

# Lancashire Violence Reduction Network News

October 2020

## Introduction

Welcome to our October newsletter where we're pleased to share some of the exciting projects that have been developing.

Trauma Informed Lancashire is a concept we've been working hard on and we have developed training sessions and materials to support partners in becoming more trauma informed. This is very much an iterative process with those involved with our pilot sessions contributing to the programme's development. Please [get in touch](#) if you would like to find out more about becoming a more trauma informed organisation.

We also have an exciting new partnership brewing with UCLan where policing students have the opportunity to engage with young people as part of a volunteering outreach programme and Operation ADDER, a multi-agency approach to tackling middle-level drug misuse in Blackpool is soon to launch.

We hope you find this latest update interesting and useful. If any of the pieces resonate with you and you would like to have a further discussion, please do get in touch.

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## Trauma informed practice training launched

### 'How To' sessions launched in September

Lancashire Violence Reduction Network were very pleased to host our first trauma informed practice, multi agency, 'How To' session last month.

We were joined by 16 different partner agencies at a socially distanced event on 15<sup>th</sup> September at Police Headquarters, Hutton.

Many of you will be fully aware that we have been working hard to develop resources and products for partner agencies to use within their services. These are to help us to become a more trauma informed Lancashire.

Trauma informed practice is about developing a deeper understanding of the lived experience within communities and families and allowing this to inform our practice.

The 'How To' session was one of a number that are being offered across the county. We have asked all attendees to take the time to give us their feedback so that we can use this to further develop training and a culture of positive change within Lancashire.

"It has helped me reflect on how I interact with children, young people and families. The language that we all use and how we can be more child friendly when recording."

Feedback: Fylde and Wyre Social Work pilot - Working Towards a Trauma Informed Lancashire



Lancashire VRN and Lancashire Children's Social Care have also hosted the first Children's Social Care 'How To' pilot sessions in developing trauma informed practice within Lancashire Children's Social Care.

This will help to support a common language between all the partner agencies. The sessions took place in late September and early October and involved social work teams within the Fylde and Wyre district.

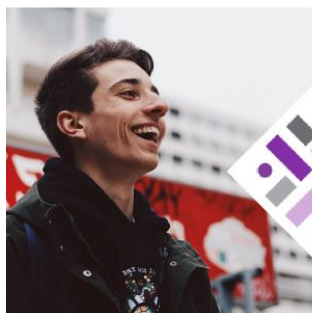
“This training has further highlighted Lancashire’s vision of focusing on being ACE aware and trauma informed... As a NQSW, this was a useful experience and will impact my future practice.”

Feedback: Introduction to Trauma Informed Approaches



“The information and resources shared were really good at illustrating the information we as practitioners need to be aware of and how ACEs impact on other child/YP and parents’ lives.”

Feedback: Introduction to Trauma Informed Approaches



All three of the pilot sessions offered opportunities for each agency and service to consider the ‘How To’ session as a product and contribute to its development. We encourage agencies to continue engaging with the Lancashire VRN team to develop their own pathways of development and learning after attending our sessions.

## Webinars on trauma informed practice planned for February

Partners across policing and public health have come together to plan a series of public health approach in policing webinars.

The webinars are planned for February 2021 and will take place over five days.

The proposed series title is:

***“The challenge and cultural shift required for mainstreaming public health approaches across policing and violence prevention in the UK beyond 2025.”***

Whilst the four draft programme themes below are based on the government’s serious violence strategy, they also recognise some of the evolving issues across England, Scotland, Wales and Northern Ireland:

1. Early intervention and prevention

2. Communities and partnerships
3. Law enforcement and criminal justice role
4. Police and public health approaches to crisis

The webinar series is aimed at law enforcement and public health practitioners, policy makers and researchers from multi-agency sectors. These include public health teams, local policing professionals and leaders, VRU staff, multi-agency system leaders, future/horizon scanners and early intervention and prevention specialists.

We’re working on a very exciting agenda and will keep you updated as work progresses.

## Prisoners and their families update

Our prisoners and prisoners’ families workstream continues to progress. Our plans include:

### Strength Inside and Out



strength  
inside &  
out

Strength Inside and Out is new programme for dads in prison who would like to improve their relationships with their families.

The programme uses techniques that have been found to be successful in managing stress in some of the most stressful jobs in the world such as being an elite athlete. Strength Inside helps dads to develop skills to help manage and enjoy family life.

A pilot for the Strength Inside and Out therapeutic programme is planned for delivery in HMP Lancaster Farms.

