

## **Creative Wellbeing Programme for children with experience of domestic abuse (ages 5-10)**

### **Overview**

Croydon Council are offering a new programme to support children aged 5-10 years old who have experienced domestic abuse.

Taking place each term, this 10-week programme will offer weekly sessions using age-appropriate creative drama and music activities to improve participants' wellbeing, confidence, emotional literacy and understanding of healthy relationships, while developing supportive peer groups for children and non-abusive parents.

Each 10-week programme will work with a cohort of up to 25 children, meeting after school on Tuesdays:

- 4-5.15pm, 5-7 year olds
- 5:30-6:45pm, 8-10 year olds

Parent/carers are invited to stay for an informal session in the next room to meet other parents/carers, hear about what the children are up to, and receive signposting to further available support. Refreshments (during sessions) and dinner (able to be taken home) will be provided.

### **Criteria**

To take part, children must be:

- Aged 5-10 (or if turning 11, still in primary school during the 10-week term)
- This is a recovery programme for children who are no longer experiencing abuse.

To take part, children must fall into one of the following two categories:

1. If currently residing with the alleged perpetrator, the family must have engaged with statutory services (social care and/or social worker) to address abusive behaviour AND no abuse may have occurred in the previous six months.
  2. If no longer residing with the alleged perpetrator, no abuse may have been experienced since the change in living circumstances, and at least for one month.
- This programme is currently open to students engaging with mainstream education. While we will strive to support any additional needs, we may not be able to accommodate children with complex learning or physical needs during this pilot period. Please share any relevant information at the referral stage so we can assess if the programme is suitable.

**To register or refer**

**If you are a school or professional:** if you have identified a young person who matches the criteria and you think would benefit from the programme, please speak to the family and ask if they are happy to be referred to the programme. Complete the School Referral Form and email to the Creative Health team on

[CreativeHealth@croydon.gov.uk](mailto:CreativeHealth@croydon.gov.uk). Further information about the young person may be requested from you at a later date, if required and if parental consent is received. If you have any questions while making the referral, please ring 07356194605.

**If you are a parent:** please contact the Creative Health team on

[CreativeHealth@Croydon.gov.uk](mailto:CreativeHealth@Croydon.gov.uk) or 07356194605 for more information.