

Newsletter

Fife CEDAR Plus has had a fantastic year!

Contents

- › New recruit for Cedar Team
- › Overview of 2017/18
- › Impact for Women and Children
- › Becoming a CEDAR+ facilitator
- › Safe and Together Approach
- › Making a Referral to CEDAR+

Welcome to Ruth!



In December 2017 Cara Mannix moved on to pastures new after 18 months with the CEDAR+ team, returning to social work where her heart lies. Cara was a valued member of the team and we wish her well with her future career.

In March we welcomed Ruth Cawston to the team. Ruth has a background working with children, adults and young people who have experienced domestic abuse and sexual violence as well as being a qualified careers adviser.

Most recently Ruth was developing and delivering therapeutic groups in a Rape Crisis Centre. Ruth is thrilled to be joining Tracey and Rachael in the Fife Cedar Plus team and looks forward to supporting Fife families' recovery from domestic abuse.

Reflecting on 2017/18

We have just finished our end of year report for the Big Lottery Fund. In the last year we

- ran 9 CEDAR children's groups with 6 concurrent mother's groups;
- supported 50 children and 34 Mothers who completed groups and an additional 2 mothers who could not attend group;
- supported kinship carers, foster carers and residential carers on a one to one basis for looked after children who attended CEDAR group;
- ran 3 EYDAR groups for 13 mothers and 16 babies/toddlers.

We met with another 33 children with assessment suggesting CEDAR+ was not right for them at this time. In these circumstances we take the opportunity to safety plan with both mothers and children and refer onto other appropriate services.

We really value working with partner agencies across Fife and thank you all for your ongoing support. It has been great to meet with staff teams to discuss our project and some of the challenges in supporting mothers and children with experience of domestic abuse and their mutual recovery. We rely on partners to refer families to us and to help get our information out to families. We are particularly grateful for help with group venues and facilitators who are invaluable in group delivery and ensuring we improve and learn with every group.

EYDAR (early years domestic abuse recovery) programme which we developed in Fife is developing very well with considerable interest from CEDAR groups in other areas of Scotland. We are inviting another area to pilot and evaluate the programme with us. We have support from the Improvement Service with this.

We work with Fife Violence Against Women Partnership to deliver multi-agency training 'The Impact of Domestic Abuse in the Early Years' which was attended by 50 professionals

- "Better understanding of domestic abuse and what it is like for children in those situations"
- "A fresh multi agency approach to working together for the safety of children and victims"
- "How domestic abuse can impact on really young children. Specific services [to support]"

Fife Council employees can find further details on CLMS and partners can contact FVAWP@ffe.gov.uk for more information.

We also deliver our own CEDAR & EYDAR facilitator training, which was attended by 21 practitioners last year, equipping them to co-deliver group. This is a unique learning opportunity for anyone interested in learning more about the impact of domestic abuse on children.

Impact for Women and Children

CEDAR is a therapeutic recovery programme which aims to help:

- children have an improved understanding of domestic abuse and knowledge of how to be safe and a greater sense of confidence, self-worth and wellbeing, and
- Mothers have a greater understanding of the impact of domestic abuse on children, improved relationships with their children and a greater sense of self-worth and wellbeing.

We ask families for feedback through their involvement with CEDAR+. We have both quantitative and qualitative measures. This is what some of the recent CEDAR+ graduates told us:

Children said:

“I have really enjoyed my weeks at Cedar it was fun and it really helped me talk to people about the fighting and hurting and learning to talk about my feelings”

“I’m more confident and I can now talk in front of people, I feel like I can tell my mum how I feel now”

Mothers said:

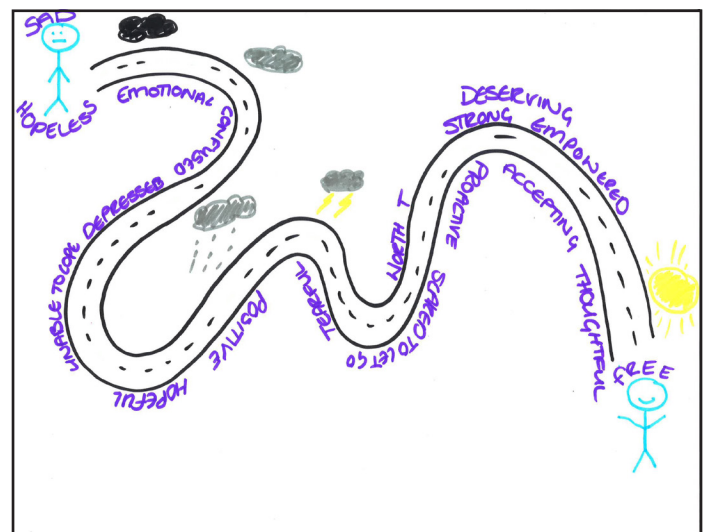
“Cedar has been a fantastic experience. When I started I was filled with self-loathing and worthlessness. I did not see a future and still felt as though I was just surviving every day. Exhausted with my feelings & unable to support my children due to this. Now I feel empowered and emotionally able to manage my feeling so that I can continue to move”

“Cedar has improved my knowledge and understanding about my abuse. It’s rebuilt my relationship with my kids”.

