



information for agencies

Fife Cedar Plus runs a therapeutic group work programme for children and young people (CYP) aged 0-16 who have experienced domestic abuse. Mothers have the opportunity to attend a women's group to support their children.



what is domestic abuse?

“Domestic abuse (as gender-based abuse) can be perpetrated by partners or ex-partners and can include physical abuse (assault and physical attack involving a range of behaviour), sexual abuse (acts which degrade and humiliate women and are perpetrated against their will, including rape) and mental and emotional abuse (such as threats, verbal abuse, racial abuse, withholding money and other types of controlling behaviour such as isolation from family and friends).”

Scottish Government National Strategy

children and young people 4 – 16 years

The groups are designed to allow the children and young people the opportunity to:

- Better understand and come to terms with their experiences of domestic abuse
- Develop safety and problem solving skills
- Express and understand their feelings

The programme runs for 12 weekly sessions each running for 1½ hours. Groups are normally during the school day. They take place in a safe and supportive environment, within the local community. Transport can be provided if necessary.

mother's groups

Mothers are encouraged to attend the women's group. The group aims to:

- Help mothers reflect on their children's needs
- Enable women to support their children
- Prepare mothers for issues that may arise from their children's groups
- Provide a chance for the mothers to talk about their own experiences



The mother's programme runs in parallel to the children's – with mothers meeting a day or two before their children. Mothers have the opportunity to look at and discuss the materials that their children will be using.

The groups will be held in the local community, in a safe and supportive environment. Groups are usually during the day and support is available for transport and childcare.

referral criteria

Referrals made by agencies benefit from a discussion with Cedar coordinators at an early stage. It is an opportunity for coordinators to begin to assess the referral against the basic criteria that is:

1. CYP is between the ages of 4 and 16 years.
2. The woman and CYP are now out of the abusive environment.
3. The CYP has a memory of their mother's abuse and can communicate that in some way.

making a referral

Referrals are taken by telephone and normally take about 20 minutes. This discussion can address and discuss concerns about the appropriateness of Cedar for individual families. It allows coordinators to provide information or answer any questions that families or agencies may have.

assessment process

There is a thorough assessment process to ensure that group is appropriate for CYP who are referred. During this process it may become apparent that the groupwork programme is not appropriate for the CYP. If this is the case alternative services can be explored with the family and referrer. It is important that potential participants are made aware of this process.

early years

EYDAR (early years domestic abuse recovery) is a project for babies and children 0 – 4 years and their mothers. Phone for more information and referral criteria.



contact information

To make a referral or to find out more about the groupwork programme please contact the coordinators.

FifeCedarPlus

01592 583676

E-mail: cedar.project@fife.gov.uk

www.cedarnetwork.org.uk