

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 2019 – 2020

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

Scottish Attachment In Action – Keeping it real

Chair's Report

This annual report spans the period July 2019 to the end of June 2020. 2019/2020 was set to be a year of change and challenge for SAIA and that was before the world had heard about Covid 19. Trustees were looking forward to a busy year, with the appointment of our first Development Manager (Maggie McManus); saying a fond goodbye and many thanks to Fiona Lettice and Barbara Godden; an ambitious plan to hold more of our Twilight Events, and to extend our training and online resources. Little did any of us across the world know just how much challenge, change and loss (of life, of relationships, of freedom) we were all going to have to face and will continue to face.

As I write this the old sayings such as 'in the midst of every crisis comes great opportunity' (Einstein, google tells me), and 'sink or swim', come to mind. Well, the good news is that we have had support to swim during this time from a few sources that I would like to acknowledge.

Financial support from the Third Sector Resilience Fund (TSRF) and Charities Aid Foundation (CAF); many thanks to CELCIS for providing us with a venue for our meetings; to Sir John Timpson who sponsored and attended our Attachment Aware Education event last October which was the catalyst for our Education Project - currently in process and due to report at the end of December 2020; and Alan Sinclair, founder and former CEO of the Wise Group for his continued advice and support; and to Dan Hughes who enabled us to contribute to our funds by allowing the recording 'A Dan with Dan Hughes' of our 2018 Conference, to be retailed.

We owe a debt of thanks especially to our chief blogger, David Woodier, who continues to write thought-provoking articles for us, and to David Lettice (who retired as a Trustee in February 2020) for his invaluable contribution to SAIA and latterly the great job he did with David Woodier of capturing the feedback from SAIA's training in partnership with Aberdeen City Council (Residential Child Care Workers Talk About the Impact of a Relational way of Working with Young People).

Last but by no means least we are proud to have the continued support of Professor Emeritus Colwyn Trevarthen and Professor Helen Minnis as our patrons.

The Trustees and the Development Team (Maggie and Corinne) have been magnificent, and especially in 2020. The last time we met face to face was in February 2020, and we had to abandon our usual plan to meet in person four or five times a year in order to keep SAIA swimming (not sinking!) and have met via Zoom at least monthly, since March. We have strived to keep connected to our members through newsletters and social media, launched our 'Why Attachment Matters More Than Ever' page of the website.

I hope you enjoy reading more about the work we have already begun to deliver, in the annual report. However, a word here about some of the highlights. Three Trustees - Moira Greentree, Judy Furnivall and I had the honour of serving on working groups of the Independent Care Review Committee. It was incredible to be part of the unique process and SAIA is committed to The Promise. The Education Project, looking at the current attachment informed and trauma sensitive practice across education in Scotland, made great progress, with the research report due for completion at the end of December 2020. We developed plans for a new SAIA role of Associate to build capacity for and the development of our training plan, and we are delighted to welcome Claire Slocombe as our first appointment*. And to say that personally, and I know for many, the 2019 Conference 'Why Attachment Matters Across the Lifespan' was one of the most innovative and memorable events I have attended.

In looking ahead, there is much to look forward to - despite the uncertainty of life for charities. We know that virtual connections are going to be part of the way forward for the future and having reflected on the challenges and ethics of that format, we know that we must provide training and events, on digital platforms. We hope to resume our Why Attachment Matters events in the community (even virtually) seeking to provide opportunities for parents and carers in black and ethnic minority, and other communities which suffer economic or power inequalities.

I have said already that the Trustees have been magnificent, but both need, and opportunity mean that more Trustee capacity will be required in 2020/21.

Thank you to all members for their continued support.

**I am delighted to tell you that in October 2020, Lesley Bell and Fiona Lettice have also joined SAIA as Associates.*

Edwina Grant

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

Activities



Why Attachment Matters Across the Lifespan - Annual Conference December 2019

Reflecting its vision of *promoting attachment relationships throughout life*, Scottish Attachment in Action's 11th Annual Conference was held in the Queen Elizabeth University Hospital. Why Attachment Matters Across the Lifespan, brought together an impressive range of speakers who provided a stimulating, reflective and often touching account of this important but perhaps rather overlooked area.

Presentations from Professor Sir Harry Burns, Professor Helen Minnis, and Jan Beattie are available on our website. Our final speaker was Andy Lowndes "the Music Detective" and we highly recommend visiting www.playlistforlife.org.uk to find out more.

[www.saia.org.uk/blog/why-attachment-matters-across-the-lifespan-saia-annual-conference-2019]

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John Timpson Event and the Education Project

In October 2019, in partnership with Sir John Timpson, SAIA held an event in Glasgow which brought together approximately 50 people with expertise and passion for education and attachment theory and practice from across Scotland. The event was highly successful and from the lunch emerged our Education Project.



In February 2020 SAIA established a 'virtual' Project Group drawn from those invited to the October event. Membership of the Project Group includes a range of individuals with professional and personal skills and experience of attachment informed practice.

The Project seeks to understand, and map attachment informed and trauma sensitive practice in Scotland, highlighting practical examples from across the child journey from early years to further and higher education. Thereafter we hope to take this learning and test it with practitioners and potentially within an educational setting.

