

RECOVERY MENTORS

The Recovery Mentors support children and young people aged from 5 years to 18 years, who have witnessed or experienced domestic abuse and is predominantly focused on those children and young people who have had to relocate due to domestic abuse such as leaving refuge, moving from out of area to Wiltshire or are currently in temporary accommodation. Much of this support is completed within the school environment but can be facilitated in any safe space for the child or young person.

For children aged between 5 and 11 support provided is play based and for 11 to 18, support is more structured and adapted to meet the likes and interests of the child or young person.

The work provided by the Recovery Mentors will be to focus on the emotions the child or young person is struggling with, working with them to manage these emotions by giving them the tools to recognise and identify coping strategies.



OUR SUPPORT FOR CHILDREN AND YOUNG PEOPLE



HOW TO REFER

SCAN HERE

to download a referral form.

OR

visit: www.fearfree.org.uk/refer/wiltshire/



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ABOUT

At FearFree, we offer support to children and young people aged between 5 and 18 years old who have witnessed and/or experienced domestic abuse and for those aged 13 to 18 years old support is offered if they have experienced domestic abuse where the perpetrator is an intimate partner.

Throughout the support our children and young people workers will work in partnership with the non-abusing parent or carer, alongside other professionals working with the family.

The Children's and Young peoples team is made up of an Young Person Independent Domestic Abuse Advisor (YP IDVA), Domestic Abuse Children's Workers and Recovery Mentors.

YOUNG PERSON'S INDEPENDENT DOMESTIC VIOLENCE ADVISOR



The YP IDVA (Young Person Independent Domestic Violence Advisor) is a specialist position supporting high risk young victims of domestic abuse from the ages of 13 to 18 where the perpetrator is an intimate partner.

The YP IDVA will offer short to medium term support to the young victims which is focused on reducing risk and increasing safety and is completed on a 1:1 basis usually face to face but can be completed over the phone if necessary.

Once the risk to the young person is reduced then the YP IDVA will facilitate educational sessions around increasing the young person's understanding of domestic abuse, supporting them to recognise red flags and warning signs in future relationships.

SPECIALIST CHILDREN'S AND YOUNG PERSON'S ADVISOR

The CYP Advisor's work with children and young people who have witness or experienced domestic abuse and are aged between 11 and 17 years. The support offered to the children and young people is focused on 6 educational sessions which are delivered either online or face to face in a school, the home address, or any other safe setting (library, children's centre etc).

The 6 educational sessions cover topics such as;

- **What domestic abuse is**
- **Healthy relationships:** healthy and unhealthy behaviours and red flags
- **Emotions:** focusing on all emotions the child or young person feels and looking at how to manage these emotions including safety and stabilisation work.
- **Well-being:** building resilience and looking at accessing other support which may benefit the child or young person.

