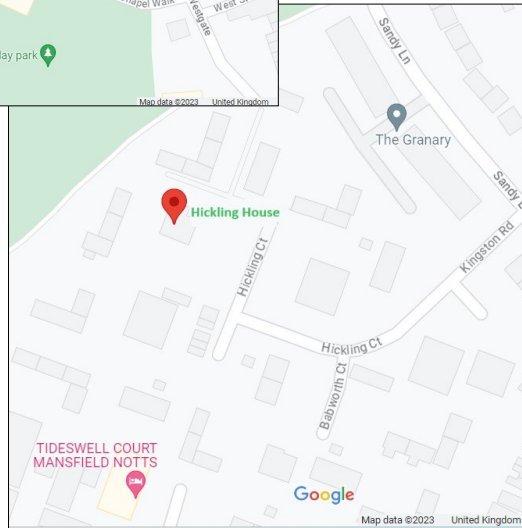


The Farr Centre
Chapel Walk,
Westgate,
Worksop,
S80 1LR

Hickling House
Hickling Court,
Mansfield,
NG18 2NY



The Farr Centre **01909 491330**

Email: enquiries@nottswa.org

Refuge 01909 478065

www.nottswa.org

Registered Office:

The Farr Centre, Chapel Walk, Westgate, Worksop, Nottinghamshire, S80 1LR
Registered Charity Number 513843. A Company Limited by Guarantee
Registered in England and Wales Number 1822489



Nottinghamshire
Women's Aid
Survive & Thrive



**Nottinghamshire Women's Aid Children &
Young Peoples Service Handbook**

*Supporting Children and Young People
across North Nottinghamshire*

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Safety Planning for Children

If there are angry actions or words in your house...

- You can't stop what is happening and none of this is your fault
- Move out of the way and find a safe place
- If it is safe to do so ring the police - 999
- Tell a trusted grown up about what is happening at home
- Remember, every child deserves to feel happy and safe at home so please don't be afraid to ask for help.



Referrals

If you are a professional who would like to refer someone into service or you would like to refer yourself into any of the services mentioned in this handbook OR you are a parent looking for support for your child/ren then you will find referral forms available to download on the website

www.nottswa.org

Alternatively, please contact the Farr Centre on 01909 491330 for more information. If you have any questions or queries regarding any of the support we offer, a member of the children's team will be more than happy to support you with these.

We are available by phone Monday to Friday, 9am to 5pm and offer both day and evening appointments.

There is also a 24 hour helpline if you need support outside of these hours which is 0808 800 0340.

Text services: 0808 800 0341.

Safety Planning for Young People

If you are a young person thinking about leaving an abusive relationship here is a checklist to help you plan:

- ◇ Contact Nottinghamshire Women's Aid or ask for support to do this for practical and emotional support and to help you plan your leaving.
- ◇ Talk to someone you trust about what is happening
- ◇ Make sure your phone is always charged and has credit
- ◇ During an abusive incident try and go somewhere safe if you can.
- ◇ Try to keep a small amount of money with you at all times, including change for phones, bus fares and credit for your mobile.
- ◇ Keep all important documents and ID in a safe place, passport, bank cards, diary, important phone numbers marriage and birth certificates etc.
- ◇ Keep a bag packed at a safe place containing essential items eg spare clothes and necessary medicines.
- ◇ Seek legal and benefit advice on what you may be entitled to.
- ◇ Rehearse an escape plan with your children (if you have them) so you can get away safely in an emergency.
- ◇ Ensure that the children realise that it is important not to tell family/ friends where you are going.



Introduction

Domestic abuse commissioned services in Nottinghamshire are divided into two areas, north and south.

North Nottinghamshire covers Bassetlaw, Mansfield, Newark and Sherwood. **Nottinghamshire Women's Aid Ltd** are the lead providers for services in North Nottinghamshire.

