

0:0:6.161 --> 0:0:6.641

Liam Bergin

OK.

0:0:11.601 --> 0:0:16.521

Liam Bergin

So now there's recording and a transcript going there, and I think you'll be able to see that that's useful for us later.

0:0:17.751 --> 0:0:22.511

Liam Bergin

I'm going to ask Barry, if you wouldn't mind admitting, Sinead, if you can do that.

0:0:24.81 --> 0:0:25.681

Barry Lynch

Yeah, county. Honestly, here at the minute.

0:0:25.681 --> 0:0:29.441

Liam Bergin

I'll just double check if you if you click on your people tab on the top.

0:0:29.401 --> 0:0:30.561

Barry Lynch

And look in there now, yeah.

0:0:32.561 --> 0:0:33.321

Liam Bergin

Participants.

0:0:46.761 --> 0:0:47.681

Barry Lynch

Need roll is a Shane.

0:0:47.681 --> 0:0:50.121

Barry Lynch

Don't. Yeah. Don't see her on the list on your.

0:0:51.401 --> 0:0:58.961

Liam Bergin

I OK, so I'm just trying to find out where you see. Is there something I need to do in terms of you spending?

0:1:4.591 --> 0:1:5.751

Liam Bergin

Go to settings here.

0:1:8.171 --> 0:1:10.611

Liam Bergin

Meeting options, I think maybe it's it.

0:1:11.531 --> 0:1:15.691

Liam Bergin

So who can bypass the lobby and go to set everyone now for that?

0:1:17.241 --> 0:1:19.361

Liam Bergin

So that means you won't have to admit them.

0:1:22.71 --> 0:1:23.511

Liam Bergin

Barry 'cause they come in directly.

0:1:24.321 --> 0:1:24.521

Barry Lynch

OK.

0:1:25.881 --> 0:1:26.961

Liam Bergin

OK. And then I have.

0:1:31.281 --> 0:1:31.521

Liam Bergin

Oh.

0:1:37.811 --> 0:1:38.211

Liam Bergin

OK.

0:1:38.211 --> 0:1:41.371

Liam Bergin

So it didn't work for Sinead 'cause. Maybe she was already waiting.

0:1:43.81 --> 0:1:44.881

Liam Bergin

So Sinead, I don't know if you're there.

0:1:44.721 --> 0:1:45.601

Barry Lynch

There she is now, yeah.

0:1:46.481 --> 0:1:47.121

Liam Bergin
Great Sinead.

0:1:46.581 --> 0:1:46.901

Sinead Roe
I am.

0:1:47.361 --> 0:1:48.121

Liam Bergin
Thanks Emily for that.

0:1:48.121 --> 0:1:59.801

Liam Bergin
This was a little bit complicated today and apologies, I'm trying to kind of tree ring circus kind of thing going on here a little bit this morning because I'm on my own or this afternoon. Can I just welcome you first to the meeting and thank you very much.

0:1:59.801 --> 0:2:7.641

Liam Bergin
For coming in, I have a little conflict this afternoon and I am going to be in the background in relation to it.

0:2:7.641 --> 0:2:9.281

Liam Bergin
I just wanted to introduce you to the group.

0:2:9.681 --> 0:2:13.201

Liam Bergin
The are approximately 246810.

0:2:13.201 --> 0:2:14.281

Liam Bergin
There's about 12 people.

0:2:14.951 --> 0:2:25.551

Liam Bergin
In with us at the moment there are 46 who have confirmed that they will attend, so they'll be coming in at different stages. I've set up the lobby so it'll be they can bypass the lobby and come straight in.

0:2:25.671 --> 0:2:29.111

Liam Bergin
So hope that won't distract you in terms of having people coming in or out.

0:2:29.861 --> 0:2:30.221

Sinead Roe
Don't know.

0:2:30.681 --> 0:2:31.201

Liam Bergin
She need.

0:2:31.201 --> 0:2:41.201

Liam Bergin
Maybe I get you to introduce yourself briefly in relation to it and what you hope to cover today, if that's OK and as I say, feel free dentist launch into the presentation because as I'm about to fade into the background here.

0:2:42.221 --> 0:2:45.581

Sinead Roe
Absolutely. I just need you to enable sharing for me.

0:2:47.151 --> 0:2:48.351

Sinead Roe
Are you able to do that?

0:2:49.211 --> 0:2:50.891

Liam Bergin
I will do please.

0:2:52.691 --> 0:2:53.371

Liam Bergin
Make center.

0:2:52.691 --> 0:2:54.811

Sinead Roe
Just need to make me a presenter.

0:2:56.771 --> 0:2:57.811

Liam Bergin
You see that chair option?

0:2:57.811 --> 0:2:59.851

Liam Bergin
Now that's perfect.

0:2:59.851 --> 0:3:4.171

Liam Bergin
So OK, I'm just going to fade out and if you would mind introducing yourself, then we can go from there.

0:3:4.171 --> 0:3:5.251

Liam Bergin

And thanks again.

0:3:12.811 --> 0:3:13.451

Sinead Roe

I don't know.

0:3:18.11 --> 0:3:21.331

Sinead Roe

Sorry, I just done something there in regards to sharing.

0:3:21.331 --> 0:3:23.251

Sinead Roe

I'm not sure what it was anyway.

0:3:23.251 --> 0:3:24.531

Sinead Roe

I'll sort that out in a minute.

0:3:24.531 --> 0:3:26.491

Sinead Roe

I just want to introduce myself first of all.

0:3:27.761 --> 0:3:28.601

Sinead Roe

Hi everybody.

0:3:28.601 --> 0:3:29.801

Sinead Roe

Good afternoon.

0:3:29.801 --> 0:3:35.801

Sinead Roe

My name is Sinead Rao and I work for an organization called Quality Matters.

0:3:36.521 --> 0:3:52.561

Sinead Roe

We're based in Dublin and we are primarily a Social Research consultancy, so we work with the social and community sector primarily, but we also work with local authorities and government departments.

0:3:53.351 --> 0:3:55.191

Sinead Roe

In research and development.

0:3:56.991 --> 0:3:58.951

Sinead Roe

One of our initiatives is called.

0:3:59.631 --> 0:4:1.111

Sinead Roe

From informed practice Ireland.

0:4:2.671 --> 0:4:2.991

Sinead Roe

About.

0:4:5.31 --> 0:4:23.151

Sinead Roe

Six or seven years ago, we put together a training programme because we realised that staff, in particularly at that stage in the Community and social sector, were really looking for information about how to support people who had experienced trauma.

0:4:24.751 --> 0:4:32.351

Sinead Roe

And that kind of that grew out of an initiative that we so we we embarked on a process.

