create a calendar of events to aid diary planning;
- l. Lots more as yet to be determined by our new directors, our new 'co'- coordinator and our members!

4) Finance

Laura Griffiths reminded members that a copy of the Trauma Informed Plymouth Network Community Interest Company Directors' Report and financial statements for the period ended 31 December 2022 has been shared with our members and added it is important to note that the financial report is not reflective of the cost of the Trauma Informed Plymouth Network. It represents income generated from delivering training or organisations outside of Plymouth or local organisations with budget to contribute to the independence and sustainability of the Trauma Informed Plymouth Network. We have also secured small grants from POP, Wolseley Trust and NHS Devon to enable to us to pilot specific pieces of work i.e. the Trauma Informed Keyham project and the Trauma Informed Primary Care Project.

The Network coordinator roles and all our free-at-point-of-contact training sessions are generously funded by Changing Futures. Changing Futures sits within the PCC Community Connections team and is a 3-year programme jointly funded by the Department for Levelling Up, Housing and Communities (DLUHC) and The National Lottery Community Fund. It aims to improve outcomes for adults experiencing multiple disadvantages including combinations of:

- homelessness
- substance misuse
- mental health issues
- domestic abuse
- contact with the criminal justice system.

The Changing Futures Plymouth team works closely with The Plymouth Alliance and a range of other local partners to enhance cultures and systems that foster Plymouth working together as an alliance to best support those that experience multiple disadvantages and our communities.

It was reported that the current balance stood at 5K

4) Director Changes

Anna Moss thanked the directors for their time and expertise and reported that Simon Hardwick and Ollie Mackie had regretfully resigned from their director roles, although they would remain within the overall network. A synopsis of their work to date was shared and both directors were thanked and presented with a gift of gratitude.

Thanks was also give to Liz Llewellyn-Rees who has stepped down from the role of finance director, but remains our valued accountant and Stuart Francis Dubois, who had approached the board for directorship, but decided not to take up a position.

Recurrent Directors were nominated as Shelley Shaw, Anna Moss, Matt Bell, Richard Woodland, Laura Griffiths and Sarah Cox

Nominations for new directors were shared with the following members receiving nominations/expressing interest:

Initial interest

- Jodie Pitcher
- Sarah Newberry
- Leona Novakova
- Carolyn Giles
- Nica Cornell
- Kirsty Passmore
- Sally Kendrick
- Phil Morris

Confirmed interest and short biographies

1. Nica Cornell

Nica has been involved with the Network since she joined Changing Futures a year ago. In terms of interests, Nica delivers the workforce development training, and is a member of the Lived Experience Branch. Nica has also facilitated the link between the Inclusion & Resilience branch & the Anti-Racism working group.

A particular priority for Nica going forward would be expanding the appeal and reach of the Network in terms of inclusivity.

2. Leona Novakova

Leona is a very active member of the lived experience branch and has started to help with shaping how their work progresses. Leona is really keen on co-creating a culture across communities which are trauma sensitive in all its practises.

3. Sarah Newberry (unable to attend)

Sarah has recently joined the network due to the alignment with the trauma related work that she has been delivering within her organisation. Sarah says people are her absolute passion and she cares deeply about those that she supports and about making a difference no matter how big or small. Sarah hopes to bring to the table even more skills and knowledge and says she will certainly bring an abundance of hope and enthusiasm.

4. Jodie Pitcher

Jodie has been active in the TIPN since the beginning and most specifically with the workforce development branch. Through her previous role Jodie has lots of experience from her time working with young people at The Zone and now provides a lens to consider support for victims of crime. Jodie is really keen to support the Network with considering sustainability to help ensure our longevity.

5. Phil Morris

Phil is the CEO of a charity that supports people with learning disabilities, autism, acquired brain injuries and other cognitive differences. Phil has experience in fundraising, grant applications, community project

management, and leading volunteers. Phil is keen to support the Network with its business planning and sustainability and is a huge champion for organisations stepping into the space to offer support.

Members were advised that a short time period of a week will now take place to allow for material objections from Network members and for us to formalise appointments and register any new directors.

5) Members' Survey 2023 Feedback

Shelley England formally shared the results of the members survey. Outcomes and way forward have already been included in the actions for the year ahead.

It was noted how much love there was for the network and what it is achieving in Plymouth and beyond.

Members were thanked for all their support and engagement and the link to the survey was shared again in case any members had not had the chance to reply.