



Happy New Year from IRCT

As we look forward to another year it seems appropriate to look back at 2023 to see what IRCT has achieved during the last year in a bid to fulfil its mission.

In July, Baroness Butler Sloss agreed to extend her patronage of the charity for a further year but has made it clear that we will need to find an alternative Patron following this as she will be winding down her activities. We are extremely thankful for her support which, amongst other things, has allowed us to continue to hold some of our Best Practice Forums at the House of Lords. We will be seeking a new Patron from the House of Lords but we are also delighted that Munira Wilson, Liberal Democrat MP for Twickenham & Whitton, has offered her support for the charity as a Patron. She was the Liberal Democrat Spokesperson for Health Well-being and Social Care and is currently Spokesperson for Education. She has a keen interest in children's issues and she is a member of the APPG for Childhood Trauma.

We have lost two valued trustees (Richard Cross and Lin Graham Ray) due to pressures of work but both remain staunch supporters of the charity and continue to work with us on specific issues. However, Chris Bennett, Psychotherapist, has joined the [Board of Trustees](#) and we are considering applications from others who wish to help the team effort.

2023 Event Round-up

We arranged and hosted the following events in 2023, which all of the materials can be found on the website under the Best Practice Forums section.

Read our [2023 event news article](#) to learn more about each event topic and view accompanying resources and presentations. Event topics include;

- **Stable Safe Homes Built on love. Is Love Enough?**
- **Therapeutic Childcare-Good Enough. Better. Best. Developing best practice in Therapeutic Child Care: Skilling the Workforce**
- **Introducing and Assessing the Impact of a Trauma Informed Approach in Education**

Lobbying

IRCT has been busy lobbying during 2023, an activity that is not always as visible to members as the public events we put on, but which is crucial if we want to try to influence policy and have a bigger impact on improving services for traumatised children and young people. **The big news is:**

[IRCT is now providing the secretariat for the All-Party Parliamentary Group \(APPG\) for Childhood Trauma](#), influencing parliamentarians to consider the impact of childhood trauma when developing policy. Together with parliamentarians and key stakeholders, we aim to promote increased awareness and understanding of the impact of complex childhood trauma and the implications for both statutory and voluntary services.

The APPG is chaired by Wera Hobhouse MP, details of other members of the Group can be found [here](#). If there are policy issues you think the APPG should consider or you would like to be added to the mailing list, please contact sarah@irct.org.uk

This arrangement allows us to get issues in front of parliamentarians and to develop pathways for trying to influence policy and practice. We took over formally at the AGM of the APPG in July 2023 when we were able to share information about the damaging impact of complex trauma and about IRCT and its mission.

We supported our first APPG event in November 2023 on the topic of "The Cost of Unresolved Trauma" when four panel members representing Early Years, Education, Mental Health and Criminal Justice presented their views and provided briefing papers. [You can read the briefing papers here](#)

papers. [You can read the existing papers here.](#)

We are planning to arrange three APPG events a year. Taking on the Secretariat has already enabled us to make many links with more organisations which are also wishing to get their voice heard by parliamentarians and is leading to some worthwhile collaborative ventures with other charities and NGOs.

IRCT has submitted [two responses](#) in relation to the Independent Children's Social Care Review and we have subsequently had the opportunity to meet with Civil Servants from the Department of Education to further press for our views to be taken into consideration. These established links allow us to now use these channels to press for action in other areas. We have also been collaborating with other organisations to further promote our views.

Alliance for Children in Care and Care Leavers

IRCT is a member of the Alliance and has representatives who attend all the meetings of the main group as well as those of the Alliance Mental Health Group. We have been involved in developing a manifesto to use to lobby parliamentarians about the mental health needs of children in care and care leavers which has incorporated some of the main messages from our response to the Implementation Panel regarding the recent Children's Social Care Review.

We have been able to have a meeting with **Helen Hayes** (Shadow Minister for Education) and **David Johnson** (Minister for Children, Families and Wellbeing) to present our views and these have been well received. We are now liaising with **Mark Rothen** who is the lead Civil Servant for Children's Social Care Health Outcomes about changes to Statutory Guidance and he is keen to get our input.

Other Collaborations

Children's Charities Coalition (Action for Children; Barnado's; Children's Society; National Children's Bureau) has been working on a campaign to put babies, children and young people at the heart of the next election. The Coalition has launched a report, '[Children at the Table](#)' which advocates for:

1. Committing to an ambitious cross Government strategy and outcomes framework to drive improvements for babies, children and young people.
2. A new approach to decision-making that places children's needs, wishes and outcomes at its heart, involving children and young people every step of the way.
3. Investing more of our national wealth in improving the lives of babies, children and young people and spending strategically on early intervention and prevention.

We will be working with the Coalition to support the "Children at the Table" initiative.

Words Matter

We have joined the '[Words Matter](#)' movement which is working to decrease the verbal abuse of children which can be so emotionally abusive and damaging.

Therapeutic Child Care Standards

IRCT is part of the working party led by the Royal College of Psychiatry currently developing standards for Therapeutic Child Care in a bid to ensure that all those services claiming to offer therapeutic care meet acceptable standards.

Plans for 2024

We are planning a full programme of events for 2024 starting with our one day Annual Conference organised in partnership with the Mulberry Bush.

CONFERENCE 2024

Creating an Inclusive Environment to Promote Recovery: Relational Practice in Action

Friday 23rd February 2024

10am - 4pm
Greencoat Place, London

The Mulberry Bush
Showing the way in therapeutic care

irct
INSTITUTE OF RECOVERY
THAT CHANGES MINDS

1 DAY CONFERENCE - Tickets on sale now!

Creating an Inclusive Environment to promote recovery: Relational Practice in Action

Friday 23rd February 2024
10am to 4pm

Greencoat Place, London (near Victoria Station)

For the full programme and to buy tickets, please click the button below to go to eventbrite.

Member priority - book your place today!

Dates and programmes to be announced;

June 2024

Best Practice Forum, House of Lords (programme TBC)

October 2024 Conference

“How Does Foster Care Promote Recovery?”

Autumn 2024

ONLINE Best Practice Forum (programme TBC)

In addition, we will be facilitating 3 APPG Events (one a term) during the year and we welcome suggestions for these events.

Behind the scenes we will be continuing with lobbying in collaboration with other organisations and preparing position statements to inform this activity. Campaigning to eliminate permanent exclusions is also top of our agenda and we are liaising closely with other organisations to pursue this goal.

It's going to be a busy year and we would welcome help! We do need more trustees to steer the charity but if you do not have the time to take up a position as a trustee you may be able to help work on specific issues by joining a working group for example. Please email chair@irct.org.uk if you'd like to get involved.

MEMBERS' FORUM

We are thinking of setting up an online Members' Forum to allow members to be in contact with one another to liaise and discuss issues together online. We will be sending out a survey to see how many people might be interested in this idea. *When published, please take time to reply to this survey – we value your input and feedback*



Looking forward to seeing you all in 2024!

Thank you for your ongoing support
The IRCT Trustees

Please like and follow our socials for latest news and insights



Copyright © 2023 Institute of Recovery from Childhood Trauma, All rights reserved.

Our mailing address is:
info@irct.org.uk

Want to change how you receive these emails?
You can update your preferences or [unsubscribe](#)