



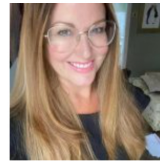
🎉 Welcome to the first IRCT newsletter of 2025! Happy New Year! 🎉

IRCT has been as busy as ever in 2024 and has many exciting initiatives and ambitions for 2025 that we look forward to sharing with you. This newsletter aims to keep you up to date with IRCT activity over the past quarter.

We continue to plan future Best Practice Forums to share up to date research, theory and intervention related to the recovery from childhood trauma.

Meet our new Trustee! ✨

We are excited to welcome Claire Agius to our trustee group. Claire has a wealth of experience in recovery from trauma both as an adoptive parent and researcher. You can read more about Claire on our website in her [bio](#).



IRCT has 9 trustees. Each trustee takes on specific responsibilities for the Institute. Please contact any of the trustees if you have any experiences, information or resources you would like to share related to their brief.

Sylvia Duncan – IRCT Chair chair@irct.org.uk

Jon Fayle – Treasurer jon@irct.org.uk

James McAllister – Library and research james@irct.org.uk

Sarah Darton – Lobbying and APPG sarah@irct.org.uk

Jonathan Reid – Education and Centre for Recovery from Childhood Trauma
j.reid@irct.org.uk

Andre Palmer – Membership and fostering andre@irct.org.uk

Claire Agius – Social media and adoption claire@irct.org.uk

Chris Bennett – Newsletter chris@irct.org.uk

You can find out more about our trustees background and interests on the IRCT website [meet the Trustees](#)

We are always keen to hear from anyone who is interested in the work of IRCT or who may be interested in becoming a trustee or supporting in any way. Please contact us on any of the emails above.

We would like to say a big thank-you to Becky Webber and Elle Hatley for their invaluable contributions to IRCT in 2024! We would also like to pay a big thank-you to Rt Hon. Munira Wilson (Liberal Democrat spokesperson for Education) who has agreed to be a Patron for IRCT, and as ever to Rt Hon. Baroness Butler-Sloss for continuing to be a Patron for IRCT and advocate for the work we do.

Events: Best Practice Forums 🖋️

Best Practice Forum at the House of Lords - October

IRCT provided a Best Practice Forum on 18th Oct 2024 at the House of Lords focused on **Creating an Inclusive Environment to Promote Recovery from Trauma**.

This was an interesting day in collaboration with the Mulberry Bush School, chaired by Dr Dave Roberts (Deputy CEO and Head of Outreach at the Mulberry Bush School), with presentations from Sarah Gunner Virtual School Head Bath & NE Somerset, Joy Oldfield & Siobahn Foster-Weston, Household Managers at Mulberry Bush Therapeutic Community & School and Sylvia Duncan Clinical Child Psychologist & IRCT Chair.





Online Fostering Best Practice Forum - November

On November 22nd 2024 we held an online Best Practice Forum focused on ‘How do Foster Parents contribute to Children’s Recovery from Trauma?’

Attendees enjoyed three fascinating presentations from Prof. Gwyneth Boswell, (Visiting Professor at the School of Health Sciences, University of East Anglia), Sam Rennels (Clinical Lead, National Fostering Group) and Aly Thompson (Therapeutic Lead, Mosaic Foster Care).

Many thanks to all the presenters and also to the Mosaic foster carers who shared their unique experience and insight in caring for traumatised children to aid recovery. The conference ended with a dynamic and stimulating discussion into what works to aid trauma recovery in foster care and how we define and assess recovery. The conference presentations are available on the IRCT website.

We have exciting plans for more Best Practice Forums in 2025, focusing on how we define recovery from trauma, so watch this space and check IRCT website and social platforms for further announcements.

Lobbying & APPG 🗳️

IRCT was very active in 2024, lobbying all political parties to influence their manifestos to consider legislation, resourcing and approach to improve outcomes for recovery from childhood trauma for children in care and care leavers. IRCT chaired an **All Party Parliamentary Group** focused on recovery from childhood trauma, focused on sharing our ideas and vision across both parliamentary houses.

When the election was called, all APPG's were dissolved. Since the new parliament has commenced, IRCT has been actively recruiting MPs and members of the House of Lords to resume the APPG. We will keep you posted as this develops.

IRCT is part of the consultation group developing statutory guidance for the wellbeing of children in care.

Recently we have published our revised [IRCT policy document](#), which we will use to continue to lobby and advocate for policy and services to support recovery from childhood trauma along with various other issues relevant to our membership.

IRCT continues to support a number of active campaigns including **Children at the Table**. The Children at the Table campaign recently met with Munira Wilson (Liberal MP and IRCT Patron) in her Twickenham constituency. The visit was organised by Action for Children along with Carers Trust, a campaign supporter organisation. It was a fantastic opportunity for the young carers to speak to Munira about what they want to see from the government, and what she can do for young people in her constituency.

They spoke about how vital it is to listen to young carers, and to ensure that they are supported. The afternoon was finished with the young people adding their handprints to the tablecloth. IRCT continues to support Children at the Table and to collaborate with Munira to advocate for improved services to address recovery from childhood trauma and child mental health.

Image: Our Patron, Rt Hon. Munira Wilson with young people supporting the Children Around the Table Initiative



IRCT's aspiration to #eliminateexclusion

IRCT share concerns about the increasing number of children who have and continue to be excluded from our schools.