### Support for families

Support is planned to help families to understand the impact of trauma, before and as a consequence of a prison sentence on both parents and children.

Part of this is a series of information leaflets which have been produced in collaboration with prisoners from HMP Haverigg and young people. These are now available on the [Lancashire VRN website](#) and are free to download.

The older children’s leaflets complement Mia’s Story, a picture book for young children, which

merges prisoners' lived experience stories with a testimony of a young girl who lived through the incarceration of her father and his release between the age of 6-10 years old (see [July's newsletter](#) for further information).

### Support for agencies

We have developed a set of training and support materials for agencies that support parents and children who are affected by a prison sentence. These will be launched around late October or early November.

It is anticipated that the thematic training will be accessed by all schools pan-Lancashire (over 700).

### New trauma informed care resource

Lancashire VRN is the national VRU lead for trauma informed approaches and, at the request of the Home Office, we have produced a resource to assist understanding of the background, context, evidence, literature, cost implications and future plans relating to trauma informed care.

As part of the document, we have consolidated the learning and recommendations from existing evaluations of trauma informed training initiatives to create an action plan for future training programmes.

We have already received positive feedback from the Home Office on the draft version of the paper and are currently consulting with our Lancashire VRN partners for additional feedback and contributions.

The plan is to work collaboratively with the Wales Violence Prevention Unit to devise a joint final document for use in England and Wales.

Trauma Informed Training: Learning, Recommendations and Actions			
	Key points of learning / recommendations	Details	Actions
1	Develop a clear theory of change	Models of trauma informed care should clearly specify how each practice component will contribute to reduced symptoms of trauma within a well-articulated theory of change.	Ensure the LVRN (and encourage wider partners to) clearly specify how models of TIC contribute to reduced symptoms of trauma by developing a well-articulated theory of change.
2	Specify what difference trauma informed care activities make over other practices	TIC activities should specify how they add value over current practice.	LVRN and partners to specify how TIC activities add value over current practice.
3	Avoid duplication and weave trauma informed training into existing training	Training should not to duplicate what already exists.  Potential to embed training into existing programmes.	Review current trauma informed training, ensure that training is not duplicated and that any new training builds rather than repeats existing work. Single points of contact in each agency and multi-agency training designers and deliverers to embed trauma informed training into existing programmes.
4	Offer opportunity for questions and discussion	Training to include a questions and answers session.	Ensure that any trauma informed training offers opportunity for participants to ask questions and provide answers where possible, as well as facilitating group problem-solving discussions and sharing of good practice.

### DIVERT coaches back into custody



Helen Gallagher, DIVERT coach, at Blackpool custody suite

You may remember we launched the DIVERT programme at Preston police custody suite in March of this year just as pandemic restrictions were put into place.

Coaches have been training and helping in the community during the pandemic and are now

starting to get back into custody suites.

Blackpool Football Club Community Trust coach Helen Gallagher started work at Blackpool custody

suite in September after working with Blackpool Victoria Hospital's ED Navigators programme.

Over the coming weeks other DIVERT coaches will start work in the custody suites at:

- Blackburn (Greenbank)
- Lancaster
- Preston

There are also plans in the future to start the programme in Burnley.

DIVERT coaches work with 18-25 year olds who are in police custody for violent crime, offering support to make positive changes in their lives.



## UCLan policing students volunteering to support Lancashire VRN



Lancashire Violence Reduction Network and UCLan have embarked on a joint initiative which will offer students on UCLan's BSc Professional Policing degree the opportunity to volunteer to support projects in communities across Lancashire.

Students are currently going through a selection process and it is envisaged that they will work with young people to act as positive role models and support the work of the VRN.

More information to follow as this exciting new venture develops.

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## Operation ADDER drugs initiative prepares to launch in Blackpool

Funding has been secured to pilot an intensive whole-system approach to tackling middle-level drug misuse in Blackpool which is expected to go live in December.

Operation ADDER (addiction, diversion, disruption, enforcement, recovery) involves co-ordinated law enforcement activity alongside expanded diversionary and treatment/recovery provision and will pilot in a number of geographic areas nationally.

The programme aims to see a reduction of the following within three years:

- drug related deaths
- drug related offending
- drug use.

Outcomes are expected to be:

- Reduction in reoffending amongst prolific offenders motivated by drugs
- Increase in drug users engaging in treatment and recovery support
- Reduction in drugs supply
- Reduced costs for local health services, police forces, and the criminal justice system
- Increased in the number of young and vulnerable people safeguarded.