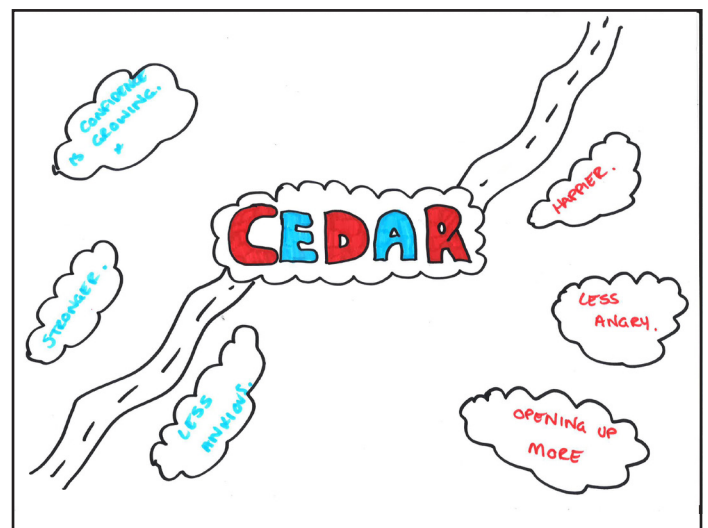
“Closer bond with daughter again and able to cope with hearing my daughters feelings. Can talk, cry, support, open up to each other. Don’t feel like I’ve failed her anymore”

“When I first came to Cedar I didn’t think our relationship had been affected quite as bad as it had done, then I realised he had a lot of learned behaviour and was punishing me for what his dad done. I can now speak openly with him about what happened and we can do it in a safe environment”.

A mother’s picture, before and after CEDAR:



A mother’s picture, before and after CEDAR:





Liam and Laura facilitators working with puppets

Becoming a CEDAR+ facilitator

A huge thanks to all our wonderful facilitators and their managers, we really couldn't deliver CEDAR Plus without your help. The knowledge that each and every facilitator brings to group is invaluable. We have facilitators from Scottish Fire and Rescue, Social Work children and families, Social Work Criminal Justice, Family Support, Business Support, Community & Corporate Development, Kingdom Abuse Survivors Project (KASP), Fife Woman's Aid, The Cottage, Woodlands Family Nurture Centre and Homestart.

We are always on the lookout for new facilitators. Being a facilitator with CEDAR+ gives an invaluable insight into the causes and effects of domestic abuse. The CEDAR curriculum and structure helps group participants to explore a wide range of issues and feelings than can be challenging to discuss in other settings.

"I thoroughly enjoyed my cedar experience... I learned lots about working with children who have experienced domestic abuse and hope to utilise some of the strategies into my daily work to enhance my everyday work"

The multi-agency approach promotes shared learning improving our responses to domestic abuse. Our co-facilitators come from a wide range of backgrounds. Specific experience of working with children, young people and mothers is not required as full training is provided, but we do ask that facilitators undertake domestic abuse training.

Our next facilitator training dates are 31st July 2018 and 5th December 2018

Please contact Cedar.Project@fife.gov.uk or 01592 583676 for more information, to book your place or put your name forward for future training.

"rewarding experience. Hearing first-hand the children's experiences has taught me so much more than any training course"



Safe and Together Approach

We are excited by the work in Fife to promote David Mandell's "Safe and Together" approach to domestic abuse. Safe and Together focuses on the survivor strengths as a care-giver and as such dovetails well into the CEDAR+ approach. It identifies the patterns of abuse and coercive control used by the perpetrator to:

- Recognise actions taken by the perpetrator to harm the child,
- Understand how the mother has promoted the child's wellbeing and safety (often in difficult circumstances),
- Know how the perpetrator's behaviour has impacted on the child, and
- Understand how domestic abuse inter-relates with mental health / substance misuse.

Parenting through domestic abuse is very challenging. Mothers often do an amazing job, hoping that their children have not been impacted, but although every child is an individual and is affected in different ways, children are very aware of domestic abuse within their families.



CEDAR+ aligns with the mother and using her strengths, we help her to talk to and support her own child/ren through their domestic abuse recovery. CEDAR+ improves mother child attachment, communication, relationships and safety. We look at hurting within families through the eyes of the child or young person. Through our therapeutic groups we help mothers and children to explore their feelings through fun activities such as modelling a safe place using play doh or showing us where they went to keep safe by using a dolls house.

Fife Violence Against Women Partnership and Fife Child protection Committee have recently produced good practice Guidance – Domestic Abuse and Protection of Children promoting this approach, available at:

Fish.fife (Fife Council employee's only) or for non-council employees please **email fvawp@fife.gov.uk**.

Referring to CEDAR Plus

We take all referrals for CEDAR & EYDAR over the phone. For a child (4 – 16 years) they must be in a safe place (away from the domestic abuse), they must want to engage with CEDAR, and must have a memory of the domestic abuse. For EYDAR, mothers must have a child (0 – 4 years), she must have experienced domestic abuse and must want to take part.

We have 3 children's group, 2 mothers groups and one EYDAR next term starting week commencing 20th August 2018.

The age groups are:

- Monday Morning – **EYDAR group**
- Tuesday Morning – **8-10 years**
- Tuesday afternoon **Mothers group**
- Wednesday morning – **Mothers group**
- Thursday evening – **Teen group**
- Friday morning – **5 – 7 Years**

Please contact us if you are working with a child who has experienced domestic abuse, but is now in a safe place (perpetrator has separated from the mother) and has a memory of the domestic incidents and is willing/wanting to talk about it.

We are happy to discuss families in more detail if you are unsure whether it is an appropriate referral. 01592 583676.