



## Traumatic Stress Wales Newsletter

ISSUE 1

MAY 2022

### Top stories in this newsletter



Trauma Informed Framework



Staffing



Forthcoming Events



PTSD Awareness Month

### Trauma Informed Framework



#### HAVE YOUR SAY....

We would like to invite you to the 'Trauma Informed Wales: A Societal Approach to understanding, preventing and supporting the impacts of Trauma and Adversity' public consultation webinar on Monday 6 June 2022 from 10:30 to 12:00. To attend, please register [here](#).

The Adverse Childhood Experiences (ACE) Hub Wales and Traumatic Stress Wales launched the public consultation of 'Trauma Informed Wales: A Societal Approach to understanding, preventing and supporting the impacts of Trauma and Adversity' on the 16 March 2022.

This is a draft National Trauma Practice Framework for Wales, inclusive of people of all ages, from children and young people right through to older adults. This document has been co-produced with experts, professionals and people with lived experience and developed in partnership with the Welsh Government.

To access a copy of the draft framework document, which is open until 17 June 2022, please visit [ACE Aware Wales](#).

Your views are very valuable in shaping this important framework, so as part of the public consultation, we are running a series of workshops to offer the opportunity to discuss and ask questions around the framework and for us to capture your feedback.

[Register today to attend.](#)

**Please note that all the in-person events are now full.**

### Staffing Opportunity



#### NEW EXCITING ROLE WITHIN TSW....

Traumatic Stress Wales we are looking to recruit an Advanced Clinical Practitioner with a core clinical profession (i.e. mental health nurse / social worker / psychotherapist / Occupational Therapist) who has mental health clinical experience working with children and families and who has an interest in further developing service development skills.

People with lived experience including that of being a refugee are actively encouraged to apply for the role.

This is a National role with an opportunity to be based in North or South Wales

Job vacancy: Clinical Practitioner Advanced, Cwm Taf Morgannwg University Health Board, Pontypridd | [trac.jobs\(nhsjobs.com\)](http://trac.jobs(nhsjobs.com))

Closing date:- 31st May 2022

### TSW Forthcoming Events



#### SAVE THE DATES....

**Event:** Half Day Webinar  
**When:** Thursday 22nd September 2022  
**Theme:** Vicarious Trauma  
**Where:** Virtual on Teams  
**Details:** Details will become available on the TSW Events page nearer the time

**Event:** Two Half Day Webinars  
**When:** Thursday 8th December 2022  
**Theme:** 1) AM—Children and Young People Affected by Conflict  
2) PM—Dissociation in Adults  
**Where:** Virtual on Teams  
**Details:** Details will become available on the TSW Events page nearer the time

**Event:** TSW 2023 Conference  
**When:** Wednesday 15th and Thursday 16th February 2023  
**Where:** The Angel Hotel, Cardiff  
**Details:** Details will become available on the TSW Events page nearer the time.  
\* An event code will be released for a room price reductions for those attending the conference and requiring overnight accommodation.

### PTSD Awareness Month



#### AWARENESS MONTH....

As well as **LGBTQ+ Pride Month**, it is **PTSD Awareness Month**. We have put together a calendar of activities for you for the your own Mental Health Awareness.

Remember to Tweet on the TSW Twitter details and pictures of activities you are doing throughout the month #TSWPTSD

# June

# 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Write down 3 things you are grateful for	2 Spend at least 30 minutes walking outside	3 Take breaks every 25 minutes when working	4 Try a new form of exercise today
5 <b>World Environment Day</b>	6 Take a positive action to help in your local community	7 Make someone smile	8 Write down 3 things you are really proud of	9 Watch a TED Talk	10 Write a to-do list and tick off	11 Compliment someone
12 Plan your meals for the week	13 Contact a friend you haven't spoken to for a while	14 Choose an affirmation for the day	15 Practice deep breathing	16 Call a family member or friend	17 Read a book for at least 15 minutes	18 Take a minute to remember what matters to you and why
19 <b>Father's Day</b>	20 Drink more water today – stay hydrated!	21 <b>International Yoga Day</b>	22 De-clutter your room or desk	23 Explore a local area and take time to notice new things	24 Start a new podcast and share it on TSW Twitter	25 Be grateful for the little things
26 Say thank you to someone	27 Leave a positive note in a public place	28 Make your favourite meal	29 Spend some time outside today	30 Give back and sign up to a volunteer activity		

### Contact Us

**Twitter:** [Traumatic Stress Wales \(@StressWales\) / Twitter](#)  
**Website:** [Home - All Wales Traumatic Stress Quality Improvement Ini \(nhs.wales\)](#)  
**Email:** [CTM.TraumaticStress@wales.nhs.uk](mailto:CTM.TraumaticStress@wales.nhs.uk)