Tel: 01909 491330

Email: enquiries@nottswa.org

Email: cors@nottswa.org

Website: www.nottswa.org

South Nottinghamshire covers Ashfield, Broxtowe, Gedling and Rushcliffe. **Juno Women's Aid** are the lead providers for services in South Nottinghamshire.

Tel: 0115 9475257

Email: enquiries@junowomensaid.org.uk

Website: junowomensaid.org.uk/

24 hour free Helpline 0808 800 0340

run by Juno Women's Aid

Text phone 0808 800 0341

For information on our women's services please refer to our women's services handbook

Training services

We offer lots of bespoke training such as:

Domestic abuse awareness

Routine/Direct Enquiry

Impact of domestic abuse on children and young people

DASH/MARAC awareness:

-Domestic Abuse, Stalking and Honour based violence

-Multi Agency Risk Assessment Conference

To find out more about training and resources we provide, please contact

enquiries@nottswa.org or telephone 01909 491 330

Fundraising and Donations

We greatly appreciate any funds that are raised for Nottinghamshire Women's Aid. If you would like to fundraise for us then please call us on the number above so we can take your information. Also, we regularly accept donations for families within our service, however please call us in advance to see if we are able to make use of the items and have somewhere to store them.

Family Court Support Service

We know that family court can be used by perpetrators to continue to abuse women and children even when the relationship has ended. We therefore think it is very important that families can have access to support whilst going through the family court process.



We support women, and children (ages 4-18 years old), who have on-going Family Court proceedings, where domestic abuse is a presenting or historical factor, if they live in North Nottinghamshire. The service supports where Family Court proceedings have been applied for, including child contact arrangements and non-molestation orders.

Women's Support	Children's Support
<p>The service provides emotional and practical support to mums before, during and after court proceedings. Many mums find this very comforting and much needed during a difficult process. We aim to support women by ensuring they understand what is happening during complex court proceedings and will do our best to advocate for them during the court process and simply be there as a friendly face and a hand to hold.</p> <p>We also aim to ensure that women can attend court safely so we can apply for 'special measures' such as a separate entrance and exit and also a screen up in court to ease anxieties.</p>	<p>The aims of this service is to provide 1:1 support to children through an individualised support plan that is created with the child/young person. The types of things that would be covered are managing worries, staying safe and healthy relationships.</p> <p>Children are also supported in understanding the court process (age appropriately) in terms of changes in family life and contact arrangements.</p>

Children & Young Peoples Services continued



TIP Service

Our TIP (Tip of the Iceberg) service is for children and young people who have witnessed abuse where a weapon has been used. When we refer to 'weapon' we mean any object that can be used to hurt somebody whether that is a knife or a remote control. There is an additional focus on feelings around witnessing abuse with weapons and also exploring healthy ways to manage anger and the repercussions of using or carrying weapons.

Child Counselling

Our child counselling service offers 1:1 counselling sessions with a qualified counsellor. This can take place in school, out in the community or at the counsellors specially designed therapy room in Retford. In these sessions, children and young people can explore their thoughts and feelings of domestic abuse on a deeper level. We hope that this service offers more children the opportunity to benefit from support from a qualified counsellor and begin to overcome the abuse they may have witnessed/experienced.



Recovery Toolkit

This programme is for women and children to attend together and runs across a 12 week period. Both groups explore similar topics alongside each other that aims to help them understand each other and repair their relationship that may have been impacted by domestic abuse. We support mums to be able to better support their children but also aims on building mums confidence in her parenting. For young people it is about helping them understand their feelings, emotions and building healthy coping mechanisms as well as confidence and self esteem.

Children's IDVA Service

Our Children's IDVA works on a 1:1 basis with high risk children whose mothers are heard at the MARAC. This is through internal referrals only. The aim and focus of this work is around safety planning.

Family Support & Safeguarding Team (FSST)

Our FSST work alongside social care in the assessment and child protection teams offering support to families who are at point of crisis and who have been referred into social care.

