



acorns



Supporting Families Affected By Domestic Abuse

Together, we stand tall

www.acornsproject.org.uk

Welcome to Acorns

We offer a range of services for children, young people and families affected by domestic abuse.

Our work aims to:

- Improve physical and mental health and well-being
- Increase personal resources by building self-esteem, confidence and assertiveness
- Empower families to increase resilience and live safely and independently

We do this by:

Placing you and/or your children, or the whole family at the centre of our practice and providing safe environments for you – you will always be consulted about what support you need, and you will always be given a choice. Our services are always accessed voluntarily, and will always be free.

Single Door, Many Rooms

We have a wide range of services on offer which might benefit you. When we meet you, we will discuss with you what support you feel you need. We will then work with you to put together a suitable package of support that we all agree will be of benefit to you – but don't worry – we also recognise that things can change – so we review support on an ongoing basis and changes can be made whenever needed.





“ I really feel that
I was listened to



Children & Young People's Services (Age 4-18)

One-to-One Services

We offer a number of one-to-one services for children and young people aged from 4-18 including:

- Art Therapy
- Counselling
- First Response Crisis Support Service
For children and young people aged 11+ who are experiencing domestic abuse at home or within their own relationships
- Flexible Drop-In Support
- Music Therapy
- Play and Youth Work
- Play Therapy
- Solution Focussed Practice

We deliver this work from our two premises in North Shields, and in schools and other community settings throughout North Tyneside and Northumberland. Don't worry if you are not sure which service would be of benefit to you/your child – we will discuss this with you when we speak to you.

Young people aged 16-18 can access our services directly. If you are aged 13-16 and would like to access our services directly, please speak to us about this and we will do our best to make this possible for you.

We offer lots of additional services for children and young people including group programmes, therapeutic groups and free family activities, and up to date information on these can be found on our website.

Some of our services for children and young people may not be available or may be offered remotely, depending on where you live, but we can give you up to date information when we speak to you.



"Acorns has made me confident to tell my worries to my family, and that has made me happy."



Services for Parents and Carers

If we have accepted your child to one of our services, this opens up some additional support you can access for yourself, if you feel this would be useful.

