

Newsletter

Cedar Plus Update

Welcome to the sixth edition of the Fife Cedar Plus newsletter. Like many of you, the Cedar Plus Project was disrupted by COVID-19. We didn't manage to finish our groups that were to end in March 2020 and we have not yet managed to have an ending for all these groups which is so important. We have postponed our groups due to start after Easter.

Between January and March, we ran 2 EYDAR groups, 2 Cedar Children's Groups, a teens group and 2 Cedar Mothers' groups. We managed to finish EYDAR groups, but the Cedar groups stopped either 1 or 2 weeks short. We will support these families to make sure they get the full benefit of the Cedar programme. We very much hope that we can pick up with our next round of assessments in the summer for groups starting when the schools go back in August.

Co-ordinators have been busy working from our 'home offices' supporting the wider work of the Fife Violence Against Women Partnership. COVID-19 restrictions are having a huge impact on us all, with added pressures on families with schools closed, having to stay at home, reduced social interaction and support. It can be much worse for anyone living with an abusive partner. Offices may be closed, but support is still there:



DOMESTIC ABUSE/SEXUAL VIOLENCE SUPPORT IS STILL AVAILABLE BY TELEPHONE, E-MAIL AND ON-LINE IN AN EMERGENCY CALL 999

FIFE WOMEN'S AID / SHAKTI WOMEN'S AID (FIFE)

Emergency visits only

☎ 0808 802 5555 (available 24/7)

NATIONAL DOMESTIC ABUSE AND FORCED MARRIAGE HELPLINE (24/7)

☎ 0800 027 1234

✉ helpline@sdaafh.org.uk

**FAMILY PROTECTION UNIT for women & men
DOMESTIC ABUSE INVESTIGATION UNIT/CHILD PROTECTION**

☎ 101

FIFE RAPE AND SEXUAL ASSAULT CENTRE (FRASAC)

Telephone support during office hours

☎ 01592 642336

✉ info@frasac.org.uk

KINGDOM ABUSE SURVIVORS PROJECT

☎ 01592 644217

SAFE SPACE

☎ 01383 739084

✉ contact@safe-space.co.uk

DOMESTIC ABUSE/SEXUAL VIOLENCE SUPPORT



We can all do our bit to make sure that those at risk of domestic abuse are getting the support they need. Think about the risks that are changing for your clients and continue to review. Share any concerns you have with partner agencies who can also support and reduce risk for the family. Other professionals may be better placed to act as a point of check-in (health visitor, housing officer).

If you want more information these are useful links:

SafeLives, the UK wide charity dedicated to ending domestic abuse, has provided a guide for victims and survivors of domestic abuse to keep safe during COVID-19. It has useful information on safety planning and available support services- [staying safe during covid-19 guidance](#)

Safe and Together, a safe & together™ model COVID-19 quick practice guide has been produced to help professionals adapt the way that they work with families affected by domestic abuse during this crisis - [COVID-19 Quick Guide](#)

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Dates for your diary

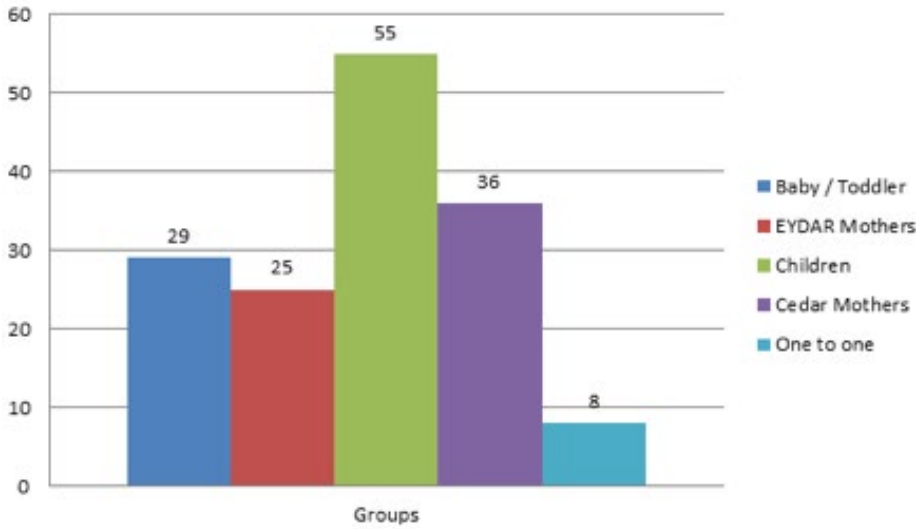
Our next Impact of Domestic Abuse on the Early years training is on 30th November. This course is particularly suitable for Early Years Nursery and Playgroup Staff, Early Years Officers, Health Visitors, Childminders, Social Work and Third Sector staff. Fife Council staff should book via CLMS and non-council staff can contact fvawp@fife.gov.uk to enquire about booking your place.