The first stage of the Project is the 'discovery' through a research study collecting, coding, and analysing examples, perspectives and information from 30+ participants, during semi-structured interviews. The subsequent report will be available in December 2020.

It is important to emphasize that the work has progressed because of the collaboration and commitment of partner agencies for example from Aberdeen City Council, Care Visions, and the University of Glasgow. The Project has had no external funding or financial contributions but instead has enjoyed incredible support and commitment from similarly passionate individuals and organisations.

More information on the Education Project can be found on our website, or by contacting Edwina Grant, Judy Furnivall, or Alison Macdonald who are leading the Project for SAIA.

[www.saia.org.uk/saia-education-project.html]

Twilight Training

Launched in 2019, we offered early evening training sessions in Paisley and Glasgow.

Parenting with P.A.C.E. September 2019

This session looked at PACE, a way of thinking which deepens the emotional connections in our relationship with others. PACE is playfulness, acceptance, curiosity and empathy. It is an attitude that focuses on the whole child, not simply the behaviour. It is central within Dyadic Developmental Practice, Psychotherapy and Parenting.

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Why Attachment Matters in Play November 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 sessions in Stirling were unfortunately cancelled due to bad weather, and then the cessation of all face to face activities due to COVID-19.

Working in the Community

Gillian Neish and Catherine Cooke took the twilight model and began to reimagine it for the daytime where teachers and parents could, together, have access to hearing and learning about Why Attachment Matters. This was launched in Castlemilk, Glasgow but like so much else was interrupted by Covid-19 restrictions but is part of our plans for the future.

Additional Activities included

- ✓ Partnering the Why Not Trust in the 'Dare To Believe' conference in September 2019
- ✓ Provided training for care provider organisations and schools
- ✓ Sharing information and promoting the work of SAIA: Edwina wrote articles for Early Years Scotland's two magazines
- ✓ Stalls at several conferences and events including and the Scottish Adoption Register Exchange Days.

Finances

Our current account balance as at June 30, 2020: **£ 28,417.79**

(Please note that on 21 November 2019 SAIA transferred the balance of £12,068.79 from the deposit account to the current account).

SAIA received two grants in June 2019/20, both in relation to Coronavirus and charity resilience from Third Sector Resilience Fund (£9,600) and the Charities Aid Fund (£3,000)

Membership July 2019 – June 2020

Membership as at June 30, 2020
90 Individual members
14 Organisational members

Trustees

David Lettice and Maggie McManus resigned as Trustees in 2019/20.
The current Board of Trustees are Edwina Grant, Judy Furnivall, Moira Greentree, Catherine Cooke, Kenny Fulton, Alison MacDonald, Gillian Neish.

All current Trustees bios are available at www.saia.org.uk/team

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 "Matching Affect and why Dogs are a Man's Best Friend" "A safe haven in times of trouble: being 'kept in mind' makes a relationship a refuge", and "Lockdown reflections from Claire: adoptive mum and teacher" from our guest blogger Claire.

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✍ In the spring of 2019, SAIA met with a group of residential childcare workers in Aberdeen. They enthusiastically shared how training in PACE (playfulness, acceptance, curiosity and empathy) and DDP (Dyadic Developmental Practice, Psychotherapy and Parenting) had transformed their relationships with young people. An article has been produced based on these discussions "Residential Child Care Workers Talk About the Impact of a Relational way of Working with Young People."

✍ "Attachment Through The Lifespan" is a paper written by Catherine Cooke and Judy Furnivall, SAIA Trustees in December 2019.

[All of these articles can be read at www.saia.org.uk/blog]

Future Plans 2020-2021

2020 has been challenging but potentially transformational for many charities. This is true too, for SAIA.

Training face to face is a big part of what we do and whilst we will do this again in the future, it seems likely that online training will remain part of the environment going forward. We have reflected on the challenges and ethics of online training and learning and 2020/21 will see us redesign our offerings so that we can continue to meet need whilst doing so in a safe and 'relational' way.

We are excited about the Education project and it is clear that this will be a focus of our energy in the coming year, and we certainly want to do justice to the trust put in us by those we have interviewed and everyone who has worked so closely with us.

The research process for the Education Project highlighted for us the impact of racial trauma, and this tragically was resurfaced too, in society, with the racial incidents, notably in the U.S. SAIA has increasingly been moving towards learning in communities, but this year has been a wakeup call to prioritise work directly with communities where economic and social inequality exists.

The Annual Conference of 2019 has made a lasting impression upon us and we plan in 2020/21 to look at how we can begin to understand and inform the attachment informed practice in the person centred 'care' of older people and in those with dementia.

SAIA is a 'membership' organisation and we are extremely grateful for the financial and morale support members bring. In 2020/21 we want to build upon that support and engage, collaborate with members in a meaningful way that will add to the experience of membership and, essentially, the work of SAIA.

Finally, and perhaps unsurprisingly, SAIA has recognised the need for greater capacity to enable us to go forward as we would like. The design and appointment of Associates will be a key in building capacity. However, as a small charity with limited resources we need to ensure we have a full compliment of Trustees to spread the workload and provide diversity of skills and expertise to take SAIA into the future.

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