

Support for Children who have experienced Domestic Abuse

Alternative Learning Trust - The Limes College model

Emma Bradshaw Festival of Practice Domestic Abuse Conference Manchester



Emma Bradshaw

Executive Principal / CEO Alternative Learning Trust

- Started working with excluded children from 18 !!! Nearly 40 yrs ago !!!
- Worked in Liverpool, North Wales, Merton, Sutton, Medway and Kent
- I always wanted to know what was behind the behaviour
- At LBS we did a deep dive in 2002 across agencies
- Top causes of children on CP plans, Excluded from School, mental health issues
- DA (then DV) / Trauma, Unresolved Loss and Grief, Parenting



Emma Bradshaw

**Executive Principal / CEO
Alternative Learning Trust**



- I led the LA Behaviour Support Team for schools
- We worked as a multi-agency network to commission DA training
- We looked for the only training available for supporting children who had experienced DA / VAWaG
- Trainers came from Canada to train us - 'Group Treatment Program' for children to be run alongside, Group treatment for women.
- So started my journey of what helps children, who have experienced DA / VAWaG at every age and stage. Both boys and Girls.
- How does diversity play out - gender, ethnicity, disability, socio-economics
- So here I am today

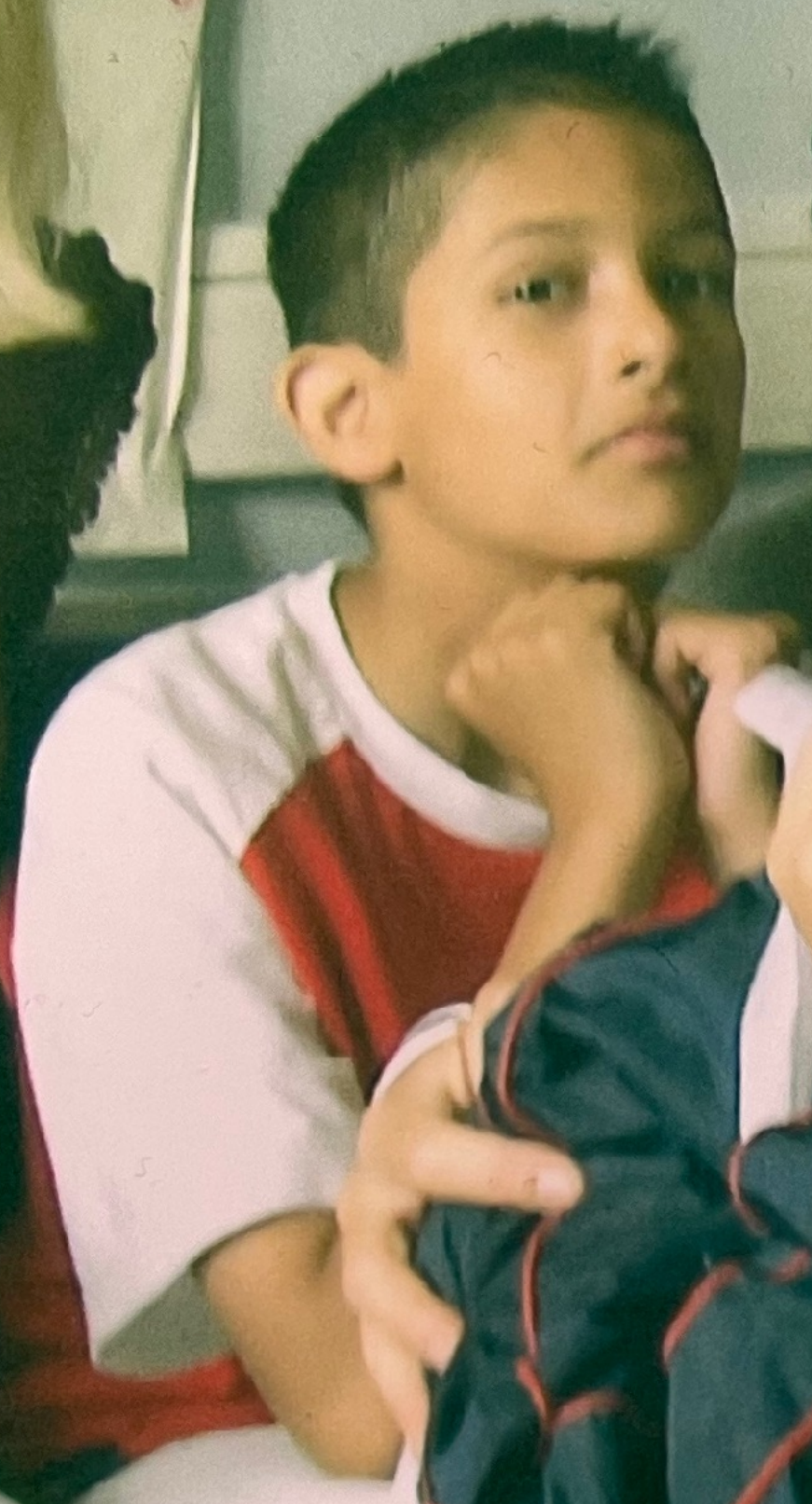


Resilience

Handwritten notes on a poster, including the word "Resilience" and other illegible text.

Handwritten notes and drawings on a poster, including a stick figure and the word "FUNCTION".

Handwritten notes on a poster, including the word "FUNCTION" and other illegible text.



The Limes College

Alternative Learning Trust

- A large Alternative Provision School / service
- Working with over 500 children a year
- Age range 5-16yrs
- Children at risk of exclusion and who have been excluded within the London Borough of Sutton
- The Limes College has a dedicated Outreach Team who work in all the schools in the Local Area



Outreach Interventions





The Limes College - Outreach Offer

The Safeguarding & Outreach Team!

- Ross Thompson – Strategic Safeguarding Manager
- Jackie Lawrence – Lead Outreach Worker & Lead DSL
- Pauline Hayes – School Integration Worker & DSL
- Debz Martyn – Behaviour Support & DSL
- Harlem Wright – Family Outreach Worker
- Peter Triggs – Family Outreach Worker
- Chloe Morris – Family Outreach Worker
- Chelle Cullen – Family Outreach Worker
- Elaine Berriman – Family Outreach Worker