The project will be underpinned by an evaluation and monitoring framework which will help to inform the evidence base for future interventions and investment.

## Operation Provide domestic abuse support extends to Pennine Lancashire



Operation Provide supports victims of domestic abuse through a domestic abuse car staffed by a police officer and an independent domestic violence advocate (IDVA).

The project has run successfully in Blackpool and will also be operational in Pennine Lancashire until March 2021.

IDVAs work directly alongside safeguarding officers, attending domestic abuse incidents in a secondary car following a report. The IDVAs provide immediate safety advice for victims, immediate trauma informed emotional support, and advice on options for the criminal justice and civil powers available to them in addition to support in exercising their rights to access justice.

This work is particularly key as the pandemic restrictions are expected to remain in place for many months, restricting opportunities for safe disclosure.

The project aims to:

- Make earlier contact with identified victims of domestic abuse
- Maximise positive outcomes for identified domestic abuse victims by improving their engagement
- Reduce likelihood of repeat victimisation
- Take advantage of reduced demand to:
  - Change officer behaviour
  - Improve standards of evidence based investigations
  - Improve suspect interviewing
  - Test new responses to domestic abuse.

Here's a blog excerpt from a police officer working on Operation Provide:

*"I took it upon myself to develop a tracker that would show the impact the domestic abuse car was having. As of today, the figures show a 22 percent increase in engagement with the police and a 30 percent increase in engagement with*

safeguarding. For me, the figures are fantastic, but don't show the real impact of what we are doing.

I had the chance to really appreciate the impact when I called a victim at her request, in response to an officer and IDVA attending. By her own admission she said she had played down the abuse previously and had always retracted.

Things had got worse and she had felt that she was just going to be treated like a repeat caller. She wanted to speak to me, to pass on her thanks to the officer and IDVA and let their supervision know.

She described the feeling of having a great weight lifted from her. She could see a way forward and was so thankful that someone was taking her seriously. She had been in a controlling relationship for over ten years and could now finally see a way to move forward.

...The buy-in from our partners has been fantastic. We now have a closer working relationship, with a two-way channel between us so that we can offer the best service to our most vulnerable."

### Lancashire VRN partner resources



### Lancashire VRN knife crime campaign reaches 449,000 young people

Lancashire VRN's anti-knife crime social media campaign launched on Instagram in August.

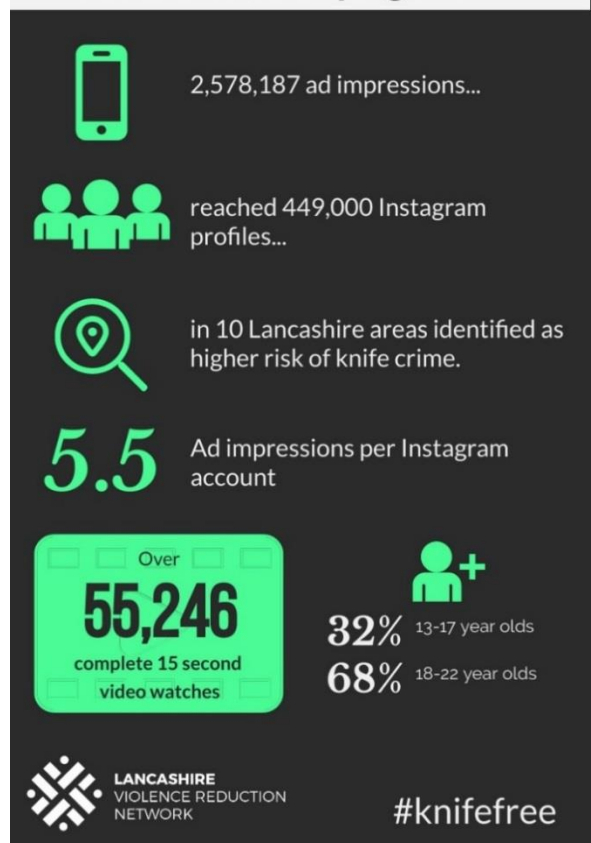
The youth campaign was initially expected to run for eight weeks but we have been able to extend it

to ten weeks, ending mid-October. During this time young people aged 13-22 have been served messages that encourage them to focus on opportunities and how it is never too late to make a positive change for the future.

A supporting parent campaign will run on Facebook during the latter two weeks of October. This second phase encourages parents to talk to their children about knives and points to the national [#knifefree website](#) where they can access information and advice.



### Knife crime campaign reach



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