



What are Adverse Childhood Experiences?



Image taken from Public Health Network Cymru. [Click here](#) to see a short video about ACEs

ACEs are highly stressful, and potentially traumatic, events or situations that occur during pregnancy, childhood and/or adolescence and can have an impact on physical and mental health throughout life. These can be direct experiences (e.g. physical abuse) or occur in the environment in which they live (e.g. domestic violence).

The research into ACEs has identified a number of specific adverse childhood experiences but this list is not

exhaustive (see panel).

These are examples of experiences that can be traumatic but it is important to remember that some of these experiences may be more traumatic for some people than others. There are also other experiences which can be traumatic that are not included in this list.

Research studies have identified a link with range of long term health-related outcomes but links have also been reported between ACE exposure and experience of wider social problems such as reduced educational attainment, worklessness, diminished social mobility, socioeconomic status and risk of involvement with the criminal justice system.

Evidence suggests that risk to health and wellbeing increases with the number of ACEs a person experiences.

47% of English adults have

reportedly experienced at least one ACE and 9% of English adults had experienced four or more ACEs see: [The National household survey of adverse childhood experiences](#)

ACEs and trauma are not limited to individual experiences but can also be linked to the environment in which these are experienced. People living in 'adverse community environments' might find it harder to contain their levels of stress.

Experiencing childhood adversity is correlated only to a higher *risk* of experiencing certain problems in later life. Recent studies have shown that resilience is a significant protective factor for children and adults and can help mitigate the negative outcomes associated with childhood adversity.

You can read more about childhood adversity and trauma via the link below.

Specific ACEs (this is not an exhaustive list)

- DOMESTIC ABUSE
- LOSS OF A PARENT (DEATH OR SEPARATION)
- PARENTAL CRIMINAL BEHAVIOUR AND/OR IMPRISONMENT
- PARENTAL MENTAL ILLNESS
- PARENTAL SUBSTANCE MISUSE
- PHYSICAL ABUSE
- PHYSICAL NEGLECT AND/OR EMOTIONAL NEGLECT
- SEXUAL ABUSE
- VERBAL ABUSE & EMOTIONAL ABUSE

ACEs ARE VERY PERSONAL AND INDIVIDUAL; THIS LIST SHOULD NEVER BE USED AS A "TICK BOX" LIST.

What Are We Doing in Bristol?

We have established an 'Adverse Childhood Experiences Health Integration Team' to bring partners together to develop our local approach and drive culture change and practice. This is a multi-agency collaboration across Bristol, North Somerset and South Gloucestershire. Partners include the three local authorities, Avon and Somerset Police, the VCSE, schools and early years settings, local universities and the BNSSG Clinical Commissioning Group.

You can read more about the Health Integration Team model [here](#).

This local partnership will be:

- * Raising awareness and understanding of adversity in childhood
- * Contributing to the developing evidence base on childhood adversity and trauma
- * Developing policy and practice approaches to prevent trauma and mitigate the negative impacts
- * Building a 'case for change' which will set out

how we can work differently together so that we can prevent childhood adversity and improve health and wellbeing.

The following pages signpost to organisations that are able to offer advice and support but you should make a referral to First Response if you have concerns that a child is being abused or neglected, or if you want to request support on behalf of a child or family.

More information on how to do this is available here:

[First Response](#)

ACE Ambassadors:

BRISTOL IS DEVELOPING A NETWORK OF ACE AMBASSADORS WHO ARE CHAMPIONING CULTURE CHANGE AND HELPING TO DEVELOP AND EMBED NEW WAYS OF WORKING. FOR MORE INFORMATION ABOUT THE ACE AMBASSADOR NETWORK PLEASE CLICK [HERE](#)

Please click [here](#) for more information about our local work and to access resources and further reading. These pages include resources and support for responding to the impact of Covid19.

Support Around Domestic Abuse

[Next Link Bristol](#)

0117 9250680
enquiries@nextlinkhousing.co.uk

[Women's Aid](#)

0808 2000247
helpline@womensaid.org.uk

[Avon and Somerset Police](#)

[Crime Stoppers](#)

0800 555111

[The Mankind Initiative](#)

01823 334244

[See Change](#)

0117 9424986
cypservice@julianhouse.org.uk

As well as providing individual services, [Next Link](#) offer groupwork services including: the Freedom Programme - for women who are in or have left violent relationships to help them to understand domestic abuse; The Recovery Toolkit - used by women who are trying to move on to build self-esteem and confidence; The CRUSH programme - for young people who have witnessed, experienced or perpetrated abuse; [Safe Link](#) - support for anyone (women, men, children) who has been the victim of rape and sexual abuse.