0:4:32.751 --> 0:4:35.631

Sinead Roe

With Novus, who are homeless service.

0:4:37.431 --> 0:4:43.231

Sinead Roe

But we quickly got demand from many, many different types of organization and sector.

0:4:43.231 --> 0:4:53.591

Sinead Roe

So everywhere from homeless services and domestic violence services, you know, people that you would expect that would need advice about trauma informed practice.

0:4:54.271 --> 0:4:58.431

Sinead Roe

But then we ended up branching into mental health, into healthcare.

0:4:58.431 --> 0:5:1.311

Sinead Roe

So hospitals education.

0:5:3.201 --> 0:5:11.721

Sinead Roe

We have done training with the court service, we have done training with many other government departments.

0:5:11.721 --> 0:5:13.761

Sinead Roe

We're actually embarking on a project.

0:5:15.471 --> 0:5:25.671

Sinead Roe

Soon, with the involving, I suppose, and I can't give too much detail about us, but we have been involved in supporting survivors who are.

0:5:27.711 --> 0:5:30.191

Sinead Roe

Applying to the modern baby institutions payment scheme.

0:5:30.191 --> 0:5:33.311

Sinead Roe

So it's a very, very broad remit.

0:5:33.841 --> 0:5:41.1

Sinead Roe

We've also done training for local authorities and we've done training for integration teams in local authorities as well this year in.

0:5:42.551 --> 0:5:44.351

Sinead Roe

And also homeless services in local authorities.

0:5:44.351 --> 0:5:47.871

Sinead Roe

So in Dublin, Kildare, Wexford Carlo.

0:5:49.631 --> 0:5:52.751

Sinead Roe

So the demand and interest is growing in the area.

0:5:54.351 --> 0:6:5.231

Sinead Roe

My background so my my role with the program is I am the program manager so I'm responsible for program development and for the delivery of the program nationally.

0:6:6.231 --> 0:6:10.191

Sinead Roe

We train roughly about we deliver about.

0:6:11.751 --> 0:6:15.511

Sinead Roe

Roughly 200 trainings a year to about 15 participants per training.

0:6:15.751 --> 0:6:17.751

Sinead Roe

So we're training thousands of people every year.

0:6:19.471 --> 0:6:22.31

Sinead Roe

And we have a panel of trainers who deliver our trainings for us.

0:6:23.671 --> 0:6:27.311

Sinead Roe

My own background is in social work and social policy.

0:6:27.311 --> 0:6:30.631

Sinead Roe

I also worked in local government for a time.

0:6:34.111 --> 0:6:36.351

Sinead Roe

And I started to learn about trauma. Informed practice.

0:6:37.101 --> 0:6:42.981

Sinead Roe

While doing social work and while realizing that children and families who were receiving support.

0:6:44.551 --> 0:6:53.431

Sinead Roe

Often were very impacted by trauma, and actually that we needed to look at the way that we were working with them in order to make sure that the services we were delivering.

0:6:55.191 --> 0:6:58.471

Sinead Roe

Were the best possible services and getting the best possible outcomes.

0:6:59.231 --> 0:7:9.911

Sinead Roe

So you know we we started looking in the organization that I was in at trauma inform practice from that point of view to try to improve service delivery.

0:7:10.461 --> 0:7:12.421

Sinead Roe

Try to improve engagement.

0:7:14.271 --> 0:7:14.431

Sinead Roe

OK.

0:7:14.431 --> 0:7:16.271

Sinead Roe

I'm going to try and share.

0:7:18.471 --> 0:7:21.831

Sinead Roe

Some slides, so let me see.

0:7:29.451 --> 0:7:34.211

Sinead Roe

This is this is doing a very strange sort of a share.

0:7:36.671 --> 0:7:43.591

Sinead Roe

But let me see if I can. If I put up my slides, are you seeing my slides or you still just seeing my screen?

0:7:43.461 --> 0:7:44.381

Barry Lynch

I can see them now, yeah.

0:7:44.791 --> 0:7:46.551

Sinead Roe

Yeah. OK, that's great. OK.

0:7:48.231 --> 0:7:54.871

Sinead Roe

So. So in the presentation today, I'm just going to go through briefly some key concepts of trauma informed practice.

0:7:56.591 --> 0:7:58.711

Sinead Roe

We're going to look at kind of.

0:7:59.361 --> 0:8:15.751

Sinead Roe

What it means when you say you work in a trauma informed way, and in particular what I wanted to do was talk about working with migrants, refugees, people who are seeking international protection and the way that trauma, informed approaches and practice kind of apply to work with those.

0:8:15.751 --> 0:8:15.881

Sinead Roe

People.

0:8:17.431 --> 0:8:26.351

Sinead Roe

And then I will. If it's OK then at the end I will have some time where you can ask me questions about this particular approach.

0:8:29.1 --> 0:8:29.401

Sinead Roe

OK.

0:8:29.921 --> 0:8:32.481

Sinead Roe

So what are we talking about when we talk about trauma?

0:8:34.511 --> 0:8:55.231

Sinead Roe

The the definition of trauma that is one definition is very commonly used is from Samsa and they are the substance abuse. Mental Health Services administration from the US. Their definition is individual trauma results from an event or series of events or set of circumstances that is experienced as.

0:8:55.231 --> 0:8:59.71

Sinead Roe

An individual, as physically or emotionally harmful, or life threatening.

0:9:0.191 --> 0:9:9.631

Sinead Roe

On that has lasting adverse effects on the individuals functioning mental, physical, social, emotional or spiritual well-being so.

0:9:11.191 --> 0:9:15.991

Sinead Roe

It's there are different components to this and it's really important to kind of to bear this in mind.

0:9:15.991 --> 0:9:27.471

Sinead Roe

Trauma means different things to different people, and two different people can have the same experiences and one person can experience that as a traumatic event and another person will not.

0:9:28.111 --> 0:9:31.591

Sinead Roe

So there are loads of different factors that kind of affect.

0:9:31.931 --> 0:9:41.331

Sinead Roe

So I suppose. But one thing that that trauma has in common for people who experience it is that it's harmful.

0:9:41.451 --> 0:9:46.771

Sinead Roe

It's something outside of the realm of normal experience, so.

0:9:48.311 --> 0:9:54.271

Sinead Roe

Often it involves a threat to life or an extreme threat to physical safety.

0:9:54.951 --> 0:10:1.991

Sinead Roe

So for example, a car accident is a good example because that is something that many people experience.

0:10:3.451 --> 0:10:22.151

Sinead Roe

But again, I can be in a car accident and you can be in a car accident and I will somehow not experience that as traumatic because it has to have a lasting adverse effect on the person's functioning. So their mental, physical, social, emotional or spiritual well-being.

