

Scottish Attachment *In Action*

SAIA aims to make sure that everyone understands the fundamental importance of attachment relationships throughout life by:

- Providing training and consultancy in attachment and trauma to practitioners, parents and carers
- Providing information through social media, conferences, events, newsletters and educational resources

Membership of SAIA is open to all

ANNUAL REPORT 2018 – 2019

Scottish Attachment in Action is a Scottish Charitable Incorporated Organisation (SCIO)
registered in Scotland No. SC045708

Scottish Attachment In Action – Keeping it real

SAIA has had another busy and successful year extending our direct training for practitioners, parents and carers. In 2018 SAIA partnered with Aberdeen City Council for our conference in Aberdeen 'A Day with Dan Hughes' attended by over 300 delegates. The evaluation of all of our events continues to build SAIA's reputation for providing high quality, bespoke, affordable training. This year we have initiated a new learning and development forum - Twilight Events. We really value the richness of learning that bringing parents, carers and practitioners together in community venues affords. You might have noticed that we have changed our logo and have given our website a new, more modern, look; we continue to add to our website resources and value the thought-provoking blogs of our chief blogger, David Woodier. In terms of Trustees, Anne Rooney and Catriona Walker retired from the Board of Trustees – we will miss their commitment and expertise. We are now a Board of eight, all continuing to be passionate about best practice with respect to attachment into action. We are proud to have Professor Emeritus Colwyn Trevarthen and Professor Helen Minnis continue as our patrons. Our organisation is continuing to contribute to the Independent Care Review with direct involvement in three of the journey groups. SAIA continues, despite our concerted efforts, to have no core funding; we rely on income from our membership fees, training and learning events. Over the coming year we would like to continue to expand our membership and value member's contributions to all aspects of SAIA. We are grateful to Alan Sinclair, founder and former chief executive of the Wise Group, for providing consultancy for our business and strategic development. Much appreciation to all the organisations and individuals who support us either by their membership, fund-raising and/or through providing venues or resources for our events and meetings. Particular thanks to CELCIS, Mossvale Community Church, CairnsMoir Connections and Ian Watson. A big 'THANK YOU' to everyone involved with SAIA for all your support!

Edwina Grant

Edwina Grant, Scottish Attachment in Action Chair
On behalf of the Board of Trustees and the Development Team



[Delegates at our annual conference in Aberdeen, October 2018]

Scottish Attachment In Action – Keeping it real

Activities

A Day With Dan Hughes PhD - Annual Conference October 2018 Aberdeen

In partnership with Aberdeen City Council we were delighted to welcome again Dan Hughes PhD to present at our Annual Conference. Dan is the originator of Dyadic Developmental Practice, Psychotherapy and Parenting, an internationally acclaimed therapist and author of ground-breaking books on the impact of developmental trauma and recovery. Using stories of families he has worked with, and recordings of his therapeutic work, Dan informed participants about: • The DDP Practice model • Intersubjectivity • The Mistrusting Brain • Blocked Trust and Blocked Care • Healing and recovery from Developmental Trauma the DDP way. The conference was attended by over 300 parents, carers and professionals.

[www.danielhughes.org]

Network Seminar

Why Attachment Matters in Research November 2018 Glasgow

Professor Helen Minnis, University of Glasgow and Dr Helen Whincup, Lecturer University of Stirling spoke about their current research projects, and how the attachment experience influences these. Issues that affect us across our lifespan might have their origins in our childhood experiences. Children can experience a range of traumas (including loss, neglect, abuse, illness) which can impact on them as they move through adolescence and into adulthood and might interact with children's individual differences. Current research in Scotland is exploring how early experiences can affect later outcomes, and how adults can offer reparative care, and help children feel more secure.

Permanently Progressing: Building Secure Futures For Children In Scotland
www.afascotland.com/learning-zone/permanently-progressing

Twilight Training

New for 2019, we offered early evening training sessions in Paisley. We are looking to hold these events in other areas in the latter part of 2019 and 2020.

Why Attachment Matters in Our Community February 2019

This session was a formal presentation on attachment theory and the impact of insecure attachment and early trauma. We shall then open the discussion to hear, share and explore practical ways to build positive relationships across our communities.

Why Attachment Matters in Play May 2019

This session looked at the importance of play - the building block of human development, and the relationship between attachment and play. This is a practical session, trying out some of the techniques of Theraplay® an attachment-based therapeutic approach.

Additional Activities included

- Training and Conference with Aberdeen City Council
- Training for: Aberlour in the Borders and Fort William, Care Visions, Carolina House, Dundee, teachers in Girvan High School, St Marys Kenmure
- Stalls at several conferences and events including NHS Ayrshire & Arran event, Crosshouse Hospital, Care Visions, CELCIS Education Conference, Investing and Nurturing Lives and Communities Conference, North Lanarkshire, Permanently Progressing event at Stirling University, Resilience in the Face of Adversity in Clackmannanshire, Scottish Childminding Association, Scottish Institute for Residential Child Care (SIRCC), and the Scottish Adoption Register Exchange Days.

Scottish Attachment In Action – Keeping it real

Finances

Our accounts as at June 30, 2019
Balance in current account: **£ 11952.89**
Balance in deposit account: **£ 12,038.78**

We are extremely grateful to all those who support us with fundraising activities. Deborah Letford again ran the Great Women's 10k.

Membership July 2018 – June 2019

Membership as at June 30 2019
84 Individual members
20 Organisational members

Resources

The most recent resources can be accessed from our site
www.saia.org.uk/resources

 Our online blog 'Keeping it Real' includes the recent articles "Oh no! Not the Thinking Chair" and "Key Adults, Inclusion, and School Trips"

 We have produced a further audio interview: Creating a Child Centred School for Children with Significant Trauma and Attachment Difficulties: An interview with Joanna McCreadie, CEO of Seamab. Listen via Youtube / Vimeo.

[www.saia.org.uk/blog | www.vimeo.com/saiaorg]

Future Plans 2019-2020

SAIA will continue to apply for core funding to create a sounder financial base. Fiona Lettice and Barbara Godden, two extremely valued members of the Development Team, will be leaving us at the end of the year – they will be sorely missed. Strategically, we are intending to appoint a Development Manager in the near future whose role will be to co-ordinate and oversee all aspects of SAIA's finances and activities. In terms of events, SAIA have further Twilight Events planned for the latter part of the year and into 2020. We are proud to be partnering the 'Why Not Trust' in the 'Dare To Believe' conference in September. SAIA has a partnership event in October with Sir John Timpson focused on Attachment Aware School Initiatives. Our conference in December 2019 will be 'Why Attachment Matters Across the Lifespan'. We will continue to provide bespoke training for organisations - education and social work, statutory and third sector – and to add to our website resources. Above all SAIA will continue to promote at its core the partnership learning between parents, carers and practitioners.

www.saia.org.uk **admin@saia.org.uk**

Scottish Attachment in Action is a Scottish Charitable Incorporated Organisation (SCIO)
Registered in Scotland No. SC045708

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