[The Forced Marriage Honour Based Violence Service](#)

provides a service for victims who have either been forced into marriage or

those at risk of forced marriage or honour based violence.

[Women's Aid](#) is a charity that works at both local and national levels to ensure women's safety from domestic violence and promotes policies and practices to prevent domestic violence. It runs the Freephone 24hr National Domestic Violence Helpline.

[The Survivor's Handbook](#) provides practical support and information for women experiencing domestic abuse, with simple guidance on every aspect of seeking support.

[The Mankind Initiative](#) is a confidential helpline for

male victims of domestic abuse and domestic violence.

[See Change](#). Children and young person's domestic violence and abuse service offer practical and emotional support, information and education for children and young people who are experiencing or have experienced domestic abuse.

Domestic abuse is a crime and should be reported to the Police. Dial 999 in an emergency or if there is immediate danger. If danger has passed, call 101 or visit a police station. Further advice and information from [Avon and Somerset Police](#) can be found in this link.

Bereavement and Separation Support

[Winston's Wish](#) provides specialist child bereavement support services across the UK. This includes in-depth therapeutic support in individual, group and residential settings, as well as a Freephone National Helpline, training for profes-

sionals and specialist publications.

[Cruise Bereavement Care](#)

offers support, advice and information to children, young people and adults when someone dies and to enhance society's care of

bereaved people.

[The Separated Parents Information Programme \(SPIP\)](#)

helps parents manage the challenges of parenting after separation and to consider separation from their child's eyes (Charges apply).

[Winston's Wish](#)

0808 802 0021

[Cruise](#)

0808 808 1677

[SPIP](#)

07525 404113

[PACT \(Prison Advice and Care Trust\)](#)

0117 9244866
info@prisonadvice.org.uk

[Prisoners' Families Helpline](#)

0808 808 2003

[NICCO—National Information Centre on Children of Offenders](#)

Support Around Parental Offending

As well as hosting the visitors centre at [HMP Bristol](#), [PACT](#) Family Engagement Workers perform a unique, professional role which acts as a bridge between prisons and communities. The aims of the service are to improve the outcomes for children and families of offenders by helping to ensure that prisoners and their families: gain more support within their community, are known

to local authority services when a parent is imprisoned, can access local resources to which they are entitled, are supported in reducing intergenerational crime. PACT additionally offer Hidden Sentence Training to professionals working with families.

[Children's Centres](#) in Bristol have a nominated 'champion' for children of

offenders. The champion is knowledgeable about the impact of parental offending or imprisonment on children and their families, and has an understanding about what their needs may be and how their Children's Centre can effectively respond to these needs. Other Children's Centre staff are able to seek advice or information from the champion when needed.

Mental Health Support

[Kooth](#) is an online counselling and emotional well-being platform for children and young people, accessible through mobile, tablet and desktop and free at the point of use.

[Off the Record \(OTR\)](#) provide free 1:1 or group mental health support for 11 to 25 yr olds in school or community settings

[Young Minds](#) a national organisation offering advice, resources and support for young people and parents and carers.

[The Mix](#) Free and confidential support for 13—25s

[Second Step](#) believe that with the right support, everyone can take control of their life and make their future their own. They promote mental health and wellbeing by supporting people and communities to build brighter futures. Working hand-in-hand with the NHS and local authorities, they offer practical help and emotional support tailored to each individual and their recovery.

[Bristol Mental Health](#) brings together 18 public and voluntary sector organisations providing NHS funded services to deliver the best possible support to the city.

[Carers Support Centre](#) is a charity which provides support, information and advice to carers of any age living in the Bristol and South Gloucestershire areas.

[Bristol Community Support Services](#) is centred on values of recovery and social inclusion to help people to become more independent, confident and resilient. The service uses a person centred approach spending time to identify what the individual would like and to explore what peoples' needs are and what goals they want to focus on.

[Kooth](#)

[Off The Record \(OTR\)](#)

0808 808 9120

hello@otrbristol.org.uk

[Bristol Community Support Services](#)

0117 903 1801

bristol-services@rethink.org

[Bristol Carers Service](#)

0117 903 1803

[Second Step Bristol](#)

0117 909 6630

admin@second-step.co.uk

Drug & Alcohol Support

[BRISTOL ROADS](#)

Single point of contact:

0117 440 1540

ROADS@dhi-services.org.uk

[Alcoholics Anonymous](#)

0800 9177 650

help@aamail.org

[Narcotics Anonymous](#)

0300 999 1212

[AL-ANON](#)

0800 0086 811

helpline@al-anonuk.org.uk

[Bristol ROADS](#) (Recovery Orientated Alcohol and Drugs Service). ROADS is primarily for adults and can help with: general drug and alcohol misuse advice, advice on detoxing, information about how you can reduce the harm substances can cause, as well as providing treatment and recovery initiatives.