0:10:23.171 --> 0:10:25.251

Sinead Roe

So we talk about the event.

0:10:25.411 --> 0:10:31.811

Sinead Roe

We talk about the experience and and those are really important kind of to bear in mind.

0:10:31.811 --> 0:10:46.411

Sinead Roe

So we're we're not talking about kind of everyday life events or disappointments, even or even bereavement in the normal course of events is not considered to be a traumatic experience.

0:10:47.271 --> 0:10:52.951

Sinead Roe

But as we will talk about a little bit later, it can be so, it depends on the circumstances.

0:10:56.321 --> 0:11:1.121

Sinead Roe

When we talk about trauma, then I mentioned, you know, a car accident.

0:11:1.121 --> 0:11:3.641

Sinead Roe

That's an example of a single incident trauma.

0:11:4.121 --> 0:11:15.241

Sinead Roe

So that's where basically you you lived in kind of in a reasonably functional safe environment where you know you were safe and the world around you was safe.

0:11:15.601 --> 0:11:17.1

Sinead Roe

And then you had.

0:11:18.631 --> 0:11:18.671

Sinead Roe

A.

0:11:18.671 --> 0:11:24.351

Sinead Roe

An event happen where you were very unsafe and that is called single incident.

0:11:24.351 --> 0:11:27.791

Sinead Roe

So that and then afterwards the world then comes back to normal.

0:11:28.571 --> 0:11:32.691

Sinead Roe

If you like and the world is no less of a safe place afterwards than it was before.

0:11:34.471 --> 0:11:43.111

Sinead Roe

Complex trauma, then, is a type of trauma that we call a complex trauma. When the same thing happens again and again and again.

0:11:43.271 --> 0:11:48.431

Sinead Roe

So for example, a person living in a relationship where there is inter partner.

0:11:50.111 --> 0:11:57.991

Sinead Roe

Intimate partner violence that would be considered complex trauma because the the experience of safety.

0:11:58.611 --> 0:12:0.411

Sinead Roe

The person never gets to feel safe.

0:12:2.631 --> 0:12:22.271

Sinead Roe

That is very connected to the next type, which is developmental trauma, and that is trauma that we experience when our brains are developing. So during infancy, childhood and adolescence, these are times when we are especially sensitive to our environment and if we experience trauma, if we experience AB.

0:12:22.551 --> 0:12:28.111

Sinead Roe

Or neglect or harm during these times, they can cause more damage to us and.

0:12:28.991 --> 0:12:29.391

Sinead Roe

It can.

0:12:30.311 --> 0:12:34.911

Sinead Roe

Longer to recover than if we experience trauma as an adult.

0:12:36.471 --> 0:12:52.911

Sinead Roe

Community or group Trauma, then, is what we refer to when we talk about, you know, a very good example is an experience of war. So we say that one of the things that promotes resilience is having a supportive social network around you.

0:12:53.151 --> 0:12:56.791

Sinead Roe

But what happens if no one in your community is safe?

0:12:56.951 --> 0:12:59.911

Sinead Roe

That's what we call community or group trauma.

0:13:0.451 --> 0:13:18.211

Sinead Roe

And that's something that when when people are migrating because of war or conflict or armed conflict, this is a type of trauma that they will experience that will be different. But we've had plenty of community trauma, of course, in Ireland.

0:13:19.831 --> 0:13:23.71

Sinead Roe

And it's connected to the next one, which is historical trauma.

0:13:23.71 --> 0:13:29.991

Sinead Roe

So. So these are big events that affect an entire community or even an entire society.

0:13:30.761 --> 0:13:34.841

Sinead Roe

So things like war, famine, genocide.

0:13:36.551 --> 0:13:38.551

Sinead Roe

Even you could argue with natural disasters.

0:13:38.551 --> 0:13:48.951

Sinead Roe

You could argue immigration has been a historical trauma in Ireland because of the devastating impact that it had on communities for so many decades.

0:13:51.351 --> 0:14:3.911

Sinead Roe

Discrimination is a unique type of trauma in that anybody can have a car accident or anybody can live in a relationship where there is intimate partner violence.

0:14:5.411 --> 0:14:9.331

Sinead Roe

Boss discrimination is about the trauma that comes from.

0:14:10.911 --> 0:14:17.791

Sinead Roe

Being marginalized and discriminated against because of your identity because of something that you can't change.

0:14:19.431 --> 0:14:19.511

Sinead Roe

So.

0:14:21.71 --> 0:14:31.431

Sinead Roe

Members of minority groups tend to suffer unique types of trauma that that members of the majority don't experience.

0:14:31.431 --> 0:14:36.231

Sinead Roe

So things like racism, transphobia, ableism, things like that.

0:14:37.501 --> 0:14:43.141

Sinead Roe

And then the last one is vicarious trauma and vicarious trauma is what we talk about when.

0:14:44.711 --> 0:14:48.151

Sinead Roe

We as professionals work with trauma survivors.

0:14:49.831 --> 0:15:7.351

Sinead Roe

We are not unsafe ourselves, so remember when we talk about trauma, what we're talking about is the experience of being extremely physically or emotionally or psychologically unsafe, right? When we work with trauma survivors.

0:15:7.821 --> 0:15:17.581

Sinead Roe

And they tell us their stories and we have to repeat their stories or engage with their the material that involves details of their trauma.

0:15:19.151 --> 0:15:24.511

Sinead Roe

That can have an impact on our well-being and we call that vicarious trauma, so.

0:15:26.151 --> 0:15:40.871

Sinead Roe

So as a social worker, I was at risk for that because I was reading stories about things that had happened to children, and I was hearing these stories from children, other people who are at risk are social care workers.

0:15:43.561 --> 0:15:51.961

Sinead Roe

Guards, people who work in the courts, who are having to listen to stories, victim impact statements, things like that.

0:15:52.481 --> 0:15:56.921

Sinead Roe

Also, journalists, people who moderate Facebook and Twitter.

0:15:56.921 --> 0:16:2.681

Sinead Roe

You know anybody who is exposed to things that have happened to other people?

0:16:4.231 --> 0:16:8.831

Sinead Roe

And vicarious trauma can have a massive impact on your psychological well-being.

0:16:8.831 --> 0:16:10.871

Sinead Roe

So that's one of the things that we.

0:16:12.551 --> 0:16:14.31

Sinead Roe

Start about when we train.

0:16:14.451 --> 0:16:23.211

Sinead Roe

People in trauma informed practice. We talk about the importance of self-care and well-being and looking after ourselves.

0:16:28.701 --> 0:16:30.381

Sinead Roe

So how does it affect us?