Cedar Plus Evaluation

The Cedar Plus Project uses robust evaluation methods which include a pre and post group evaluation, a story for change and a feedback questionnaire.

Innovative University Research

We have started working with Stirling University to help support their research 'Developing the evidence base for social care responses to children/families affected by domestic abuse'. The project is exploring the implementation of several innovative services that aim to improve outcomes and services for children and young people impacted by domestic abuse. We are really excited that Cedar Plus will be part of this!



Bar chart showing numbers of children, toddlers and mothers who have engaged in groups during April 2019 – March 2020. One to one refers to 6 mothers who were supported out with group while their child attended and 2 kinship carers.

Some of the things Cedar children have told us are:

- 81% have learned new ways to talk about their feelings
- 100% completed a personal safety plan
- 96% said that after group they didn't blame themselves for the fighting and hurting in their family
- 91% were happier since doing group

We are delighted at the impact Cedar and EYDAR are having; which is further demonstrated by feedback from mothers and children:

"...get in contact with Cedar! it's an amazing way to get help after domestic abuse in the family and express your feelings"
Teen

"EYDAR has been a great help in making me understand that the domestic abuse was not my fault or my children's. I feel more able to deal with my children as a single parent.... thank you so much for everything"
EYDAR Mother

"I don't think it is my fault because it's my Dads fault not mine"
Child aged 9-7

"Really helpful and helped me share how I actually feel"
Teen Cedar graduate

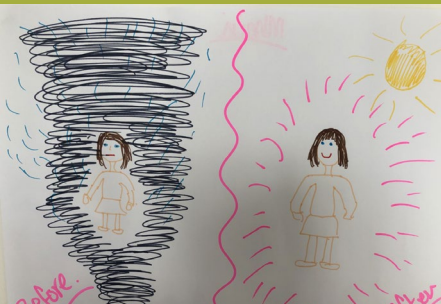
"I now know that it wasn't my fault and I was doing things correct, he just managed to make me feel like I had done wrong"
Cedar Mother

Story of change

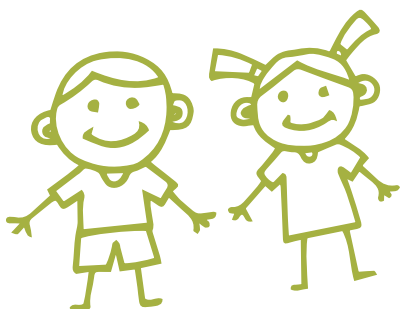
Story of change is a powerful pictorial tool for mothers and children to show their Cedar plus journey as shown in the examples below:



This mother drew her and her child as roses; they were struggling to survive before EYDAR, she chose a rose because they had been hurt by the thorns of her perpetrator. After EYDAR they are thriving sunflowers that were blossoming and doing well now that they are in recovery from the domestic abuse.



This story of change shows a dramatic change after completing group.



Cedar Plus needs YOU!

Being a Cedar Plus co-facilitator is a great experience, but don't just take our word for it, here is the words of one practitioner who volunteered as a Cedar Facilitator.

