

Our pathway consists of 3 courses, Stronger Us, Recovery Toolkit and You and Me, Mum, which aim to enable women to make sense of their relationships.

Each session will last approximately 2 hours with crèche facilities available for under 5's.

The pathway is designed to;

- ~ Promote the understanding of Power and Control
- ~ Understand how your thoughts affect the way you feel
- ~ Increase your self esteem
- ~ Find ways to protect ourselves and the ones we love
- ~ Build on our relationship with our children through effective communication
- ~ Focus on our hopes, our dreams, our plans.

Barnardo's crèches provide a safe stimulating, nurturing environment where children aged 3 months - 4 years can learn, grow and develop. Our crèche's implement a consistent routine which allows children to feel safe and relaxed therefore enabling them to flourish and thrive socially, emotionally and physically. Crèche workers plan activities using the Early Years Foundation Stage (EYFS), taking into consideration each child's individual needs and stage of development.

Our crèche's run for two hours and we ensure that parents and children remain on the same site, facilitated by a minimum of two qualified members of staff working within appropriate ratios'.

To request a referral form please contact:

Plymouthchildrenscentres@barnardos.org.uk

The Barn Family Hub ~01752 362320

Four Woods Family Hub~01752 366795

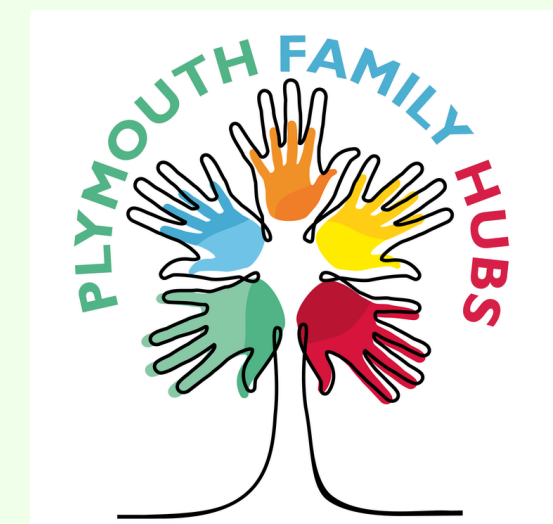
Whitleigh Family Hub~01752 875933

Rees Well-being and Family Hub ~01752 261844

Nomony Family Hub~01752 261844



Barnardo's Domestic Abuse Pathway





Stronger Us

‘Stronger us’ is a 6 week course for women that will explain violent and abusive behaviour, relating this to real life situations.

‘Stronger us’, as part of this pathway is designed to support us to gain self esteem and the confidence to help us live a safe and happier life.

Recovery Toolkit

The Recovery Toolkit is a 12 week course for women, which aims to provide us with all the knowledge we need to recover from the affects of living with domestic abuse.

It is a useful follow on from ‘Stronger Us’.

Our own strengths, resources and coping skills are reinforced contributing to our own health and wellbeing on a long term basis.

The course uses group exercises to promote positivity, relaxation and calm anxiety. These methods then empower women to take more control of their lives by setting goals and identifying positive changes within themselves.



You and Me, Mum

You and Me Mum is a 10 week course for mothers which supports us to understand how Domestic Abuse affects us and how it affects our children.

It will empower, support and develop further understanding of our role as mothers in addressing the needs of our children and/or young people.

The course focuses on self empowerment and group support. It doesn't work directly with children, it recognises the central role of mothers in the protection and positive development of children and young people.