0:16:31.461 --> 0:16:49.61

Sinead Roe

I suppose the thing about it is that what we sort of what we tend to think or what we used to think was that if you're in an unsafe, safe situation and you get taken out of that unsafe situation and put into a situation where you are safe.

0:16:49.661 --> 0:16:50.981

Sinead Roe

Then the trauma is over.

0:16:52.551 --> 0:16:59.391

Sinead Roe

What neuroscience tells us is that experience of trauma changes our brains.

0:16:59.471 --> 0:17:1.511

Sinead Roe

It can change the structure of our brain.

0:17:2.131 --> 0:17:14.731

Sinead Roe

It can change the way that our brains function, and that means that it can have a whole lot of long lasting effects on our function and the way that we are in the world.

0:17:16.271 --> 0:17:20.351

Sinead Roe

So things like difficulty establishing and maintaining healthy relationships.

0:17:21.991 --> 0:17:23.511

Sinead Roe

Poor self regulation skills.

0:17:23.511 --> 0:17:31.951

Sinead Roe

So an inability to regulate emotion. You might see, you know, lots of outbursts over seemingly kind of trivial things.

0:17:33.201 --> 0:17:35.121

Sinead Roe

Very poor impulse control.

0:17:36.671 --> 0:17:39.111

Sinead Roe

Trauma might look like aggression against.

0:17:40.711 --> 0:17:41.591

Sinead Roe

Self or others.

0:17:43.311 --> 0:17:49.311

Sinead Roe

Definitely. You know if the world has taught you that you're not safe and that it is not a safe place.

0:17:51.31 --> 0:17:51.551

Sinead Roe

You will.

0:17:51.551 --> 0:17:53.511

Sinead Roe

You will develop a distrust of others.

0:17:55.151 --> 0:17:58.271

Sinead Roe

And and especially a distrust of authority figures.

0:18:0.71 --> 0:18:2.591

Sinead Roe

It also can lead to difficulties with attention.

0:18:3.181 --> 0:18:9.741

Sinead Roe

Learning and that's basically because of what's happening in the brain. When we experience trauma so.

0:18:11.311 --> 0:18:14.791

Sinead Roe

So if you imagine the brain is like this, then hold up my hand.

0:18:14.831 --> 0:18:15.831

Sinead Roe

Oh, I don't actually.

0:18:15.831 --> 0:18:17.911

Sinead Roe

If you can see my face, can you see my face?

0:18:20.471 --> 0:18:21.231

Lorna Maxwell

Yes, yes.

0:18:20.741 --> 0:18:22.141

Barry Lynch

We can yet. Yep, Yep.

0:18:21.351 --> 0:18:23.471

Fiona NiChuinn

No, no, I can't.

0:18:22.891 --> 0:18:23.451

Sinead Roe

OK.

0:18:24.171 --> 0:18:27.291

Sinead Roe

So imagine your brain is like your fist.

0:18:27.291 --> 0:18:42.331

Sinead Roe

Hold up your hand. And so so the wrist part of it is the brain stem that that modulates your fight or flight response. And then this part where your fingers curl over your thumb. That's your. It's called your prefrontal cortex.

0:18:42.331 --> 0:18:47.611

Sinead Roe

So what happens when a person experiences trauma and when their fight or flight?

0:18:49.551 --> 0:18:52.471

Sinead Roe

Response is activated. This part of the brain.

0:18:53.51 --> 0:18:58.51

Sinead Roe

Brain STEM takes over and this part here then where all of our learning.

0:18:59.751 --> 0:19:16.791

Sinead Roe

Our working memory, the skills that we have for communication, for self regulation that goes offline. If that happens often enough, and if you're in a situation where you're kind of chronically toxically, stressed, and chronically unsafe.

0:19:18.471 --> 0:19:23.231

Sinead Roe

Your development of this part of your brain and your ability to use your brain.

0:19:24.551 --> 0:19:28.191

Sinead Roe

In the way that you should be able to use it is actually affected.

0:19:29.751 --> 0:19:36.711

Sinead Roe

Now we can recover from, you know, from experiences that impact our brain functioning.

0:19:36.871 --> 0:19:47.591

Sinead Roe

But what we tend to see with people who have experienced trauma is that they do have difficulties with paying attention to things, and they do have difficulties with learning.

0:19:49.471 --> 0:19:53.631

Sinead Roe

And then I suppose related to PTSD.

0:19:54.281 --> 0:19:58.961

Sinead Roe

Especially people can have experienced flashbacks and nightmares.

0:20:0.511 --> 0:20:4.871

Sinead Roe

So yeah, there, obviously there are mental health kind of.

0:20:5.391 --> 0:20:15.311

Sinead Roe

There's a mental health hangover, I suppose, with experience of trauma as well, but it's really important to remember that trauma is not doesn't cause mental illness necessarily.

0:20:15.311 --> 0:20:21.551

Sinead Roe

It doesn't have to cause mental illness to have a really long lasting and damaging effect on people.

0:20:25.971 --> 0:20:26.291

Sinead Roe

OK.

0:20:28.1 --> 0:20:33.641

Sinead Roe

So so we know roughly that's a very brief introduction to trauma.

0:20:34.41 --> 0:20:39.41

Sinead Roe

We know that trauma has an impact on people. So what does this mean for us as professionals?

0:20:39.161 --> 0:20:41.561

Sinead Roe

This is where trauma informed practice comes in.

0:20:41.641 --> 0:20:46.481

Sinead Roe

So trauma informed practice is kind of the. So what the next step if you like.

0:20:47.241 --> 0:20:48.681

Sinead Roe

So trauma impacts people.

0:20:48.681 --> 0:20:50.281

Sinead Roe

So what do we do? What can we do?

0:20:51.831 --> 0:20:56.951

Sinead Roe

So trauma, informed practice understands and considers the pervasive nature of trauma.

0:20:57.801 --> 0:21:4.921

Sinead Roe

Remote environments of healing and recovery rather than practices and services that may inadvertently retroact.

0:21:6.471 --> 0:21:10.911

Sinead Roe

So we don't set out to design systems that harm other people, right?

0:21:10.911 --> 0:21:26.591

Sinead Roe

We don't set out to design systems. Services put support in place that re traumatizes or harms people, but people are harmed at times in services, and So what we have to figure out is why is that so? Trauma informed.

0:21:26.591 --> 0:21:30.831

Sinead Roe

Practice is about looking at our work understanding.

0:21:31.461 --> 0:21:32.381

Sinead Roe

That what?

0:21:32.381 --> 0:21:43.101

Sinead Roe

Trauma. How trauma effects people, and I suppose kind of trying to work in ways that help people to feel safe and help people on that kind of journey to recovery.

