

## **Fully funded Trauma-Informed training**

Croydon works towards becoming a trauma-informed borough, but this can't be fully achieved without wide buy in and effective training.

A short unique training programme, commissioned by Croydon Council and funded by TfL, is currently on offer for people living, volunteering and working in Croydon, but places are limited so [do sign up quickly](#). Jo and Sally, the trainers, have produced a bespoke package for Croydon, working with Croydon Council, based on the views and concerns of our communities. It is delivered in a very engaging way.

The training:

- covers adversity in childhood, the impact this can have on brain development and behaviour
- explores what is meant by trauma and how to mitigate against the impact of trauma
- explains the types of stress and the importance of self-care
- looks at practical skills to help communicate with and support those who may have experienced adversity or trauma
- seeks to develop skills to help communities to build resilience and protective factors so that they are more able to cope with events that occur.

I've undertaken the training and would highly recommend it. Being trauma-informed will help build more resilient communities, which is why it is so essential that the faith community is included in this unique training opportunity.

For details and to book your place for August or September 2022, see:  
<https://www.j3msconsulting.co.uk/trauma-informed-Croydon-training>

If you've already undertaken or plan to take part in the [Mental Health First Aider training](#), this course compliments it well.

**Elizabeth Ash FTiC steering group member**

## **Faith and Harmful Practices**

I represent Faiths Together in Croydon on the Harmful Practices Steering Group in Croydon. This is a multi-agency group focusing on the eradication of harmful practices in the borough, and includes partners in Croydon Council, Croydon Health, the Met Police and a number of groups and organisations.

Harmful practices are persistent practices or behaviours that are grounded on discrimination on the basis of sex, gender, age and other grounds, as well as multiple and/or intersecting forms of discrimination that often involve violence and cause physical and/or psychological harm or suffering. Many, but not all, relate to the treatment of girls and women.

Faith and culture have sometimes been used to justify or garner support for harmful practices. That's why it is very important that we all speak out on these issues and clearly demonstrate that no faith condones or promotes these practices. Men have an equally important role to play in ensuring these are eradicated, as do faith groups in Croydon.

Faiths Together in Croydon plan to hold events to raise awareness, discuss issues around harmful practices, and signpost to organisations that faith groups can share with those needing help and support.

Contact me via Faiths Together in Croydon on [FTiCroydon@gmail.com](mailto:FTiCroydon@gmail.com) or direct at [CroydonNeighbourhoods@gmail.com](mailto:CroydonNeighbourhoods@gmail.com) **Elizabeth Ash** FTiC steering group member