- Georgia Edwards – Family Outreach Worker
- Jodie Desai – Lead Practitioner Early Years
- Anne Campbell – School Social Worker
- Tanya Sarbutts – Safeguarding Administrator
- Melissa Warner – Safeguarding PA

Support From A Family Outreach Worker

All students receive support from a Family Outreach Worker, which includes:

- Daily 1:1 check-ins
- 1:1 sessions, providing mentoring and targeted work
- Regular communication with parents & carers
- Half-termly TAC (Team Around the Child) meetings
- Regular communication with external professionals and attendance to meetings
- Advocacy for young people at meetings



The Limes College - Outreach Offer

BAM (Becoming A Man)

BAM (Becoming A Man) is a five-week programme of support offered to boys, which covers the following topics:

- Relationships & Sexual Health
- Identity, Sexuality & Online Safety
- Mental Health
- Community & Crime
- Being A Successful Man

Violet Group

Violet is a six-week programme offered to girls, covering:

- Self-Esteem
- Mental Health
- Domestic Abuse
- Criminal & Sexual Exploitation
- Healthy Relationships
- Sexual Health

Primary & Secondary Turnaround Programme

The Turnaround Programme is a preventative project which runs for five weeks, supporting students from external primary and secondary schools who are at risk of permanent exclusion. Students learn to recognise the impact their current behaviour is having on their future and are provided with sessions to enhance their learning and promote positive well-being. Topics include

- Healthy Living, Sexual Health & Relationships
- Knife Crime, County Lines and Gang Involvement
- Online Safety, Anti-Social Behaviour & The Law
- Drugs & Alcohol

CEOP (Child Exploitation & Online Protection)

The School's CEOP Ambassador provides advice for students, parents/carers and professionals. In addition, 1:1 sessions and workshops are delivered, promoting online safety and raising awareness around online threats. Topics covered include:

- Social Media
- Naked Pictures & Sexting
- Cyberbullying
- Reporting, Identity Checking & Grooming
- Sextortion



The Limes College - Outreach Offer

Bridging The Gap Programme

This is a six-week parenting course covering topics such as:

- Improving Communication
- Understanding Behaviour
- Boosting Young People's Self-Esteem
- Effectively Managing Behaviour
- Parenting Styles

The intervention also gives parents and carers an opportunity to meet with other parents and carers and helps them to feel less isolated.

