



East London

NHS Foundation Trust

Information Governance

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30th July 2026

Our reference: FOI DA6693

We are responding to your request for information received 1st July 2026. We are sorry for the delay in responding to your request. This has been treated as a request under the Freedom of Information Act 2000.

We are now enclosing a response which is attached to the end of this letter. Please do not hesitate to contact us on the contact details above if you have any further queries.

Yours sincerely,

FOI Team

If you are dissatisfied with the Trust's response to your FOIA request then you should contact us and we will arrange for an internal review of this decision.

If you remain dissatisfied with the decision following our response to your complaint, you may write to the Information Commissioner for a decision under Section 50 of the Freedom of Information Act 2000. The Information Commissioner can be contacted at:

Information Commissioner's Office
Wycliffe House
Water Lane
Wilmslow
Cheshire
SK9 5AF

Tel: 0303 123 1113
Web: www.ico.org.uk

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Chief Executive Officer: Lorraine Sunduza
Chair: Eileen Taylor

Request:

Question 1: Does your organisation work as a trauma informed service?

Answer: The latest NHS health plan Fit for the Future: 10 Year Health Plan for England (2025) contains multiple references to:

- trauma-informed approaches,
- adverse childhood experiences (ACEs),
- mental health services that recognise trauma,
- and personalised care for vulnerable groups.

Trauma informed care is specifically cited in the Culture of Care Standards for Mental Health Inpatient Care (2025).

[NHS England » Trauma-informed and harm-aware inpatient care](#)

Trauma Informed Care, sometimes referred to Trauma Informed Practice or Trauma Informed Approaches is a way of working that is integral to the way health care is offered.

[Working definition of trauma-informed practice - GOV.UK](#)

Professional trainings for allied health professionals, medical staff, nurses, occupational therapists, psychological practitioners and social workers include specific training on trauma informed care.

Trauma informed care applies to work at the individual, team and organisational level for service users, carers, staff and communities.

At an organisational level trauma informed ways of working is integral to a number of workstreams for example the Staff Experience Programme led by People & Culture and the implementation of the Patient Carer Race Equality Framework [NHS England » Patient and carer race equality framework](#)

Trauma informed care is not the same as interventions for trauma. There are pathways for people who present for trauma in terms of psychological or other interventions such as Complex Emotional Needs Teams or VCSE partnership working such as the Bedfordshire and Luton CMHTs Trauma-Specific Service in Luton All Women Centre & MIND or Unshame Newham.

Question 2: Have staff had training in trauma informed care?

Answer: The Trust provides mandatory Breakaway Training (Prevention and Management of Violence and Aggression) to all clinical staff and this includes training on a person centred and trauma-informed approach when responding to a person in distress.

To support ELFT clinical employees to work in ways that are trauma informed ELFT provides introductory e-learning and in person workshops. This is not mandatory training.

At a geographical, service or team level there are usually named leads. We do not have ELFT specific policies on working in a trauma informed way.

Question 3: Do you have policies and a framework for working in a trauma informed way? If so is it possible to have a copy of them please.

Answer: At ELFT working in a trauma informed way is considered routine practice and many Team operational policies will cite that staff will work in trauma informed ways.

The Bedfordshire & Luton Community Eating Disorders Service has a Trauma Informed Care Protocol within the Teams' policy and procedures document.



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There is formal guidance in relation to trauma informed care and treatment being provided within the BDD (Body dysmorphic disorder) service and under Cobalt Health Charity. We do not have ELFT specific policies on working in a trauma informed way.

Question 4: Do you provide specific trauma informed care pathways? If so please would you list what they are.

Answer: The Forensic Directorate have a trauma informed care framework for the service, including trauma care pathways for service users and trauma informed care training for staff. No link is available to this framework as this is not on the intranet. It is a London Pathways Partnership framework. The London Pathways Partnership (LPP) is a collaborative network of NHS Trusts and HMPPS working to support offenders with personality disorders through coordinated prison and community-based services.

As trauma informed care is a way of working in terms of delivering care, most services do not have a specific trauma informed care pathway. All care pathways are expected to be trauma informed.



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