

DARE2 for Children aged 5-10yrs old

We work with children aged 5-10yrs old offering one to one support sessions. These sessions will usually be held in school or another community setting. Your child will be assigned a 'key worker', who will speak to you first to see what support and help you feel your child needs. Using this information, the key worker will then meet your child and complete a 'needs assessment' and 'support plan' which will be tailored to meet the individual needs of your child.

The key worker may then offer to work with you to give advice, support and guidance which help you to support your child.



DARE2 for Children Under 5yrs old and their Mums

This part of the service offers support to mums who have children under 5yrs old. This work is done in different ways, if you have been referred to us through our resettlement team and it is safe for us to work with you at home then we can offer 'Play in the Home' sessions - these weekly sessions help you to explore and build on your parenting skills and knowledge of your child's development.

We also carry out mum and child support sessions outside of the home by supporting you to attend play gyms, local groups being run by Children's Centres and other local community settings. The aim of this work is to build confidence, increase social skills and develop parent/child bonding and relationships.

As above you will have a key worker who will work with you to look at your needs and draw up a plan of support which will meet those needs.



DARE2 Groups for Mums

We offer a number of groups to mums, to help them to understand the impact that Domestic Abuse may have on their child and help them to support their child through the recovery process. We also offer a course which will help mums to support their children in staying safe and understanding about positive and healthy relationships. All of our courses have a free crèche too!



BWA Floating Support Services for Women

The Outreach Service provides long term practical & emotional support for women who have experienced domestic abuse. They provide assistance with safety planning and risk management, rehousing, welfare benefits, partnership working with outside agencies such as the police, social care, solicitors, immigration etc. They also offer domestic abuse awareness and recovery work. To contact our Floating Support Outreach Team please call: 01274-666241 or email them on outreach@bradfordwomensaid.org.uk

The Resettlement Service provides support for women who are moving out of a refuge or other temporary accommodation into their own independent tenancies.

They provide practical & emotional support and assistance with 'setting up home', accessing schools, GP's, welfare benefits and everything to assist a smooth move on.

To contact our Floating Support Resettlement Team please call: 01274-669574 or email them on resettlement@bradfordwomensaid.org.uk

We also offer resettlement services as part of our OASIS BME refuge to contact this team please call: 01274-634850 or email oasis@bradfordwomensaid.org.uk



www.bradfordwomensaid.org.uk



DARE2



Children & Young People's Support Service

What is DARE2?

Dare2 is a support, help and advice service for children and young people (and their mums) who have suffered or are suffering from domestic abuse. DARE2 is part of the Floating Support service offered by Bradford Women's Aid.



How can DARE2 help if you need some support?

We try to help in many ways, but it's really about you, so we will always try to find out what works best for you. If you're a young person aged 11+ we can do group work or talk with you one to one. Sometimes talking through your problems can really help to make things clearer and help you to deal with what's going on. Group work is good because it lets you share your experiences and be supported by other young people who are going through similar experiences.

If you're a mum with a child aged between 5-10yrs old, we can support your child in one to one sessions offering a safe space for your child to explore their feelings and emotions.

If you're a mum with a child under 5yrs old then we can support you directly, by offering one to one play support sessions for you and your child.



Where do DARE2 work?

Our workers are community based which means that the work we carry out is within local communities, we work in schools, community centres, youth clubs, Children's Centres and other community venues. We can also work in the home with mums and children. We try to make our services as easy to get to as possible and if it's easier, we can always come to you.

Who works at DARE2?

We have a team of four experienced female Support Workers who are friendly, non-judgemental and have lots of experience in supporting children, young people and mums. Our workers won't judge what you say or do or judge the decisions you make, but they **will** listen to you and give you advice, information and support that will help you cope with things that are going on and help you to make healthy choices for yourself.

Our workers will also work alongside mums to give them the skills, knowledge and confidence they need to help them to support their children and build stronger relationships.



Will we tell anyone you've been to DARE2?

NO! Our service is completely confidential so we will never discuss what we've talked about without asking you if it's ok. The only time we would have to tell someone else without you saying it's ok would be if you or someone else was in danger or at risk of harm but if this happens we will always talk about this with you first and support you through anything that happens as a result.



How can I contact DARE2?

The easiest way to contact us is on Facebook (DARE2) or by e-mail on dare2@bradfordwomensaid.org.uk but don't forget that at the moment we can only help you, if your mum has a Support Worker from Bradford Women's Aid.



DARE2 for Young People aged 11-16yrs old

This part of the service offers safe, young people friendly support for all young people aged 11-16yrs old whose mum's are using any of our Floating Support services.

We specialise in support around domestic abuse but understand that most young people have lots of other issues going on too, so we can also help with other things like:

- Self-harm /hurting yourself
- Depression and feeling sad or low
- Being bullied
- Relationships (with friends, family or boys/girls)
- Stress and worry
- Problems with school
- Self-esteem/confidence - feeling bad about yourself
- Being angry
- Healthy/unhealthy relationships

or any other issue or problem you might need help with!



If you come to DARE2 you will have a 'key worker' who will have a meeting with your mum to see what support she feels you might need, the key worker will then meet you to talk about what you might want and need, from this, you and your key worker will agree a 'Support Plan' - this is nothing to worry about, it's simply telling you what support we are going to be offering you. Your key worker will talk through all of this with you so that you understand what is going to be happening each step of the way.