



“Understanding signs of domestic abuse which has helped me to leave an abusive relationship (that I didn't even know I was in)”



### How to refer?

If you are aged 13+, then you can call our helpline on 0808 800 0340 which is available 24 hours a day 7 days a week (9pm – 9am are for emergencies), to speak to one of our advisors who will be able to complete a referral, or offer some advice. You can also reach us via email: [enquiries@junowomensaid.org.uk](mailto:enquiries@junowomensaid.org.uk)

If you are under 13yrs old or would prefer, you can also speak to a safe adult (i.e at school or your parent), and they can make a referral or get advice on your behalf.



## Get in Touch



[enquiries@junowomensaid.org.uk](mailto:enquiries@junowomensaid.org.uk)



0115 9475257



[www.junowomensaid.org.uk](http://www.junowomensaid.org.uk)



Head office: Juno Women's Aid, Heathcote Building, Heathcoat Street, Nottingham, NG1 3AA

If you are concerned about yourself or someone else, call **Juno's 24-hour Helpline 0808 800 0340** or email [helpline@junowomensaid.org.uk](mailto:helpline@junowomensaid.org.uk)

### Hearing impaired?

To make a textphone call:  
Dial: 18001 + helpline number  
To make a telephone call:  
Dial: 18002 + helpline number

Interpretation is available through Language Line.

\*Calls are free from landlines and these mobile networks: 3, EE, O2, Orange, T-Mobile, Virgin and Vodafone. Other mobile networks may charge and may appear on your bill. Contact your network if in doubt.

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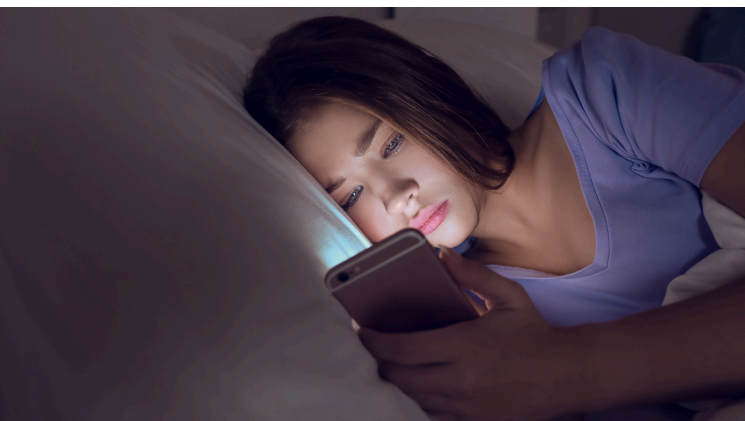
Empowering Children and Young  
People to live a life free from  
abuse.

Ashfield, Broxtowe, Gedling,  
Nottingham City, and Rushcliffe



## What is Domestic Abuse?

Domestic Abuse, is an incident or pattern of controlling, coercive, threatening, degrading or violent behaviour, used by one person to maintain control over another in a close and personal relationship. This can happen regardless of gender or sexuality and can be from family members, partners, ex-partners and carers



## Therapeutic Support

We can support children and young people (aged 5-17) to understand and talk about their experiences, feelings and emotions surrounding domestic abuse. We listen and we are non-judgemental. We cover a range of topics, including: emotions and emotional regulation; safety planning; healthy relationships and what is abuse & self-esteem.

We try to tailor the one-to-one sessions so they are more interactive, incorporating a range of activities, crafts and games to make it enjoyable whilst maintaining a safe space.

## Group Programmes

We can offer group programmes as part of our support. Our programmes run between 8-10 weeks (this does not include half term holidays). This can be for children and young people who have witnessed or experienced domestic abuse directly themselves, and are able to meet and connect with other children and young people, helping them to understand that they are not alone in their journey of recovery. We aim to provide a confidential and safe space as well as educate children experiences and young people around healthy relationships, their safety and to support them to manage and recognise their emotions better.



## YPVA

We have workers who are YPVA (Young Person Violence Advisor) qualified throughout our team.

Our YPVA's are trained and experienced in delivering our support programmes to children and young people. They have a vast understanding of the dynamics of domestic abuse and how it is different for children and young people compared to an adult.



## Support Sessions

We offer 1 to 1 sessions with children and young people, usually during term time. We work closely with schools to ensure we are able to have a confidential and safe space to meet. However, on some occasions we may provide these sessions within the home or community venue, or a more suitable place. The sessions usually take place weekly for one hour, for 6 to 12 weeks, based on the support needs and situation. We offer support to children and young people regardless of gender. If for some reason we are unable to help, we will signpost onto someone that can help.

## Did you know?

**1 in 5 children in the UK experience domestic abuse**

The Domestic Abuse Act, came into force on 31 January 2022, and it now specifies that a child (under 18yr old), who sees, hears, or experiences the effects of domestic abuse (and is related to either the person being abused or abusing someone), is also to be regarded as a victim of domestic abuse in their own right. This finally allows for the recognition that abuse can have direct impacts on children and young people.