

How to make a referral

If you are working with a child or young person who would benefit from Safer Space+ and they have given their consent, along with the non-abusing parent/carer's consent, please contact us by email for a referral form:

saferspaceplus@victimsupport.org.uk

Once you have completed the referral form, return it to the same email address (which is also located on the bottom of the referral form)

Please be advised Safer Space+ is not a counselling service, any child or young person with mental health needs should be referred to the appropriate mental health service to receive the right support for their own wellbeing.

Your local Victim Support:

We are an **independent** charity offering **free, confidential** support to people affected by crime and traumatic incidents.

For information and support, contact us by:

- calling: Supportline **08 08 16 89 111**
- using our 24/7 live chat service: **victimsupport.org.uk/live-chat**
- using BSL: **victimsupport.org.uk/bsl**
- Online: **victimsupport.org.uk**

To find out how you can help us, visit **victimsupport.org.uk/get-involved**

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Victim Support, Ground Floor, Building 3, Eastern Business Park,
Wern Fawr Lane, Old St Mellons, Cardiff CF3 5EA
Telephone: 020 7268 0200

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SAFER SPACE

**A specialist service for
children and young people
aged 5 to 17 living in London
affected by domestic abuse**



SAFER SPACE

What is SAFER SPACE+?

Victim support's Safer Space+ is a service for children and young people aged 5 to 17 years living in London, who have experienced domestic abuse at home.

Safer Space+ aims to support children and young people to cope and recover from the impact the domestic abuse they have witnessed, to understand that they are not at fault or to blame for the domestic abuse. We help the child/young person to explore and recognise healthy and unhealthy relationships, including exploring their own experiences, but this is not necessary if they do not wish to, as well as looking at how to keep themselves safe.

Safer Space+ support offer

Our trained Children and Young People Domestic Abuse Advocates deliver support across ten weeks, with each session lasting up to an hour. Sessions are mainly delivered at the child's/young person's school/education setting, in a safe and confidential space.

The ten session's includes six core sessions and four tailored sessions around the child's/young person's individual needs.

These sessions include:

- ◆ Setting an individual support plan
- ◆ Looking at safety and keeping safe
- ◆ Exploring and understanding what is an healthy and unhealthy relationship
- ◆ Exploring and understanding emotions, while developing skills in managing them
- ◆ Developing coping skills
- ◆ Building on their resilience
- ◆ An exit support plan.

In addition to the ten weeks support from our CYP DA Advocates, some children and young people may be assessed by the CYP DA Advocates identifying that they would benefit from some form of therapeutic intervention. This could be up to eight sessions of therapy support or supporting the child/young person to be able to engage in a sporting activity, or some music/art lessons. The therapeutic intervention would be agreed and fit with their needs/interest.

Safer Space+ is a voluntary service and any child/young person can withdraw themselves from the support at any time. We ask that all children and young people that are referred for support are fully informed, give their consent to the referral and are happy to engage. If they choose that they do not want to be referred or are not ready for the support, this must be respected. A referral can be made at any time into the service up until they are 18 years old. We do not accept referrals for any child or young person that has already completed ten Safer Space+ sessions.

'The support helped me with understanding my feelings and coping with stress and taking time for myself. Also understanding safety. The Advocate listened to me and advised me, we had fun in the session'

16 year old service user

'I liked having someone on my side, someone to help me get through'

12 year old service user

'The support is worthwhile, I'm astounded at the results, they smile a lot more than they use to'

Parent of service user