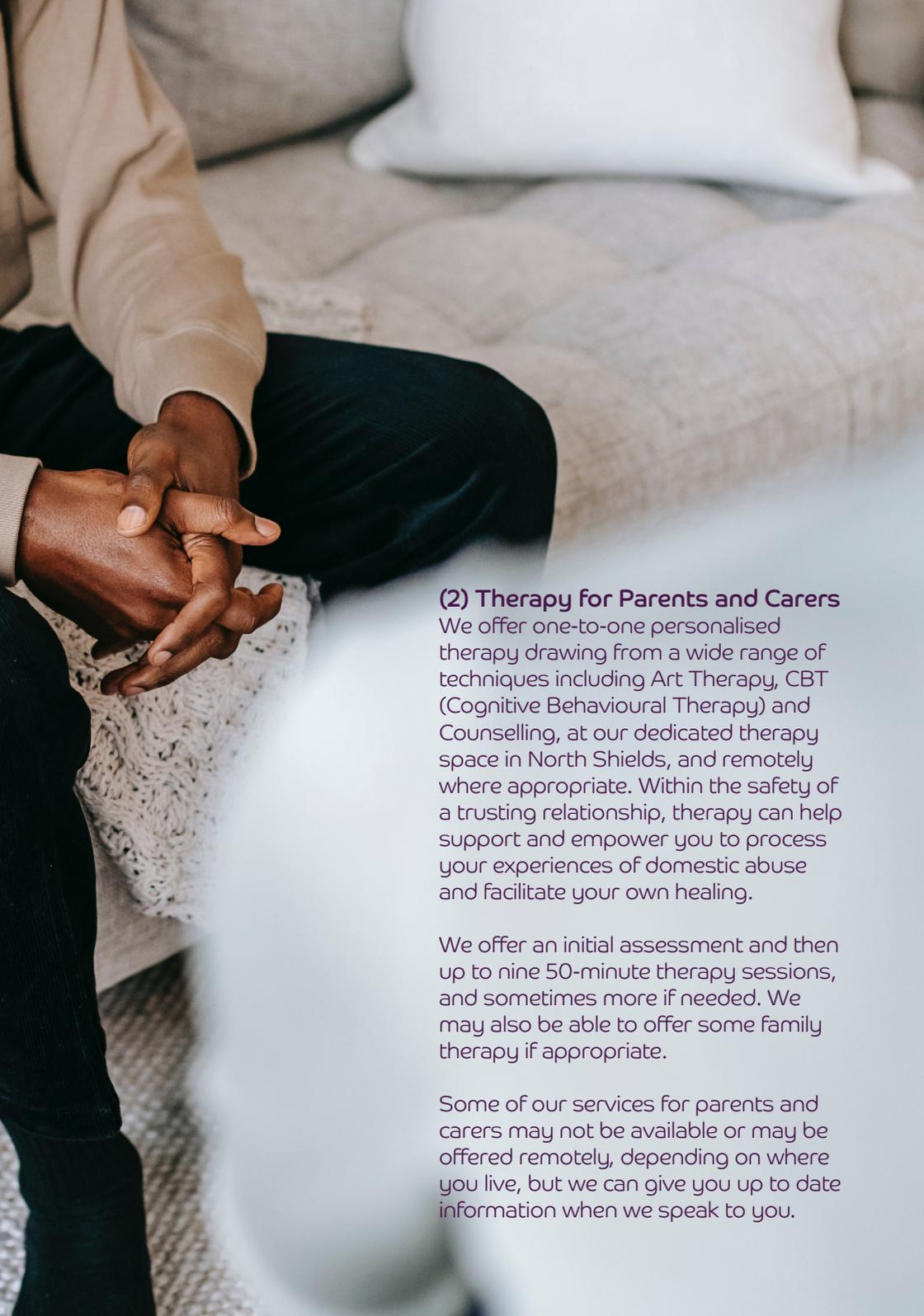
(1) Family Support Service

Our workers can offer emotional support, providing a safe space for you to share your thoughts and experiences and to help you explore how domestic abuse has impacted on you and your family.

We can also provide practical support in many areas, for example:

- Housing advice, including help with applications and supporting letters
- Debt advice
- Support to attend family court or legal appointments
- Benefits advice, including applications and appeals
- And much more

Support is provided on a one-to-one basis and sessions can be held either at our premises, in the local community, or remotely.



(2) Therapy for Parents and Carers

We offer one-to-one personalised therapy drawing from a wide range of techniques including Art Therapy, CBT (Cognitive Behavioural Therapy) and Counselling, at our dedicated therapy space in North Shields, and remotely where appropriate. Within the safety of a trusting relationship, therapy can help support and empower you to process your experiences of domestic abuse and facilitate your own healing.

We offer an initial assessment and then up to nine 50-minute therapy sessions, and sometimes more if needed. We may also be able to offer some family therapy if appropriate.

Some of our services for parents and carers may not be available or may be offered remotely, depending on where you live, but we can give you up to date information when we speak to you.



Frequently Asked Questions



How does therapy help me and/or my child?

We often get asked this question. By providing a regular, weekly (usually around 8-12 weeks) safe space for someone to come and express themselves through words, or through the medium of play, crafts, art or music, with a trained, skilled professional with whom they can build a trusted relationship over time, your amazing brain can work to form new pathways that reduce the effects of the trauma you have experienced. We can explain more about this when we speak to you.



Do I need to attend every session?

We totally understand that at times, a missed appointment is inevitable, and we do our best to accommodate last minute emergencies. However, we do ask you to prioritise your/your child's appointments as much as you can, so we are able to see other children, young people and adults who are waiting for support as soon as possible. We know that the best outcomes and greatest increases in wellbeing are seen in those who regularly attend their appointments.



Do I need to come to Acorns?

Not necessarily – we offer a wide range of outreach and remote working options and we can discuss the best way for you to access support when we speak to you.



Getting In Touch

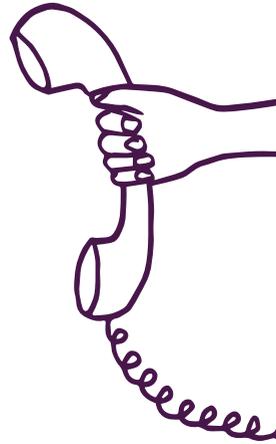
If you think we can help you or someone you know, you can get in touch by:

