

What we do

SAFE offer a whole family approach to those affected by domestic violence and abuse. Our mission is to **Empower**, **Challenge** and **Change** by delivering groundbreaking services that address the core issues of prevention and recovery and break the cycle of abuse within intimate relationships.



SAFE is dedicated to being a catalyst for change. We have curated and designed a range of trauma focused services that deliver maximum impact and effectiveness.

Our team of specialist children and family practitioners, counsellors and trainers have a wide skill set from backgrounds in criminology, housing, teaching, psychotherapy and youth work.

EMPOWER

breaking the cycle of abuse through trauma led therapy and support

CHALLENGE

presenting a new perspective in the domestic violence and abuse arena

CHANGE

sustainable, evidence-driven and scalable solutions for individuals, families and society



Stop Abuse For Everyone

EMPOWER. CHALLENGE. CHANGE.

Supporting families to recover from domestic violence & abuse

Charity No. 291415

- Children and Young People -

DART**DOMESTIC ABUSE
RECOVERY TOGETHER**

SAFE is a licensed provider of the DART programme developed and licensed by the NSPCC.

This 10 week programme provides opportunities for children aged 7-14 years and parents to do therapeutic activities together, and in separate parent and child groups.

Activities aim to:

- rebuild and strengthen the parent child relationship
- have fun together
- learn how to talk about what has happened and their feelings respectfully
- meet other parents and children who have lived through similar experiences



"I feel better at home, not so angry with my mum and actually see her feelings when I'm angry."

**Boys Groups**

A dedicated male worker works with boys, young men aged 5-18 years and their families to support healthy family and peer relationships, individual well-being and resilience as well as acting as a positive role model.

"My son is much better in school and at home."

Girls Groups

In response to demand we now also offer female only groups to empower young women and girls to understand their choices in relationships; building their emotional resilience.

- Children and Young People -

Tender Project

Young people are the group most at risk from abusive relationships (British Crime Survey 2010).

SAFE's team of trained facilitators work in primary and secondary schools with groups of students to help them develop skills for building healthy and respectful relationships. We achieve this through open, creative workshops that explore the healthy and unhealthy aspects of relationships, empowering students to consider their attitudes and behaviour in an age-appropriate way.

As part of the project, we deliver an hour-long CPD accredited INSET training session for a minimum of 20 staff. This aims to develop staff understanding of the issues that can arise for young people as they begin to engage in intimate relationships, and how to best support their students.



We support young people to:

- Understand the components and characteristics of healthy and unhealthy relationships
- Discuss attitudes towards relationships constructively
- Recognise early warning signs of an unhealthy relationship
- Identify where and how to seek support
- Advocate respect and equality in their peer groups and communities
- Develop communication skills

"Your project work and the team that delivered it clearly had a significant impact on our students and the staff involved and I would like to say a massive thank you for this."
Aimee Mitchell ISCA Academy, Exeter

- Adults -

Pattern Changing

Pattern Changing is a psycho-educational course for women who have been in an abusive relationship. This course promotes the right to live free from violence and abuse in your relationships, as well as fostering self-confidence, self-esteem and self-worth through a range of activities and group discussion.

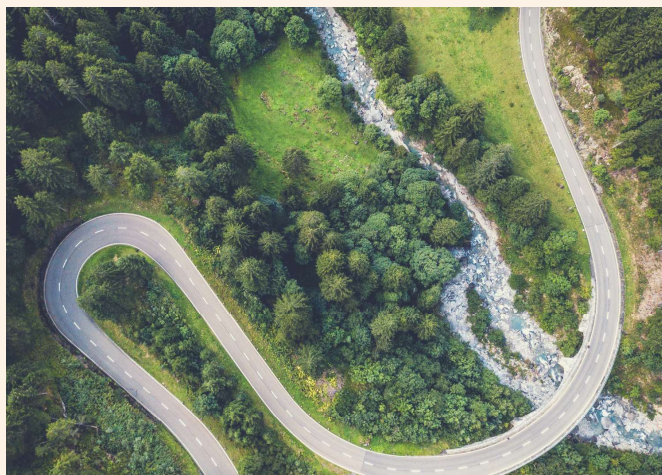
We explore the harm caused by abuse, strategies to support the journey of healing and recovery and how to recognise abuse in relationships in order to live free from violence in the future.

The power of group work in the recovery stage is harnessed by our expert facilitators who deliver this course in a safe, women-only environment.

Pattern Changing is run once a week (2.5 hours) over 12 weeks.

"Made me realise that I am not alone. I can now see the patterns of all my abusive relationships and understand how and why I got into them."

"It is a life changing course and gives hope for the future."



Counselling

Our counsellors are members of the British Association of Counsellors and Psychotherapists (BACP) or the National Counselling Society (NCS). Whether they are trainees or professional counsellors, they have also undertaken SAFE's accredited specialist training in Domestic Violence. We are also an organisational member of the NSC.

From Surviving to Thriving

One-to-one support with one of our trained volunteers through face-to-face or phone sessions. This may also include help to solve issues around safety, housing, legal, money or other matters as a result of domestic violence or simply a non-judgemental, listening ear.

Also available

We offer a range of bespoke packages, from training to consultation and trauma focused service delivery. Please enquire via the details below to see how we can help you.

How to refer


Parents, Health Professionals, Social Workers, Schools and any other support providers working with a child, young person, family, parent or person who has experienced domestic violence and abuse; call or email us and we can complete a referral with you.


Cost

All our services can be spot purchased and commissioned individually or as packages. Prices are available upon request.

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 [Facebook.com/StopAbuseForEveryone/](https://www.facebook.com/StopAbuseForEveryone/)



NSPCC

