

Working together to support you and your child

We understand that now is a difficult time for you because you may be dealing with your own feelings. And we believe that you have a vital role to play in supporting your child following their experience of domestic abuse.

As you complete the programme, you may need to be patient with your child, as they often need more time to make sense of the work we are doing. To keep on top of things, it will be helpful if you let us know about your child's reaction to the work, or about any changes in their behaviour or about any other significant events.

This'll help us to work together, getting better support to you both.

Get in touch

To find out more about the DART programme in your area, contact us today:

Where to get support

If you have any worries about a child, the NSPCC helpline offers advice and support 24 hours a day. You don't have to say who you are. And the sooner you call, the sooner it's off your mind.

Call **0808 800 5000** or email help@nspcc.org.uk



INFORMATION
FOR MOTHERS

Domestic Abuse Recovering Together (DART)

Helping children and families recover
from domestic abuse.

This booklet tells you all about DART and what you can expect from the programme.

Who's it for?

DART is here for you and your child following domestic abuse. It gives you the opportunity to strengthen your relationship with each other. Over a 10-week structured group work programme, you explore your issues within a safe and friendly environment, promoting openness and honesty.

Currently the programme works with one mum and one child per family. But if you have more than one child, you may be offered the opportunity to complete the programme with your other children at a different time. In any case, to attend the group, your child must be between 7-14 years old.

Who runs the service?

To bring DART to you and your family, the NSPCC is working in partnership with many agencies across the country. In your area, they're working with:

What do we mean by domestic abuse?

The definition that DART works with is: "Domestic abuse (also called domestic violence) happens when one person hurts or bullies another person who is or was their partner or who is in the same family. It can happen between people who are going out together, living together, have children together

or are married to each other. It can happen either when people live together or separately."

"We create a safe space for children and for mums."

- Ahmed, DART practitioner

What happens in a DART group?

You will explore:

- what domestic abuse is
- why it's okay to talk about domestic abuse
- some strategies to protect you and your family from domestic abuse
- why you are not to blame for the domestic abuse
- some ways of building your own and your child's self esteem
- how you and your child can constructively express your feelings and emotions such as anger.

Each weekly session will last approximately two hours and will offer space for you and your child to work both together as well as separately. Women and children will work together for the first hour of the session before dividing into separate groups.

Please note that it is important that you feel safe enough to participate. Due to the nature of the programme, the perpetrator of domestic abuse must not be living within the family home and you can only access the service if you are no longer living with domestic abuse.

How does domestic abuse affect children and relationships?

Domestic abuse can have a huge impact on children. Their responses to witnessing such abuse can be very different, and some are affected more than others. These effects may be short or long-term and can impact on many aspects of your family's life.

Often domestic abuse is not discussed between family members, which can have an impact on how women and children relate to each other.

Getting to know you and your child

Before joining the programme we need to find out a little bit more about your family and how the domestic abuse has affected you and your child. In order to do this, your allocated worker will need to meet with you and your child on four separate occasions.

This is also an opportunity for you to get to know us and ask any questions or talk about any worries relating to the programme. We sometimes find that families are not ready to start the group, for various reasons.

After meeting with you and your child we will let you know if DART is right for you. If we think that it's not the best time for you to come, then we will see if we can find some different support for you and your family.