0:21:47.101 --> 0:21:54.381

Sinead Roe

So in the way that we do business in our processes, our buildings, so many different things are met.

0:21:54.381 --> 0:22:9.101

Sinead Roe

There are things that can trigger survivors and threaten their successful engagement with the service, so we know this and we know that we have some communities and some individuals that we really struggle to engage with services.

0:22:9.181 --> 0:22:11.301

Sinead Roe

So trauma, trauma. Informed practice, I suppose.

0:22:12.151 --> 0:22:12.991

Sinead Roe

Ask the question why?

0:22:13.71 --> 0:22:17.671

Sinead Roe

And gets us to look at our work through this kind of specific lens.

0:22:18.201 --> 0:22:20.321

Sinead Roe

See are there things in the are there?

0:22:20.321 --> 0:22:22.481

Sinead Roe

Are there things about the way that we're working?

0:22:22.601 --> 0:22:28.961

Sinead Roe

I suppose that are making things more difficult for survivors and is there anything that we can change about that?

0:22:33.401 --> 0:22:43.361

Sinead Roe

So there are 6 main principles of trauma informed practice that I want to talk to you about, and I had planned to talk to you about.

0:22:44.911 --> 0:22:49.871

Sinead Roe

The different ways that they can be applied, I hope that I will be able to find my notes again.

0:22:50.151 --> 0:22:59.871

Sinead Roe

So just you just have to bear with me for a minute after this, but the six principles, these principles were published in about 10 years ago and they're the most widely.

0:23:1.711 --> 0:23:5.231

Sinead Roe

Accepted and used set of principles for trauma informed practice.

0:23:6.611 --> 0:23:14.371

Sinead Roe

That we have currently, so their safety, trustworthiness and transparency, collaboration and mutuality.

0:23:15.911 --> 0:23:21.271

Sinead Roe

Voice choice and empowerment, cultural, historical and gender issues and peer support.

0:23:21.831 --> 0:23:24.431

Sinead Roe

So just briefly, I'll just explain what they mean.

0:23:24.471 --> 0:23:30.671

Sinead Roe

So safety is about establishing not just physical safety, but psychological safety as well.

0:23:30.831 --> 0:23:37.711

Sinead Roe

So communicating safety to a trauma survivor is really important because if the person doesn't feel safe.

0:23:38.251 --> 0:23:42.251

Sinead Roe

They won't be able to benefit from the service or the support that they're being offered.

0:23:42.971 --> 0:23:50.531

Sinead Roe

Trustworthiness and transparency is about telling people the truth and providing them with the information that they need.

0:23:52.711 --> 0:24:7.31

Sinead Roe

Survivors are regularly lied to when they're experiencing trauma. They're kept in the dark, you know, in the past, services may have kept information from people that it was their right to have.

0:24:7.931 --> 0:24:12.331

Sinead Roe

So, so being transparent, of course, is just best practice.

0:24:12.331 --> 0:24:22.771

Sinead Roe

But it's also a principle for trauma informed practice, because what we try to do is make sure that we are being transparent and kind of hold that front and center when we're working with people.

0:24:24.311 --> 0:24:28.111

Sinead Roe

Collaboration and mutuality, then, is about sharing power.

0:24:28.191 --> 0:24:34.471

Sinead Roe

So it's about recognizing the fact that as professionals, we might hold a lot of power.

0:24:35.271 --> 0:24:37.991

Sinead Roe

We might not even be aware of the power that we hold.

0:24:38.321 --> 0:24:46.481

Sinead Roe

Or the power that we represent, but the person that we're working with, the trauma survivor, certainly does recognize the power that we have.

0:24:48.31 --> 0:25:4.271

Sinead Roe

So collaboration is about establishing a partnership that's genuine. So not a tokenistic partnership, but a real one where both of us, both parties, if you like, who are working together, can come to shared understandings and shared decision making.

0:25:5.991 --> 0:25:12.71

Sinead Roe

And that principle is closely related to the 4th principle, which is voice choice and empowerment.

0:25:13.131 --> 0:25:23.211

Sinead Roe

So that's about making sure that people have a choice as much as they can, that people have a way to communicate with the service.

0:25:23.211 --> 0:25:26.131

Sinead Roe

So it might be feedback loops.

0:25:26.211 --> 0:25:29.771

Sinead Roe

It might be a complaints process.

0:25:29.851 --> 0:25:30.571

Sinead Roe

How do?

0:25:30.651 --> 0:25:39.451

Sinead Roe

How do people get their voice heard? If people are making plans with professionals, is their voice reflected in that plan?

0:25:40.231 --> 0:25:41.31

Sinead Roe

Stuff like that.

0:25:42.901 --> 0:25:48.461

Sinead Roe

Then the 5th principle is being aware of cultural, historical and gender issues.

0:25:48.501 --> 0:26:1.261

Sinead Roe

So this is really important I think for it's it's a different type of principle than the first four because it's really about awareness of the fact that we don't all.

0:26:1.501 --> 0:26:3.501

Sinead Roe

It's not a late level playing field.

0:26:3.541 --> 0:26:10.661

Sinead Roe

We we all come with different experiences and we recognize the fact that we are all different.

0:26:12.481 --> 0:26:18.361

Sinead Roe

Take those things into account and we try to work in ways that respect those differences.

0:26:18.441 --> 0:26:30.401

Sinead Roe

So gender issues is about making sure that we are aware of the fact that that people have different norms around gender.

0:26:30.401 --> 0:26:40.481

Sinead Roe

So for example, if people are coming from countries where gender roles are different to what they are in Ireland, that we would actually be able to.

0:26:41.271 --> 0:26:42.391

Sinead Roe

Recognise that?

0:26:43.761 --> 0:26:48.561

Sinead Roe

And work with that, I suppose, within the bands of what's possible.

0:26:50.111 --> 0:27:1.871

Sinead Roe

Cultural issues is recognizing that people from cultural minority groups experience discrimination, so people experience racism. They experience homophobia.

0:27:3.551 --> 0:27:13.751

Sinead Roe

And you need to kind of understand that that if you're going to work in a trauma informed way that those things happen to people and then historical trauma is about.

0:27:14.951 --> 0:27:18.671

Sinead Roe

That kind of intergenerational effect that trauma can have.

0:27:18.751 --> 0:27:21.471

Sinead Roe

So when you're working with, let's say.

0:27:23.31 --> 0:27:28.591

Sinead Roe

An indigenous person, or maybe a traveller in Ireland that you take historical trauma into account.