[BDP M32](#) Youth Groups for young people ages 5-10 and 11-16 with family members who have alcohol or

drug problems. Offering respite, fun, activities, confidence & resilience building. 0117 9876000.

[Alcoholics Anonymous](#) (AA) is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism. The only requirement for membership is a desire to stop drinking.

Run on the same Grounds as AA, [Narcotics Anonymous](#) is a support group run by recovering addicts who meet regularly to help each other stay clean.

[Al-Anon](#) Family Groups are there for anyone whose life is or has been affected by someone else's drinking.

[Hawkspring](#) substance misuse service in Hartcliffe offer support and guidance to children and young people who are affected by parental substance misuse

Support Around Abuse

[Bristol City Council](#) provide a web page for more information and general advice around violence and abuse.

[Avon and Somerset Victim Support](#) provide practical and emotional support to

both men and women who have experienced sexual or domestic abuse.

[Childline](#) is there to help anyone under 19 in the UK with any issue they're going through. You can talk about anything. Whether it's some-

thing big or small, our trained counsellors are here to support you. Childline is free, confidential and available any time, day or night.

[Victim Support](#)

0300 303 1972

[Childline](#)

0800 1111

Continued overleaf/.



Support Around Abuse (continued from previous page)

[Lighthouse Victim and Witness Care](#)
Dial 101

[NAPAC](#)
0808 801 0331
support@napac.org.uk

[NSPCC](#)
0808 800 5000
help@nspcc.org.uk

[SARAS](#)
Women and Girls:
0808 801 0456

Men and Boys:
0808 801 0465
support@saras.co.uk

[Lighthouse Victim and Witness Care](#) offers an enhanced service to vulnerable, intimidated or persistently targeted victims of crime and anti-social behaviour, and victims of serious crime. They additionally hold a [comprehensive list](#) of service and support providers across a wide area of vulnerabilities.

[National Association for People Abused in Childhood \(NAPAC\)](#) offers support to survivors of childhood abuse including physical, emotional, sexual or as a result of neglect.

[NSPCC](#) is a major UK charity specialising in Child protection and the prevention of cruelty to children. If you are an adult who experienced abuse as a child, the NSPCC can also provide advice and support.

[SARAS](#): Somerset & Avon Rape & Sexual Abuse Support provides support to people in Bristol, South Gloucestershire, B&NES, North Somerset and Somerset, who have experienced rape or any kind of sexual assault or abuse at any time in their lives.

The Bristol [Survivor Pathway](#) is a guide for anyone wanting to know more about specialist sexual violence support services in Bristol. The website provides a list of services for adults, young people and children for both recent and past assaults and abuse.



General Support and Other Organisations

[Golden Key](#) is a partnership of 19 organisations which work together across Bristol to improve services for people with the most complex needs. All Golden Key clients are experiencing a challenging mix of homelessness, long term mental health problems, dependency on drugs and alcohol and offending behaviour.

[Bristol Carer Service](#): Often the person you are supporting is a family member such as a partner, wife, husband, son, daughter or a friend. Whether or not you think you are a 'carer', support is available. We help over 200 people a year across Bristol who are looking for advice, support or information.

[Bullying UK](#) is a national website, operated by [Family Lives](#), which gives advice and information to people of any age who are being bullied.

The [Bristol Citizens Advice Bureau](#) are a local charity that provides free, confidential, and impartial advice and campaigns on big issues affecting people's lives. They provide drop-in sessions, information, and signposting and have a telephone helpline available between 10am and 1pm, Monday to Friday.

[Bristol Mind](#) have a large database of organisations who can provide advice around a large range of different services.

Supporting parenting and building resilience in parents can help prevent and mitigate the impacts of ACEs. Information about parenting courses, advice and support in Bristol is available [here](#)

Sports and Fitness: research suggests that sports participation has a strong impact on resilience. You can find out about opportunities, leisure centres and sports facilities [here](#):

[Golden Key](#)
info@goldenkeybristol.org.uk

[Carers Support Centre](#)
0117 965 2200

[Bullying UK](#)
0808 800 2222

[Bristol Citizens Advice Service](#)
03444 111 444

[Bristol Mind](#)

More information is available online [here](#)
Or contact ACE@bristol.gov.uk