Family Groups (For Parents & Carers)

Virtual and face-to-face groups are arranged for parents and carers to attend, giving them the opportunity to seek advice and guidance from the facilitators and meet other parents to exchange experiences and share tips.

A number of different topics are covered within the sessions and are tailored around the needs of the parents/carers along with current issues.

Sessions are facilitated for parents and carers of primary and secondary students, and offer a great opportunity for parents and carers to network with other adults.

RAE Programme

RAE is ten-week recovery group work programme for children who have been exposed to domestic violence and abuse. Referrals are accepted from students who attend a Sutton School or who reside in the London Borough of Sutton.

Self-Esteem Programme

This is a six week programme which runs for women in the community (aged 16+) which supports women to explore and develop their confidence and self-esteem, with a focus on the future.



The Gaynor Programme



The Gaynor Programme A Domestic Violence Survivors' Group

**Sutton Youth Centre
Robin Hood Lane
Sutton, Surrey
SM1 2SB**

**Session time 12.00 – 2.00 pm
A light lunch will be served**

The Gaynor Programme

- Week 1** What is domestic violence and abuse?
- Week 2** How did it affect me?
- Week 3** How did it affect my children?
- Week 4** Understanding trauma
- Week 5** What are the risks and how can I be safer?
- Week 6** How can the law help?
- Week 7** Staying or leaving
- Week 8** Parenting after domestic violence
- Week 9** Self - Esteem
- Week 10** Saying goodbye and looking forward to the future



The Rae Programme



The Rae Programme

Sutton Youth Centre
Robin Hood Lane
Sutton, Surrey
SM1 2SB

The Rae Programme

- The RAE programmes is a 10-week programme for an hour each week
- For children 9+ of age.
- It is split into 2 programmes
– Primary & Secondary age children.
- The programme covers abuse, safety planning, how they have been affected, how to manage feelings.
- It is a group meeting based on discussions and videos.



The Self-Esteem Programme



Self-Esteem Programme

Sutton Youth Centre
Robin Hood Lane
Sutton, Surrey
SM1 2SD

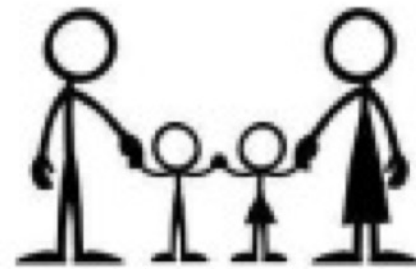
Session time 11.30-1.30
A light lunch will be served

Self-Esteem Programme

- | | |
|--------|---|
| Week 1 | What does self-esteem and confidence mean to me? |
| Week 2 | What do I want for the future? |
| Week 3 | Who am I? |
| Week 4 | How I feel about myself? |
| Week 5 | Strategies to support my self-esteem and confidence |
| Week 6 | Looking forward to the future |



Primary Family Support Group



Primary Family Support Group Empowering parents to build healthy relationships with their children

Time: 12.45 – 2pm

Venue: Sutton Youth Centre, Robin Hood Lane, Sutton,
SM1 2SB (press the white bell)

Dates:

17/01/23: Introductions, ground rules, parenting styles

24/01/23: Parent's mental health and wellbeing

31/01/23: Contextual Safeguarding

07/02/23: Promoting positivity in children

21/02/23: Rules, boundaries sanctions rewards, bedtimes, conflict

28/02/23: Online Safety

07/03/23: Supporting children's mental health, anxiety, self-esteem /Zones of regulation

14/03/23: Review ending, what next evaluation

All welcome

Whilst we know that some parents will not be able to attend every session, we do encourage parents to attend as many sessions as possible. As the group develops with each session, trust and relationships will build and parents will hopefully feel more supported by each other and grow in confidence.

Once you have signed up to the group, we ask that parents contact Georgia or Nibby if for some reason you are unable to attend that week

We would like to extend this invite to all parents of a primary aged child in the London Borough of Sutton. We hope to offer parents a safe space to meet other parents in a similar situation to learn more about different topics and explore new ideas that will support your child's social emotional growth and development.

Parents will:

Feel more empowered and confident to trust their own judgements when supporting their children

Build self-esteem and confidence

Share ideas and tips with each other

For more information and to register your interest and to discuss any queries please call or email either: Nibby Jackie or Georgie

Nibby: 07984 757878

Nibby.withers@cognus.org.uk

Georgia: 07590 807949

Gedwards65@suttonmail.org

Jackie: 07736 338809

jlawrence2@suttonmail.org

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Daisy Group

The Daisy group is a six week be-spoke intervention programme for girls (aged 10-18 or Year 6-Year 13) who are or at risk of or exposed to Child Criminal or Sexual Exploitation. This intervention is delivered in schools, youth settings and other provisions.