0:27:28.591 --> 0:27:43.271

Sinead Roe

The fact that that person comes from a very marginalised community and for generations they may have experienced harm when they're interacting with your service that's going to affect the way that they engage with you.

0:27:44.591 --> 0:27:45.751

Sinead Roe

And then the last.

0:27:47.311 --> 0:27:59.391

Sinead Roe

Of the six principles is peer support and peer support is about making sure that people have opportunities to connect and to to share their lived experience.

0:27:59.391 --> 0:28:6.431

Sinead Roe

I suppose to just to set up networks where people with shared experiences can connect with one another.

0:28:8.111 --> 0:28:13.871

Sinead Roe

Another step in peer support then, is actually having people inviting people to.

0:28:14.561 --> 0:28:17.561

Sinead Roe

Participate in the design and delivery of services.

0:28:17.561 --> 0:28:23.161

Sinead Roe

So if I am receiving a service, do I get any kind of? Am I ever asked?

0:28:24.161 --> 0:28:29.841

Sinead Roe

What do I think you know? Would I like anything to be done differently, that kind of thing?

0:28:30.521 --> 0:28:32.641

Sinead Roe

So that's an example of peer support.

0:28:34.191 --> 0:28:39.231

Sinead Roe

Now I'm going to if it's OK with you, I'm going to just stop my share.

0:28:46.11 --> 0:28:46.691

Sinead Roe

Because I wanted.

0:28:46.731 --> 0:28:53.571

Sinead Roe

I want to talk you through kind of some practical applications of trauma informed practice with refugees and migrants.

0:28:55.111 --> 0:29:00.271

Sinead Roe

So the first principle that we talked about was safety, so.

0:29:02.31 --> 0:29:14.551

Sinead Roe

I suppose so. An example of this would be, you know, establishing safe places or safe spaces in in service locations where people are feeling like they have enough kind of physical security.

0:29:16.31 --> 0:29:16.991

Sinead Roe

It also means things.

0:29:16.991 --> 0:29:22.551

Sinead Roe

So it's it's about communication. So it's things like where are the signs, how big are they?

0:29:22.551 --> 0:29:23.631

Sinead Roe

Are they easy to read?

0:29:23.631 --> 0:29:26.111

Sinead Roe

Are they in languages that people understand?

0:29:27.791 --> 0:29:46.271

Sinead Roe

Psychological safety is also about your staff, so training staff to be non judgmental and sensitive to the fact that people can be triggered by seemingly very innocent things. These kinds of things are examples of how we establish safe.

0:29:48.501 --> 0:29:56.21

Sinead Roe

For trustworthiness and transparency, then, you know being transparent about legal processes.

0:29:57.751 --> 0:30:10.71

Sinead Roe

Applications, processes, how people can access healthcare, making sure that we explain everything kind of step by step and we make sure that people have understood really clearly what we need them to know.

0:30:11.991 --> 0:30:16.791

Sinead Roe

Setting really clear expectations as well. So in speaking to people you know.

0:30:18.191 --> 0:30:25.751

Sinead Roe

And and this is kind of one of the principles is making sure that people don't have unrealistic expectations about what professionals can do for them.

0:30:28.1 --> 0:30:29.81

Sinead Roe

In terms of.

0:30:30.631 --> 0:30:34.231

Sinead Roe

Collaboration and mutuality, then, that could mean you know.

0:30:35.951 --> 0:30:42.271

Sinead Roe

Offering community meetings where people can kind of get together and discuss on what their priorities are.

0:30:44.111 --> 0:30:45.31

Sinead Roe

It may mean.

0:30:47.771 --> 0:31:0.131

Sinead Roe

Excuse me. It may mean offering the opportunity to get involved in any kind of planning that is going to apply to them so that they kind of they feel like they are.

0:31:1.911 --> 0:31:6.71

Sinead Roe

They feel like they have some agency or some authority in what's happening.

0:31:8.191 --> 0:31:18.911

Sinead Roe

Empowerment, voice and choice, then, is number 4 and an example of that would be, you know, providing language classes or education opportunities so that people can actually build skills.

0:31:19.641 --> 0:31:22.761

Sinead Roe

And, you know, become more independent.

0:31:23.961 --> 0:31:24.961

Sinead Roe

It might be.

0:31:26.711 --> 0:31:38.391

Sinead Roe

Giving people a platform to express their needs and preferences so you know it could be like flexibility with appointment times or who can come to an appointment, stuff like that.

0:31:39.271 --> 0:31:50.471

Sinead Roe

And it may actually be training people from the community. So so with with migrants and people seeking IP, it could be, you know.

0:31:51.971 --> 0:32:3.371

Sinead Roe

Training some of those people as advocates for their community to help them understand their rights and to voice those their concerns, then effectively to authorities or service providers.

0:32:5.411 --> 0:32:15.411

Sinead Roe

With regards to cultural, historical and gender issues, we could, you know, make sure that an example is to provide culturally appropriate services.

0:32:15.411 --> 0:32:21.131

Sinead Roe

So for example, food, healthcare, housing options that align with people's cultural values.

0:32:22.671 --> 0:32:35.831

Sinead Roe

It might be, you know, in accommodation that provides meals that if you you have a Muslim population there that you make sure that you have halal options or you know allowing people.

0:32:36.601 --> 0:32:42.321

Sinead Roe

Specific dates that they may be able to cook their own food, and that's just sort of.

0:32:43.871 --> 0:32:48.271

Sinead Roe

I recognizing the fact that, you know, people's cultural identity is really important to them.

0:32:50.551 --> 0:32:53.111

Sinead Roe

Another example of that would be.

0:32:55.111 --> 0:32:57.111

Sinead Roe

Training staff on cultural competence.

0:32:57.111 --> 0:33:7.911

Sinead Roe

You know, so making sure that staff are aware of some of the different cultural backgrounds of the people that they're working with and making sure that they understand then how that applies.

0:33:8.431 --> 0:33:9.111

Sinead Roe

To their work.

0:33:11.391 --> 0:33:12.911

Sinead Roe

And then the last one is peer support.

0:33:12.911 --> 0:33:16.751

Sinead Roe

So an example of peer support could be creating support groups.

0:33:18.431 --> 0:33:37.231

Sinead Roe

Involving community leaders, so people who have a similar background but who have already kind of successfully settled and are on a journey into integration, connecting people like that to make sure that that you have people have a sense of building community where that's possible or it could be.

0:33:37.271 --> 0:33:40.231

Sinead Roe

You know, peer LED activities, so cultural events.

0:33:42.151 --> 0:33:47.191

Sinead Roe

Anything really that fosters a kind of sense of community and shared resilience.

0:33:49.751 --> 0:33:50.111

Sinead Roe

OK.