Because we are committed to the goal of working towards the elimination of permanent exclusions, we have developed an Exclusion Position Statement. The Statement [here](#) provides an overview of our concerns in relation to the current policy

context and offers insight into variations in relation to experiences of exclusion.

We are particularly concerned about the association between adverse childhood experiences, trauma and exclusion. In the Exclusion Position Statement, we recognise previous research which offers useful insights into ways through which schools can support the aspiration to eliminate permanent exclusion. We conclude our Exclusion Position Statement with several recommendations <https://irct.org.uk/campaigns/>

Dr Jon Reid was recently interviewed regarding his experience and thoughts regarding trauma-informed education. Please find a link to this interesting interview: [Nurturing Minds: Tackling Trauma, Vulnerability, and Wellbeing in Education with Dr Jon Reid: Oxford Brookes Unscripted | Podcast Episode on Podbay](#)

More information regarding the various campaigns we are supporting can be found on our [website](#)

Our 2025 Focus 🎯



All the IRCT trustees met in December 2024 to discuss strategy and focus for 2025. In 2025 we will be focusing on Recovery from Trauma. Exploring questions such as; What recovery from trauma means and looks like, How is it defined and how is it achieved. We welcome any ideas, experiences and resources regarding this focus that our members can share or direct us to. Please contact chris@irct.org.uk

Centre for Recovery from Childhood Trauma 🌱

IRCT have recently established a Centre for Recovery from Childhood Trauma [here](#). Dr Jon Reid, IRCT Trustee, has been appointed as Director of the Centre. The Centre aims to enhance the work of IRCT through:

- Operating as a network which plays a key role in promoting and facilitating recovery from childhood trauma.
- Encouraging inter-disciplinary research to advance knowledge to support recovery from childhood trauma.
- Providing a hub dedicated to driving research collaborations between universities, organisations, professionals and individuals.
- Disseminating accessible research.

For opportunities to explore collaboration, consultancy or research commissioning please contact j.reid@irct.org.uk or chair@irct.org.uk

Additional opportunities for IRCT collaborations are being developed with Oxford Brookes University.

Dr Jon Reid, a Senior Lecturer at the University, is working with various groups across the University to develop initiatives that encourage and promote relational and trauma informed approaches.

With regards to the development of Higher Education (HE) curriculums and programmes, these approaches will be embedded initially in Initial Teacher Education, to support professional understanding of the impact of adversity and trauma on children and young people.

To support the development of these curriculums and programmes, Oxford Brookes University colleagues are currently participating in the [Oxfordshire County Council Relational Schools programme](#), [Trauma Informed Schools](#) Train the Trainer training. [Oxfordshire Virtual Schools](#) will also be providing input to all our Initial Teacher Education programmes throughout the academic year.

Dr Jon Reid is also a Research Fellow for the [Oxford Brookes University Children and Young](#)

[Peoples Network](#). As part of this cross University network, a Recovery from Childhood Trauma Special Interest Group has recently been established to encourage interdisciplinary research to advance knowledge to support recovery from childhood trauma.

Resources

Open Research Papers

One of our aims is to be a conduit for the dissemination of useful research papers related to the recovery from childhood trauma and latest innovations and interventions. Below are some links to open access papers and research regarding trauma informed approaches.

[https://www.thelancet.com/journals/lanpsy/article/PIIS2215-0366\(19\)30031-8/fulltext](https://www.thelancet.com/journals/lanpsy/article/PIIS2215-0366(19)30031-8/fulltext)

<https://bmjopen.bmj.com/content/10/6/e036374>

The National Children's Bureau is promoting a new study in collaboration with the University of Cambridge and a number of other academic co-authors, with funding from the Wellcome Trust. The research findings shed light on the adverse experiences faced by children presenting to NHS Child and Adolescent Mental Health Services (CAMHS).

Based on data from 21,688 initial CAMHS risk assessments of children and young people over ten years in London, the study has identified six distinct yet interrelated risk profiles of children and young people and follows the publication last month of [findings from our COACHES collaboration](#) that showed young people with social work involvement were more likely than their peers to be rejected by CAMHS.

This research provides further evidence to support calls for a dedicated pathway for children with social work involvement to access mental health services and increased funding for children's social care and CAMHS to allow them to access the support they need to thrive.

The story is featured in [Community Care](#), which references both this study and the COACHES findings, which was published this morning. The new story is up on [NCB's website](#) and there is an already published [journal article](#) where people can get more detail on the study.

The NCB thread launching the study is here: <https://x.com/ncbtweets/status/1836319305492828417>

Further interesting papers regarding CAHMs efficacy and ideas for service development:

[Risk rates and profiles at intake in child and adolescent mental health services: A cohort and latent class analyses of 21,688 young people in South London - Coughlan - 2024 - JCPP Advances - Wiley Online Library](#)
[Risk rates and profiles at intake in child and adolescent mental health services: A cohort and latent class analyses of 21,688 young people in South London - Coughlan - 2024 - JCPP Advances - Wiley Online Library](#)

['Why children with social workers need a dedicated pathway to access CAMHS' - Community Care](#)

IRCT is always looking for support from anyone with a passion for the recovery from childhood trauma. If you are interested in becoming an IRCT Trustee or member please contact us via the website.

In the meantime all the trustees would like to wish you a positive and prosperous 2025!

Thank you for your ongoing support
The IRCT Trustees

Please like and follow our socials for latest news and insights



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info@irct.org.uk

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