"Helping to facilitate the Cedar group has really allowed me to keep the children in focus while working with male perpetrators of domestic abuse. The children were amazing, and it is so rewarding to see such progress in children between 7-9 years of age. It was a humbling experience"

Cedar Plus works because we have such great links with partners: we rely on people such as those of you reading this to help us deliver groups. Facilitators are 'donated' from their organisation, paired with a Cedar Co-ordinator and supported through co-facilitating a mothers', children's or early years' group over a period of 8-10 weeks. Children's groups are delivered by a Cedar Plus Coordinator and 2 co-facilitators, EYDAR and Mothers groups are delivered by a Cedar Plus Coordinator and a co-facilitator.

Co-facilitation is a great opportunity for you to enhance your skills; perhaps experiencing group work for the first time, becoming more confident and knowledgeable in supporting domestic abuse recovery, or learning new ways of working. These skills are then transferable in your work setting and supports the wider violence against women agenda.

Cedar Plus benefits from having a wide range of practitioners that co-facilitate; Fire Service personnel, Early Years Officers, Social Workers, voluntary sector staff and Family Workers to mention but a few. The expertise that facilitators bring to Cedar Plus, enhances the experience for mothers and children. We can build links between services raising Mothers and Children's awareness of resources available in their local community.

We simply cannot deliver group without you!!!



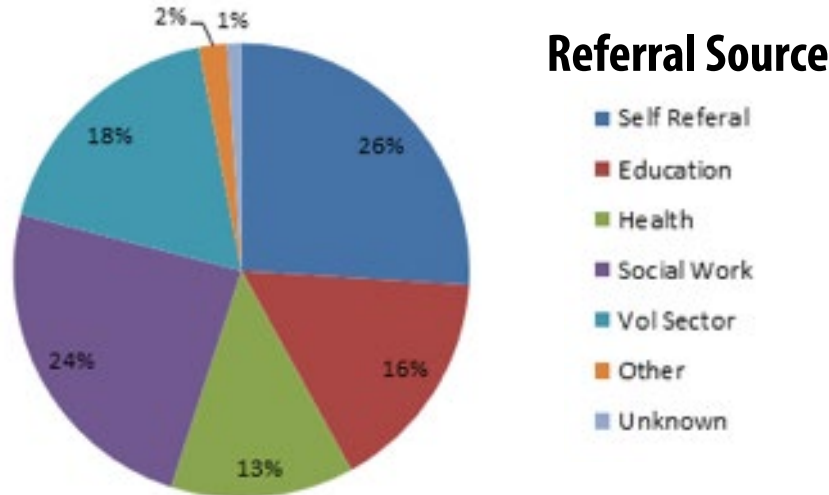
Cedar co-facilitators delivering activities in the children's group.

If you would like to become a Cedar Plus Co-facilitator, then book a place at our next facilitator training that we are hoping to hold on Monday 3rd August. If you can't make the next one, we have a date later in the year; Thursday 10th December for which bookings are also open.

Please contact Cedar.Project@fife.gov.uk for more information, to book your place or put your name forward for future training.

Thinking of referring to Cedar Plus? Things to consider...

Cedar plus takes referrals from a wide range of agencies and self-referrals.



The pie chart shows the Cedar Plus referral sources for April 2019–March 2020

Our groups are therapeutic, for this reason, we ask you to consider a few things before making a referral to Cedar and EYDAR;

- ✓ Are the family in consent to the referral?
 - ✓ Does the mother and child want to participate?
 - ✓ Are the family in a safe place?
 - ✓ Does the child have a memory of the fighting & hurting?
 - ✓ Has a recent referral been made to MARAC?
- ✗ If there is a recent MARAC referral, Cedar Plus isn't likely to be an appropriate referral at this stage. Families currently finding themselves at high risk of serious harm (i.e. MARAC referrals) are not in a settled environment for a therapeutic recovery programme. If there are any questions or if you need some advice, please get in touch.

Cedar is temporarily closed for referrals. However, the Cedar team are still able to answer your queries by email at: Cedar.Project@fife.gov.uk

A huge thanks to all our wonderful facilitators and their managers, we really couldn't deliver Cedar Plus without your help.