0:33:50.111 --> 0:33:54.711

Sinead Roe

I'm going to go back in to see if I can share again.

0:34:6.461 --> 0:34:27.701

Sinead Roe

So just briefly, the research tells us that trauma informs approaches lead to reduced substance use, improvements in mental health, reduce reduction in the use of coercive practices such as exclusion and restraint or sorry seclusion and restraint, but also exclusion from services.

0:34:29.271 --> 0:34:33.791

Sinead Roe

Increased confidence and compassion and reduced personalization of difficulties for workers.

0:34:34.911 --> 0:34:41.991

Sinead Roe

So trauma informed approaches don't just benefit survivors, they also benefit workers and organizations.

0:34:43.551 --> 0:34:57.871

Sinead Roe

We also expect that when staff are working in trauma informed environments that they are that you have less staff turnover, that people are are more resilient and are able to kind of keep doing the work for a longer period of time.

0:34:59.991 --> 0:35:3.511

Sinead Roe

And a decrease in negative and stressful interpersonal events.

0:35:4.111 --> 0:35:22.471

Sinead Roe

So I have a load of references for studies that I'm happy to share if anybody is interested in the

data, but it is there and it does really strongly suggest that this is an approach that works in general to make our support of people who have experienced TRA.

0:35:22.591 --> 0:35:23.471

Sinead Roe

More effective.

0:35:27.41 --> 0:35:32.641

Sinead Roe

So just before we finish up, I just want to kind of briefly take you through.

0:35:35.31 --> 0:35:46.591

Sinead Roe

One of the model that we use, so we we talked to staff about this 3R model which is recognized react and respond.

0:35:47.191 --> 0:35:53.311

Sinead Roe

So we teach them how to recognize behaviors that are linked to trauma and experience of trauma.

0:35:54.351 --> 0:35:55.391

Sinead Roe

Then we teach them.

0:35:56.11 --> 0:36:10.531

Sinead Roe

How to react in the moment so making sure that people have skills so that they know how to how to support a person in the moment where they're they're having a reaction that is related to trauma.

0:36:10.531 --> 0:36:12.531

Sinead Roe

What do they do and how do they do that?

0:36:12.531 --> 0:36:17.971

Sinead Roe

In a way that's not going to cause further harm. And then we also talk about a response.

0:36:17.971 --> 0:36:20.971

Sinead Roe

So how do we learn from those experiences afterwards?

0:36:20.971 --> 0:36:25.571

Sinead Roe

How do we reflect with the with this trauma survivor, if that's appropriate?

0:36:26.211 --> 0:36:35.571

Sinead Roe

And if it isn't appropriate or and even if it is, how do we also reflect as a team or as a service on our learning from?

0:36:37.111 --> 0:36:41.511

Sinead Roe

From this kind of using this 3R model and supporting somebody through.

0:36:43.231 --> 0:36:44.111

Sinead Roe

A situation that.

0:36:45.791 --> 0:36:48.911

Sinead Roe

Could be perceived as, you know, challenging behavior.

0:36:51.71 --> 0:36:52.631

Sinead Roe

Or, you know, a distressing event.

0:36:53.71 --> 0:36:53.991

Sinead Roe

How do we?

0:36:54.231 --> 0:36:55.551

Sinead Roe

How do we look after ourselves?

0:36:55.551 --> 0:36:56.991

Sinead Roe

How do we look after service users?

0:36:57.791 --> 0:36:59.151

Sinead Roe

After these things happen.

0:37:2.131 --> 0:37:19.831

Sinead Roe

So I suppose this is a question for you thinking about this and you don't have to share this, but I want to just kind of challenge you to think for a moment about where you see this approach applying in the staff that you have in your local author.

0:37:20.971 --> 0:37:21.451

Sinead Roe

So.

0:37:22.991 --> 0:37:27.31

Sinead Roe

Are there ways that trauma informed approaches might apply in the work that your staff do?

0:37:28.791 --> 0:37:32.951

Sinead Roe

And what do you think your staff might need in order to be able to apply this approach in their work?

0:37:41.591 --> 0:37:43.111

Sinead Roe

So I'm going to.

0:37:44.641 --> 0:37:45.761

Sinead Roe

Leave you consider that.

0:37:47.311 --> 0:38:0.671

Sinead Roe

While I just let you know that we have a conference coming up in November on the 7th of November in the Grand Hotel Malheid, the link for the conference there is.

0:38:2.551 --> 0:38:10.991

Sinead Roe

On the screen but it is if you just look forward from informed practice Ireland Conference 2024 you will be able to find the information about that.

0:38:10.991 --> 0:38:14.551

Sinead Roe

So it's a one day conference where we talk about.

0:38:15.351 --> 0:38:18.111

Sinead Roe

Roman form practice in many, many different settings.

0:38:20.401 --> 0:38:24.881

Sinead Roe

And that is the end of what I had prepared for you.

0:38:25.81 --> 0:38:32.81

Sinead Roe

I don't know if anybody has any questions or any thoughts that they would like to share.

0:38:34.871 --> 0:38:36.511

Barry Lynch

Yeah, there. Thanks very much.

0:38:36.511 --> 0:38:37.351

Barry Lynch

Very informative.

0:38:37.351 --> 0:38:40.431

Barry Lynch

Are there any particular questions from the floor?

0:38:43.461 --> 0:38:44.381

Lorna Maxwell

Just to say thanks.

0:38:43.501 --> 0:38:43.821

Barry Lynch

No SEC.

0:38:43.821 --> 0:38:45.781

Barry Lynch

Yeah, yeah, yeah.

0:38:44.381 --> 0:38:45.781

Lorna Maxwell

Thanks very much, Janet.

0:38:46.421 --> 0:38:50.221

Lorna Maxwell

It was really, really, really interesting and very relevant to us in the work that we're doing.

0:38:50.221 --> 0:38:51.621

Lorna Maxwell

So thank you very much.

0:38:53.271 --> 0:38:54.751

Lorna Maxwell

Yeah, it's very interesting.

0:38:53.681 --> 0:38:54.441

Sinead Roe

You're welcome.

0:38:56.191 --> 0:38:56.951

Sinead Roe

You're welcome.

0:38:58.831 --> 0:39:13.111

Barry Lynch

Certainly we've encountered those kind of issues, particularly with our micro integration form and the language skills was always a big one. You know, just to try and get people engaged and even able to attend the classes was quite an issue, you know, particularly with childcare and cultural issues.

0:39:13.111 --> 0:39:16.911

Barry Lynch

Around that and just is that something you've encountered elsewhere inade.

0:39:14.391 --> 0:39:15.151

Sinead Roe

Absolutely.

