

## Domestic Abuse and Sexual Violence Support services in Northumberland

**Acorns works with children, young people and families affected by domestic abuse, and we are now offering the following services in Northumberland:**

### **Counselling and play therapy**

We invite children and young people to express themselves through words and/or through the medium of play using resources such as toys, sand, art, clay and music. Within the safety of a trusting relationship, non-directive techniques are used to support and empower children and young people to process their stories of domestic abuse and facilitate their own healing. We offer a minimum of 8 to 10 counselling/play therapy sessions, each of which is 50 minutes long. These sessions are usually delivered in schools, children's centres and other similar community settings.

### **Children & Young People's Outreach**

We draw on play and youth work approaches to provide a responsive, flexible approach to working with children and young people around their experiences of domestic abuse. We know that young people feel safer when they are listened to and their needs are respected and understood. For this reason we work creatively to offer choice and make use of a variety of venues and methods of working. This support may provide a suitable alternative for those who are perhaps not ready or unable to access counselling.

Our team of outreach workers can provide both practical and emotional support, including the following:

- Psychoeducation and support plans based on individual needs
- Emotional and therapeutic support
- Advocacy
- Information and advice and signposting
- Flexible wrap around support for young people age 13+

**For our referral form and guidance please email [referrals@acornsproject.org.uk](mailto:referrals@acornsproject.org.uk). For advice or queries please call the office on 0191 3498366. See our website for more information: [www.acornsproject.org.uk](http://www.acornsproject.org.uk)**



NDAS has been providing domestic abuse services across Northumberland since 2008 supporting those affected by or experiencing domestic abuse living in Northumberland. We provide free and confidential services to everyone, our services are inclusive and non-discriminatory.

Our delivery model includes telephone response to victims from 9am to 5pm weekdays provided by trained professionals who provide immediate risk assessment and safety planning. Outside of these times a message can be left which will be responded to the next working day. The answerphone message advises phoning the police if you are in immediate danger.

Our services include:

Immediate Response (9am – 5pm weekdays)

Domestic Abuse Practitioners provide personalised practical and emotional support

Counselling for the children and young people of our clients

Domestic Abuse Programmes delivered to people affected by domestic abuse

Prevention and awareness-raising activities and training, to children and young people in school and youth group settings, to local communities and professionals

Our aim is to protect and empower all our service users by providing flexible and professional support throughout Northumberland. Further details on all of our services can be found on our website: Northumberland Domestic Abuse Services

Telephone: 01434 608030 (9.00am – 5.00pm)

[Webchat](#)

DASSN for adults – 01670 820199

Cygnus Support – 01670 853977

[www.northumberland.gov.uk/domesticabuse](http://www.northumberland.gov.uk/domesticabuse)