The programme is held weekly for one hour and can be in groups of up to ten girls.

Topics that can be included:

- What is contextual safeguarding
- Safety planning
- Peer on Peer abuse
- County Lines
- Sexual Health

And any other concerns/risks within the wider context



For more information contact Jackie Lawrence:
07736338809 jlawrence2@suttonmail.org



Outreach Interventions

Outreach Offer

The Gaynor Programme

The Rae Programme

The Self-Esteem Programme

Primary Family Support Group

Daisy Group

The Training / Support offer ALT / Limes

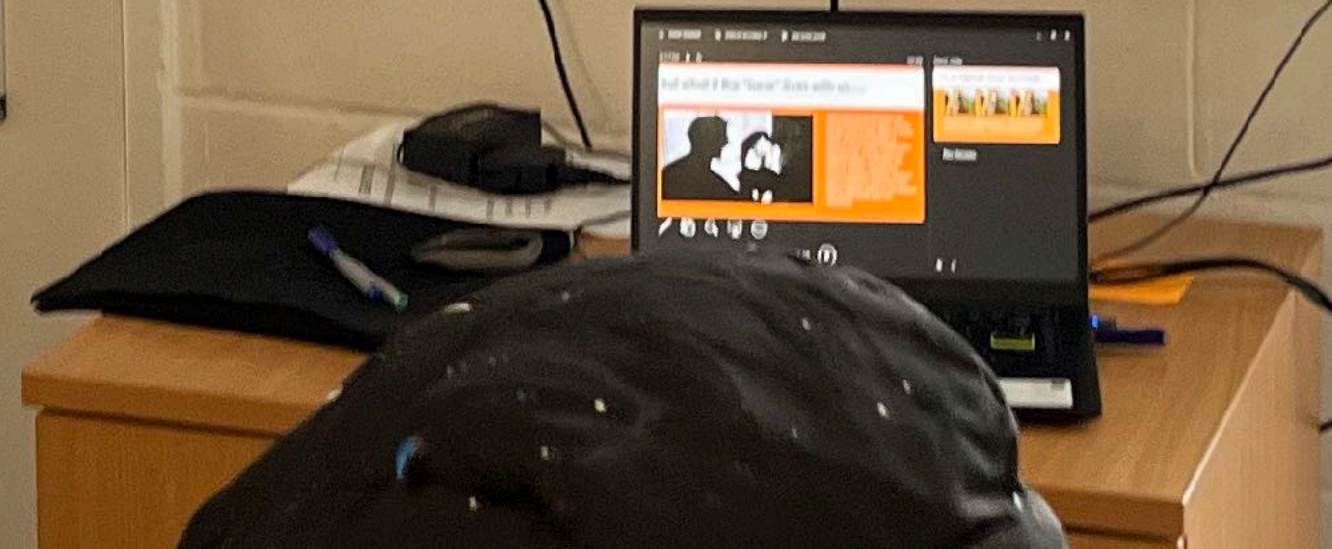
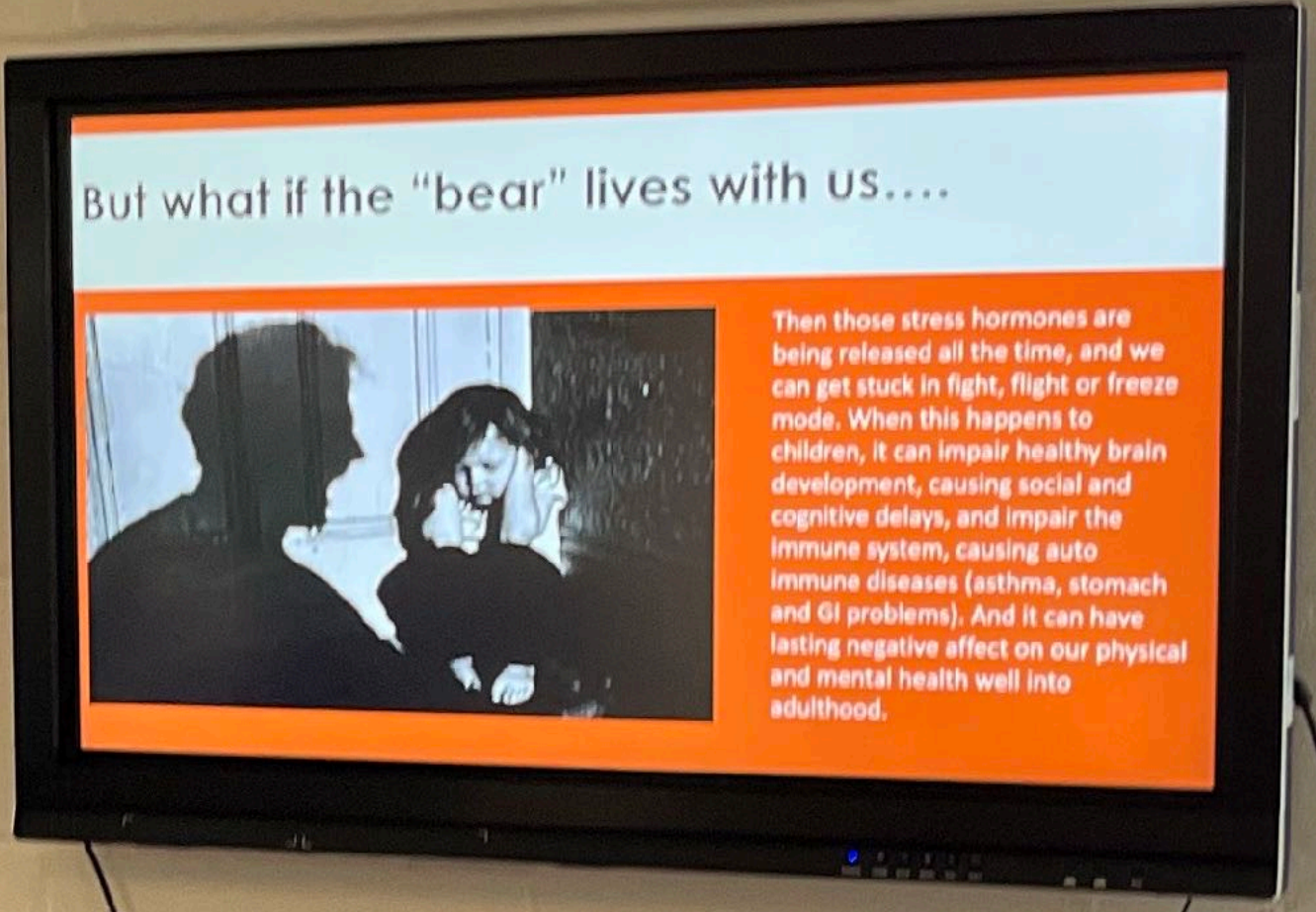
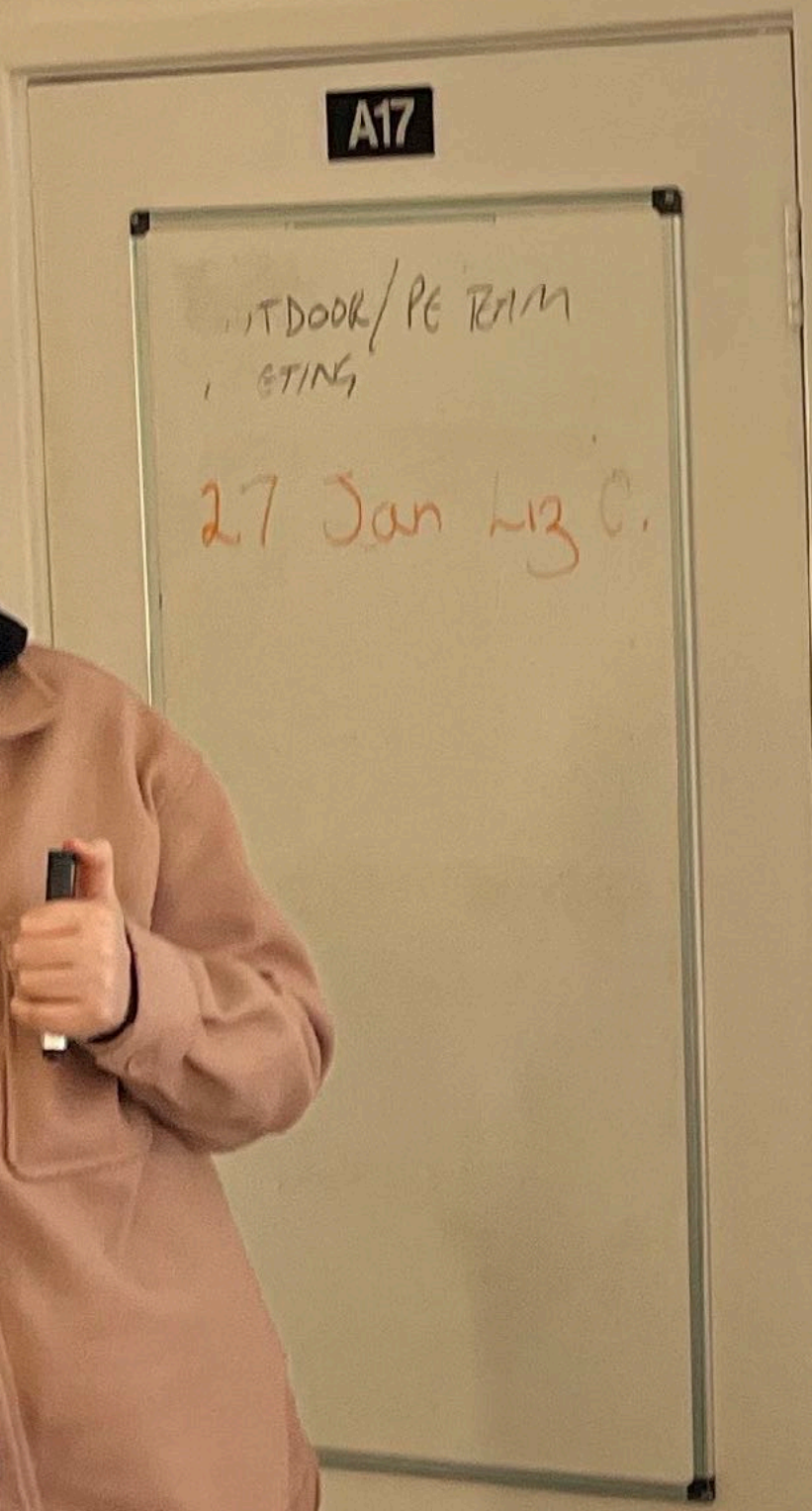
- Specialist staff across Alternative Learning Trust deliver
- Training
- Assemblies
- 1:1 Risk Assessments
- Safety Plans - Living with the Bear
- Relationship and Sex Education
- Working group across LA / PSHE co-ordinators - developing PSHE curriculum- Healthy relationships