0:39:17.231 --> 0:39:19.151

Sinead Roe

Oh, yeah, yeah, absolutely, yeah.

0:39:19.151 --> 0:39:36.311

Sinead Roe

And I actually tell a story when I am delivering training, I tell a story about triggers that I used to work at a university where they had the English language class, English language college was next door to the building that we worked in.

0:39:36.551 --> 0:39:38.991

Sinead Roe

And this was in New Zealand.

0:39:39.191 --> 0:39:44.591

Sinead Roe

They had really good migrant resettlement program through the Red Cross and.

0:39:45.391 --> 0:39:48.631

Sinead Roe

They're so refugees would attend English classes.

0:39:49.291 --> 0:40:7.91

Sinead Roe

At the university and when we had a lot of people from Eritrea particularly coming over at that time when the fire alarm would go off, we would have to search the building for people. We would have, the people would hide.

0:40:8.631 --> 0:40:9.631

Sinead Roe

They would hide in cupboards.

0:40:9.751 --> 0:40:11.351

Sinead Roe

They would hide in the toilets.

0:40:11.471 --> 0:40:20.711

Sinead Roe

They'd hide behind doors because the the noise of the of the fire alarm would make them feel so unsafe.

0:40:21.51 --> 0:40:36.751

Sinead Roe

Would be such a massive trigger for them that they couldn't. They couldn't manage and they couldn't kind of make that like I was saying earlier, they couldn't get this part of their brain to override this part and tell them that they were still safe. But it I mean.

0:40:36.841 --> 0:40:38.321

Sinead Roe

So many barriers and.

0:40:39.871 --> 0:40:51.191

Sinead Roe

It's it's certainly, you know, it's a very complicated piece of work to try and do to get people engaged because because they are still trying to establish safety for themselves.

0:40:51.191 --> 0:40:56.111

Sinead Roe

Actually, that's still a full time job for people. For a long time, yeah.

0:41:0.471 --> 0:41:2.431

Barry Lynch

Anyone else let you go in there?

0:41:3.641 --> 0:41:5.881

MICHAEL McGARVEY

It's just Michael Mcgarvey here.

0:41:5.81 --> 0:41:5.361

Barry Lynch

No.

0:41:5.881 --> 0:41:7.121

MICHAEL McGARVEY

Just need and all.

0:41:7.121 --> 0:41:7.961

MICHAEL McGARVEY

Thank you very much.

0:41:7.961 --> 0:41:10.121

MICHAEL McGARVEY

Found that really interesting and thank you.

0:41:11.471 --> 0:41:12.391

Sinead Roe

Oh, thank you, Michael.

0:41:13.951 --> 0:41:14.511

Sinead Roe

That's great.

0:41:16.191 --> 0:41:20.311

Sinead Roe

So look, I mean, Liam, I'm not sure if Liam is with us.

0:41:20.311 --> 0:41:29.871

Sinead Roe

He has my contact details if anybody wants to get in touch or pass or, you know, get one of your staff to to get in touch.

0:41:33.171 --> 0:41:37.931

Barry Lynch

Yeah, Unfortunatelyame's was tied up. So he asked me to kind of wrap up in his absence anyway, so.

0:41:37.341 --> 0:41:37.701

Sinead Roe

Oh, that's.

0:41:39.511 --> 0:41:40.511

Barry Lynch

But anyway, certainly thanks again.

0:41:40.951 --> 0:41:44.591

Barry Lynch

Would you be able to share that slide deck with Sinead or yeah, yeah, yeah.

0:41:43.291 --> 0:41:44.371

Sinead Roe

Yes, I certainly can.

0:41:44.371 --> 0:41:45.411

Sinead Roe

Yeah, no problem at all.

0:41:46.351 --> 0:41:46.391

Barry Lynch

Yeah.

0:41:46.911 --> 0:41:47.671

Sinead Roe

I will do that.

0:41:47.671 --> 0:41:48.511

Sinead Roe

I'll send that through to Liam.

0:41:49.941 --> 0:41:53.181

Barry Lynch

Gratia, because certain my own scribbles are not the most legible.

0:41:53.581 --> 0:41:56.621

Barry Lynch

Certainly it's a good reminder of the principles.

0:41:57.221 --> 0:41:58.701

Sinead Roe

Yeah, that's fine. That's fine.

0:41:58.701 --> 0:42:00.501

Sinead Roe

No problem at all, OK.

0:42:00.501 --> 0:42:07.661

Sinead Roe

Well, look, if that's if that's everybody has had a chance to ask any questions that they have, I might just leave it there.

0:42:09.441 --> 0:42:09.641

Barry Lynch

OK.

0:42:09.641 --> 0:42:10.401

Barry Lynch

That's great.

0:42:10.401 --> 0:42:11.801

Barry Lynch

Thanks again for your time, Sinead.

0:42:10.561 --> 0:42:11.361

MICHAEL McGARVEY

Thanks again.

0:42:11.361 --> 0:42:14.201

MICHAEL McGARVEY

Thanks very much and thanks, Barry and Liam.

0:42:12.751 --> 0:42:13.231

Sinead Roe

OK.

0:42:13.231 --> 0:42:14.991

Sinead Roe

Thank you. Bye bye bye.

0:42:13.381 --> 0:42:13.981

Lorna Maxwell

Thanks very much.

0:42:14.521 --> 0:42:16.41

MICHAEL McGARVEY

Thank you. Thanks Janet.

0:42:14.731 --> 0:42:15.251

Barry Lynch

You can't.

0:42:15.691 --> 0:42:16.251

Barry Lynch

You can't.

0:42:18.801 --> 0:42:19.121

Barry Lynch

OK.

0:42:19.121 --> 0:42:19.681

Barry Lynch

That's great.

0:42:20.81 --> 0:42:22.481

Barry Lynch

Yeah, Liam just asked me to wrap up in his absence.

0:42:22.481 --> 0:42:29.161

Barry Lynch

I knew so obviously that before the bulletin's coming around the conference and the other developments that he outlined there at the start.

0:42:29.161 --> 0:42:38.121

Barry Lynch

So we'll be hearing more about those in due course anyway. So thanks again for your time this afternoon and enjoy the rest of the day.

0:42:36.391 --> 0:42:37.991

Lorna Maxwell

Thanks very much, Barry. Thank you.

0:42:38.371 --> 0:42:40.91

Eoghan Ryan

Yeah. Take care too. Bye.

0:42:38.671 --> 0:42:40.71

Lorna Maxwell

You too. Bye bye bye.

0:42:38.851 --> 0:42:39.171

Michael Quinn

Thank you.

0:42:39.851 --> 0:42:40.451

Barry Lynch

Thank you. Bye.