Our Women's Centres

The Farr Centre, Chapel Walk, Westgate, Worksop S80 1LR

Monday to Friday - 9am to 5pm

Hickling House, Hickling Court, Mansfield, NG18 2NY

Monday to Friday - 9am to 5pm

Our centres are open to all women, young people and children. We offer:

- 1:1 support
- Specialist teen support for young people and teens in their own relationships
- High risk children and young peoples support
- Family court support
- School groups
- Counselling (18 years and above)
- Hands are Not For Hurting therapeutic programme
- Escape the Trap therapeutic programme
- Information and signposting
- Support, advice and guidance around domestic abuse related issues
- A range of educational and emotional well-being courses

Rooms are available for support sessions and also to hire at The Farr Centre, Worksop and Hickling House, Mansfield. Contact us for further details of our competitive rates on: 01909 491330

Our aim is to offer a safe and confidential space for children and young people to have a voice to explore their thoughts, feelings and experiences of domestic abuse.



Background Information

Nottinghamshire Women's Aid Limited, formerly Bassetlaw Women's Aid Limited, was established in 1984 by a group of women who saw the need for a refuge in this area. Since then we have grown and developed services in response to need. We are a registered charity and a company limited by guarantee, governed by a board of trustees. Our Children and Young Peoples Service was developed in 2003 and has since expanded and developed.

Children can witness abuse in many different ways – they may get caught in the middle of it, they may hear the abuse from another room, they may see the physical injuries, or they may be forced to take part. Children can also be directly abused by their parent.

Children can be affected by domestic abuse in many ways. It is normal to feel anxious and sad, have difficulty sleeping (nightmares), have tummy aches, wet the bed, feel angry and possibly have problems. It is also normal to feel withdrawn and have low self esteem and confidence. Sometimes children and young people try and find coping mechanisms that are not always healthy such as drugs and alcohol to mask the feelings. Children may also feel angry, guilty, insecure, alone, frightened or confused. They may also have confused feelings towards their parents which is very normal and Nottinghamshire Women's Aid dedicated children and young peoples team can help and support with all of these feelings.

Children who witness/experience abuse have lots of choices and with support they can grow up into a happy, healthy individual.



What we do:

Risk Assess, Safety Plan, Advocate, Empower, Listen, Support Signpost & Refer

We work with young people to create their own support package, whilst promoting healthy relationships. A full needs assessment is carried out to feed into a bespoke and SMART support plan.

The main topics we can cover, but are not limited to, are:

- ◇ Healthy vs Unhealthy relationships (identifying and understanding abusive behaviours)
- ◇ The impact of abuse
- ◇ Coping strategies
- ◇ Safety planning
- ◇ Self esteem and confidence



Escape the TRAP - Teenage relationship abuse program

We also offer an 8 week group programme to help young people who are affected by intimate relationship abuse.

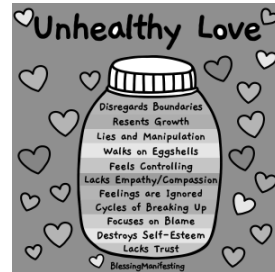
- Designed for young people, whether they identify as heterosexual or LGBTIQ+.
- Helps young people to learn about the dynamics of coercive and controlling behaviours and sexual coercion.
- Supports young people to recognise the impact of abusive behaviours on mental and emotional health and well-being.
- Enables young people to navigate their way to making healthier relationship choices.
- The programme can be run with small groups or in a 1-1 capacity with accompanying workbooks.

Teen Service

As an organisation we recognise that sometimes young people and teenagers may find themselves in relationships that are unhealthy and make them feel upset, scared and unsafe so we can help and support with this too.

Aims of the service:

- To provide 1:1 support to reduce the impact on young people's emotional health and wellbeing as a result of an unhealthy relationship.
- To provide support to help increase the safety of young people in their own abusive intimate relationship, or who have left an abusive intimate relationship.
- To improve professional's awareness and responses to young people affected by domestic abuse and encourage multi agency working.
- To support young people to transition from teen to adult services



Our criteria for the teen service:

Young people up to the age of 18 years (females up to 25 if identified to have an additional vulnerability*) who have experienced abuse in their own intimate relationship.

