

Nottingham and Nottinghamshire Trauma Informed Partnership

Welcome Pack



SCAN HERE



Our vision and approach,
and how to get involved

The Trauma Informed Partnership Nottingham and Nottinghamshire is a collection of organisations (mostly public and voluntary sector) working to promote trauma informed approaches.

The work of the partnership is driven by an implementation group who meet every 8 weeks on MS Teams to support the progress of this.

We have representatives from education, social care, health, police, community organisations and other partners.

Our ambition is to continue to grow this group so a range of stakeholders are represented and can drive this work forward.

Our work is guided by the Trauma Informed Strategy which explains the causes and impacts of trauma and sets out some important considerations in becoming trauma informed.

This welcome pack outlines our partnership vision and approach, as well as ways to become involved.

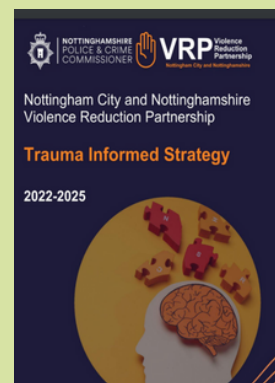
Our Vision:

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Our Strategy ← --

Trauma Informed Strategy

The Trauma Informed Strategy sets out the different 'layers' that we need to pay attention to in our work to become trauma informed. These layers include patients/families/service users; workforce/staff; the organisation structures; and the wider social/cultural/political environment.



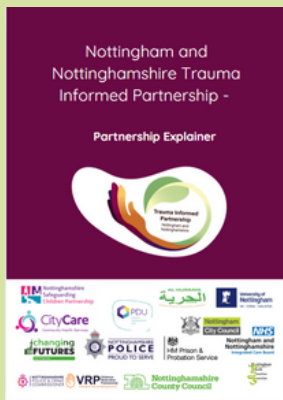
Trauma Informed Strategy Summary

This document provides a summary of the Trauma Informed Strategy. It sets out the impacts of trauma, key steps towards a trauma informed approach and examples of good practice

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How can my service/ organisation support this agenda?

Our Partnership

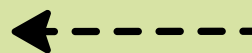


Partnership Explainer

This short document gives a general overview of the Nottingham and Nottinghamshire Partnership; who we are, what we do and how to get involved.

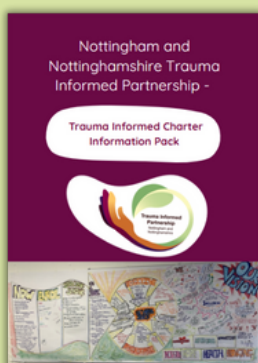


Our Charter



Trauma Informed Charter

The Organisational Charter represents our individual and collective commitment to embedding trauma informed approaches. It is designed to be relevant to all organisations across Nottingham and Nottinghamshire.



Trauma Informed Charter Information Pack

This document includes information about the Trauma Informed Charter and how to sign it and join us.

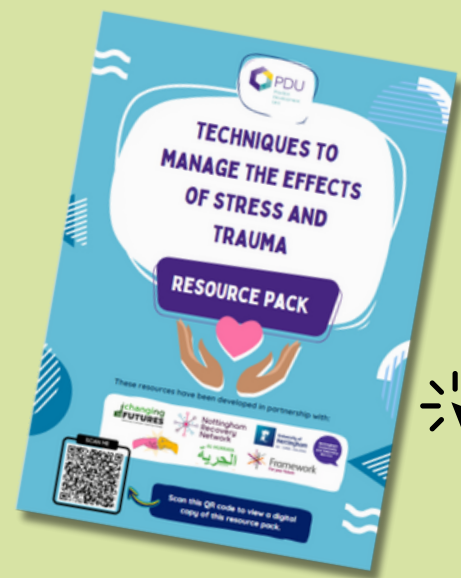




Techniques to Manage the Effects of Stress and Trauma (PDU)

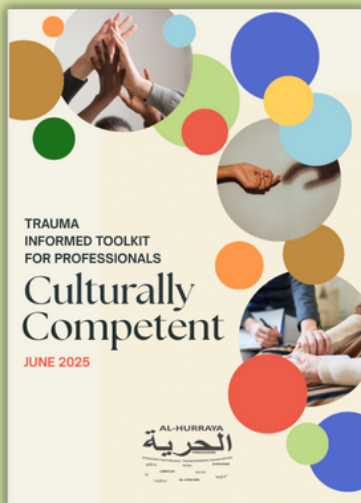
This resource pack offers a range of free tools and techniques to help anyone experiencing multiple disadvantage — or supporting others - to improve and maintain their health and wellbeing. Including:

- Grounding & self-soothing techniques
- Mindfulness & nature connection
- Tools for journaling, ACT & emotional regulation



To find out more about the PDU:

[CLICK HERE](#)



AL-HURRAYA
الحرية
FREEDOM
CHANGING INDIVIDUALS, TRANSFORMING COMMUNITIES

Trauma Informed Toolkit for Professionals: Culturally Competent (Al-Huraya)

This toolkit is designed to equip you with the knowledge, understanding, and practical strategies necessary to provide truly effective and culturally sensitive support to individuals and communities who have experienced trauma, particularly within ethnically diverse populations.

To find out more about Al-Huraya:

[CLICK HERE](#)



For any other questions, please contact:
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