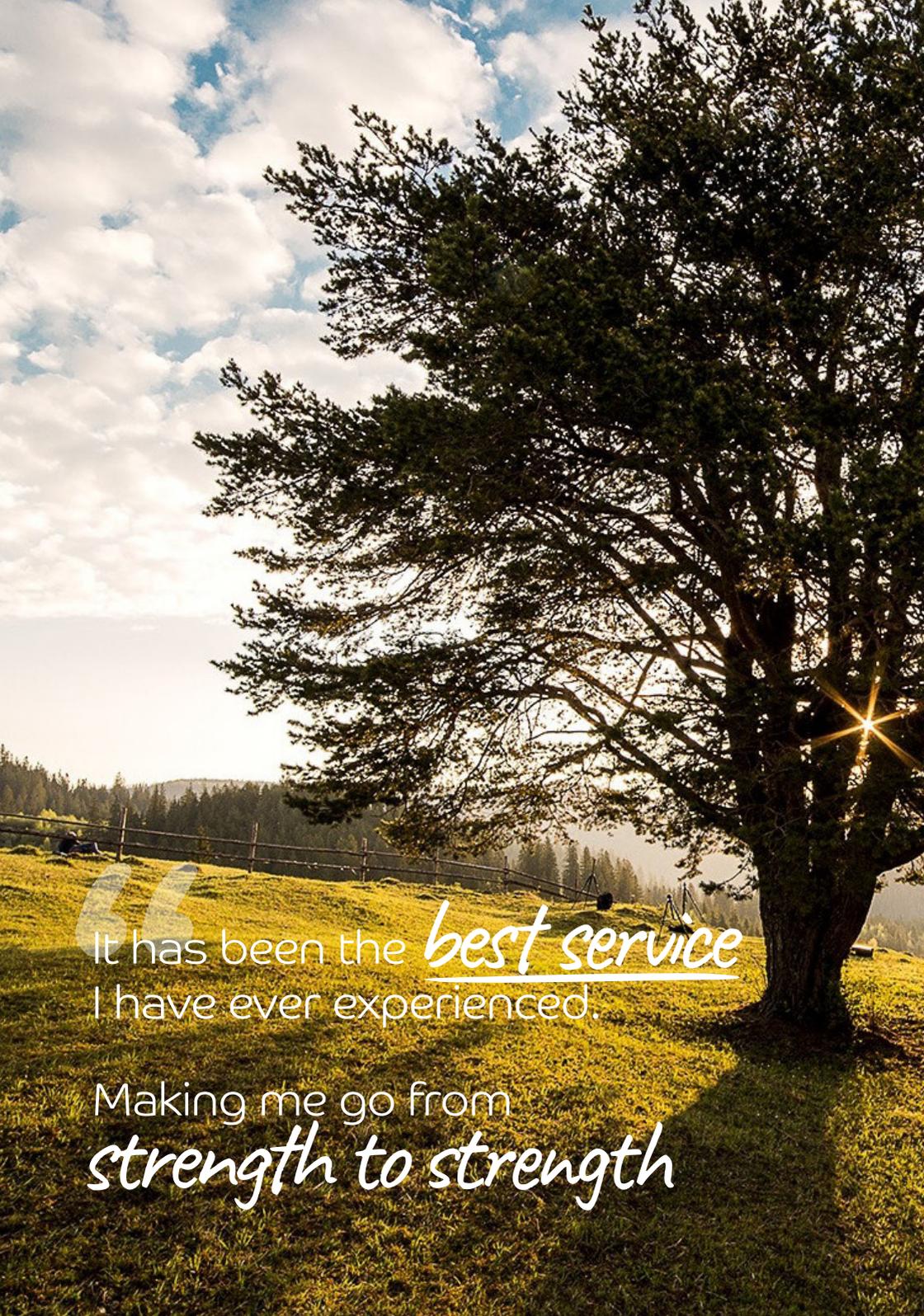
- **Calling** us on 0191 349 8366
- **Emailing** admin@acornsproject.org.uk
- **Referral forms** can be downloaded from our website: www.acornsproject.org.uk

If you are interested in our work and would like to follow us, you can find us on:

- **Facebook:** facebook.com/acornsproject
- **Instagram:** [acornsproject](https://www.instagram.com/acornsproject)
- **Twitter:** [@acorns_project](https://twitter.com/acorns_project)

If you would like to support our work, you can donate by going to: www.localgiving.org/charity/acornsproject





“ It has been the best service
I have ever experienced.

Making me go from
strength to strength



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www.acornsproject.org.uk

Together, we stand tall

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