*Additional vulnerabilities, include, but are not limited to:

- ◆ Diagnosed disability
- ◆ Physical, emotional, mental health needs
- ◆ Housing needs (living in temporary or supported accommodation)
- ◆ Looked after children status
- ◆ Breakdown of support networks
- ◆ Teenage pregnancy (under 16)

What is Domestic Abuse?

Sometimes, it isn't clear if what is happening at home is domestic abuse. But, if someone living in a home uses bullying, threats or violence, it can make children and young people feel unsafe and could be a sign of domestic abuse.



Domestic abuse is sometimes called 'domestic violence' and it can involve an adult threatening, bullying or hurting another adult in the family or who they're in a relationship with.

Young people can directly or indirectly experience domestic abuse too, as a result of the hurt that an adult is causing another adult in their family. Its important to remember that domestic abuse can happen inside and outside the home and usually makes children and young people feel scared, unhappy and unsafe.



At Nottinghamshire Women's Aid we recognise that young people can also find themselves in relationships that feel scary and unhealthy. Young people and teenagers may enter into relationships that are abusive and make them feel unsafe, threatened, bullied, scared and isolated from friends and family and we can help with this too.

Children and Young Peoples Services

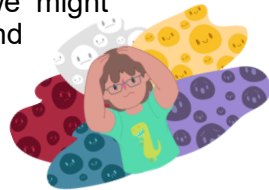
What we do:



This service is for children and young people from 4 years up to 18 years (25 years for young people with additional needs or vulnerabilities) who have been impacted by domestic abuse.

Our aim is to provide a safe and confidential space for children and young people to talk about their feelings, emotions and experiences either in 1:1 sessions or through group work in schools.

We know that children and young people can be really affected when they are around domestic abuse within the home so we cover a range of different topics. The types of things we might cover are feelings, safety planning, healthy and unhealthy relationships, coping mechanisms, anger, self esteem and confidence (just to name a few!).



The important thing to remember is that the support is guided by the child/young person and their own individual needs and wants. We can provide support to children and young people in any way that they feel most comfortable.

It can be really scary to start to talk about experiences and feelings around what may be going on at home and this is why each child/young person would be allocated a specialist 1:1 worker (if they choose to have 1:1 support). This worker would remain the same throughout the child's journey of support and they would get to know the child/young person and build an individualised support plan to ensure that the child/young persons wishes and feelings are heard throughout their support with us.



Hands are Not For Hurting Group Programme

Our Hands are Not For Hurting programme is an 8-12 week group programme (dependent on needs) for women and their children (under 11 years of age) who have experienced domestic abuse. The aim of the programme is to create a safe space for children and their mothers and provide them with the opportunity to disclose, process and understand the violence and abuse they have suffered. This is not a parenting programme. The perpetrator cannot be living in the household.

The programme also aims to help mothers understand a little more about the impact the domestic abuse may have had on their children with lots of support provided around this. The group aims to re build and strengthen the relationship between parents and their children through group activities at the end of each session.

What happens at the children's group?

The programme helps build a child's self esteem by focusing on helping them deal with their emotions relating to the abuse and understand that what happened was not their fault.

We do this by using a variety of resources. The key concept is for children to have their experiences validated and explore a variety of issues.

Topics covered include:

- Understanding abusive behaviours
- Responsibility & Blame
- Positive Problem Solving
- Understanding feelings
- Safety planning



What happens at the women's group?

The mothers' group runs parallel to the children's' group. The aim is to provide a safe and supportive environment to help mothers prepare for issues raised in the children's group and help them understand their child's behaviour better (relating to their experiences of abuse), gain confidence to support their children and strengthen the relationship between mother and child. It also allows mothers to connect with other mothers who may have experienced similar things to them and gain support around this.