The RAE program



What If the “Bear” lives with us?



Safety planing session



The Limes College - Outreach Offer

Social Group For Students Learning English

A weekly social group has been setup to allow students for whom English is an additional language to practise and develop their speaking abilities with a Family Outreach Worker.

Additional Primary Limes Interventions

- Advice & guidance at multi-agency meetings
- Nurture provision
- Talking & Drawing provision
- Outreach – 45 minute targeted sessions in schools
- Advice & guidance at multi-agency meetings
- Social Skills – 8 sessions focusing on communication, feelings, anger management, keeping safe & healthy and friendships & relationships.

Limes College Contact Information

Address:

The Limes College, Robin Hood Lane,
Sutton, SM1 2SD

E-mail:

office@thelimescollege.org.uk

DSL Contacts:

Ross Thompson – 07736 338 055
Jackie Lawrence – 07736 338 809



Who are we?

- **Alternative Learning Trust**
- **A Multi Academy Trust set up to be the home for Alternative Provision Schools**
- **A Trust that provides training, consultancy and development work on the reasons why children end up excluded in its broadest sense**



Other contacts


Leila Belghazouani

- One of the original developers of the work at The Limes College
- Now available to do freelance work developing programs as required in your local areas
- Leila@opendoortrainingandconsultancy.com
- 07447042379



Emma Bradshaw

Alternative Learning Trust

 haw - Executive Principal
Alternative Learning Trust –
The Limes College |
Sutton West Centre | Robinhood Lane |
Sutton SM12SD
Registered in England and
Wales | Company Number 11788031
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Robinhood Lane, Sutton, Surrey, SM12SD
Mobile – 07736338478
Thanks for listening

