

Speakers Announced

Finding a Way Forward: **Trauma-Informed Care for Patients and Staff**

FREE EVENT & LUNCH

>17th October | 9.30-4pm

HEALTH INNOVATION SOUTH WEST OFFICE,
EXETER, EX2 5FD



Health
Innovation
South West



Meet the Speakers



Sue Penna

CEO, RockPool Life

Sue is the Founder and CEO of RockPool, with over 30 years' experience supporting people affected by psychological trauma. A trained occupational therapist and psychotherapist, she developed trauma-informed recovery toolkits for those impacted by domestic abuse, sexual violence and childhood trauma. With lived experience of coercive control, Sue advocates for multi-agency collaboration and frontline training.

Speaker Topic:

What is Trauma Informed Approach:

The history of the trauma informed agenda, The six Trauma informed principles. The stages of implementing a trauma informed approach. Where do we start and what is best practice?



Kate Greenstock

Kate is a midwife, coach and facilitator currently based in Delhi, studying MSc. Global Maternal Health. She supports healthcare professionals to reimagine their work and authored *Flourish*. Her Masters research with the BEACON team at Kings/UCLan explores what makes maternity care truly 'great' in diverse global contexts.

Speaker Topic:

From Reflection to Action: Building Trauma Informed Maternity Services

Trauma informed care for patients begins with the same for staff. This session will explore the implications of the current climate on our ability to 'be with' women and families in a trauma informed way. It will also offer practical solutions to empower and equip staff to reflect and take action towards truly trauma informed care.



Clare Oakhill

Expert By Experience, Rethink Mental Illness

Clare works with Somerset Rethink Mental Illness and the Open Mental Health Alliance as an Expert by Experience to provide consultation, training and sharing best practice with NHS sector partners on approaches to improving care and support for people with Severe Mental Illness

Speaker Topic:

Expert By Experience: Sharing Personal Patient Journey

Clare shares her personal experiences of engaging with healthcare setting, Cancer Screening and sharing the importance of Trauma Informed Approach from a patient perspective

Meet the Speakers



Elpitha Bruce

GP, Adelaide Street Surgery in Plymouth

Elpitha is a GP who runs Trauma-Informed workshops for healthcare professionals, has launched a specialised Trauma-Informed clinic at her practice and is involved in launching the Healthcare branch of the Trauma-Informed Plymouth Network.

Speaker Topic:

Case Study: Trauma Informed Practice in Primary Care and Community

Taking a Trauma Informed approach to offering GP appointments in a community setting- Elpitha shares her experiences setting up and embedding a Trauma Informed Practice in Plymouth



Sakina Ballard

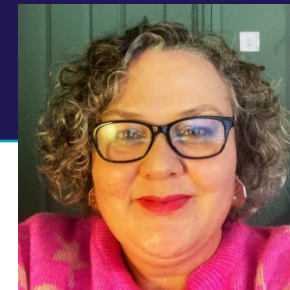
Director, Make Birth Better

Sakina is a Director at Make Birth Better, co-leading the Champions programme and embedding psychologically safe lived experience and peer support. She also leads trust-wide perinatal peer support at CNWL NHS. A trained coach and therapist, she's passionate about co-production, reflective spaces, and bridging gaps between services and service users.

Speaker Topic:

Make Birth Better: *Think Trauma Now*

Sakina explores the impact of birth trauma and how co-production and reflective spaces can support recovery. She highlights the importance of belonging and bridging gaps between service users and services to improve outcomes for women and birthing people.



Jo Davies

CEO, WILD

Jo is the CEO of WILD, a charity advocating for intergenerational change for young parents and their children. With 40 years of experience in the community sector, specialising in trauma-responsive systems change, Jo enjoys shaking things up locally and nationally to create change for babies and their families.

Speaker Topic:

A Fair Start for Young Parents and their Babies

The UNCRC states that all babies have the right to life, development, health, safety, education, and family life. For many babies, their first 1001 days are compromised by stark inequalities, leading to lifelong challenges. Jo explores how we can adapt trauma-informed practice to hear and respond to the voices of babies, and advocate for their rights and needs.

Meet the Speakers



Marie-Joelle West

**Portfolio Director,
Health Innovation South West**

Marie-Joëlle has extensive project management and business development experience in the private, public and higher education sector and holds a PhD in Pathology from Oxford.

Speaker Topic:

Case Study: Belles Place

Marie-Joelle will be showcasing an outreach model that was focused on improving healthcare access for those experiencing high levels of deprivation and vulnerability. This involved drop-in sessions delivered by GPs and other health and social care professionals within a community space called Belle's Place, with the aim of increasing uptake of health checks for chronic diseases and cancer.



Emily van Vliet

**Programme Manager,
Health Innovation South West**

Emily has over 20 years' of experience in the charity and not-for-profit sector, leading national and regional health and wellbeing programmes and helping organisations to take a whole-systems approach to improving wellbeing practices. She has worked within leadership across Children and Young People's Services, Mental Health and Health and Wellbeing services

Facilitator:

Emily will be facilitating the event and workshops and Q&A sessions



Fergal O'Malley

**Clinical Associate,
Health Innovation South West**

Fergal joined Health Innovation South West to support perinatal clinical teams in strengthening leadership capacity and safety culture. He brings over 30 years of experience as an intensive care advanced nurse practitioner, working across paediatric and neonatal specialities, he focuses on supporting diverse teams and enabling safe, compassionate care.

Facilitator:

Fergal will be facilitating the event and workshops and Q&A sessions