



JANUARY 2022

# Supporting children and young people

## What is Ar Trac?

Ar Trac supports children and young people aged 5-16, who have experienced or witnessed domestic abuse and who are exhibiting difficulties with their family and peer relationships.

Difficulties can be wide ranging and pervasive; by addressing them and building upon strengths within childhood, Ar Trac aims to minimise the impact of the adverse childhood experiences associated with domestic abuse and improve

life-long well-being. The project brings together a range of interventions, co-produced by local agencies with children and young people. Ar Trac's suite of age appropriate services can be tailored based on the individual needs and strengths of the child and their family. As such, the project and what it offers will continue to evolve.

Ar Trac teams deliver activities bilingually in 10 counties across Wales.

Interventions are designed specifically for the children and young people accessing the project and this is established through the initial assessment with children and young people

The initiatives we offer are:

- Gender Specific Groupwork
- Parent to Child Bond
- 1-2-1 support
- Adolescent to Parent Violence
- Mentoring

## We are Recruiting MENTORS

Currently we are recruiting volunteers and volunteer mentors, within the Neath Port Talbot and Mid and South Powys regions. The aim of the mentoring programme is to increase a child's self-esteem, encouraging a change in the way children view themselves and others and helping them find a safe way to express themselves, whilst always focusing on the positives. The volunteer/mentor will provide children and young people with positive experiences and problem-free time. In return, the volunteer/mentor will gain experience, skills, and knowledge of working within the domestic abuse sector with support from other team members.



## We are taking referrals for Parent to Child Bond Course

The Parent to Child Bond course is designed for children and parents/caregivers where the child has experienced or witnessed domestic abuse and is experiencing attachment difficulties with their family and peer relationships.

Parents and children each attend weekly group sessions. After the group, children should feel a sense of ownership and control over their lives; feel safe to express needs and feelings, make choices and feel listened to.

Parents will be able to recognise the importance of self-care, build upon their own skills as 'experts' in their own child and use kindness, appropriate playfulness, and empathy to be able to reflect upon and understand their child's behaviour as communicating need.

If you would like to make a referral into this service, please contact us on [artrac@calandvs.org.uk](mailto:artrac@calandvs.org.uk)



## . Contact us

Calan DVS delivers the Ar trac programme in both Neath Port Talbot and South Powys

You can get in touch with us via:

[artrac@calandvs.org.uk](mailto:artrac@calandvs.org.uk)

Brecon: 01874 625146

Neath: 01639 633580

## To make a referral:

If you would like to refer a child or young person in to the service, or you would like further information,

please contact us via the email address or phone number above and a member of the team will be happy to help.

## Break4Change Programme

Break4Change is a programme that supports families to make positive changes and is suitable for young people between the ages of 11-16 years old along with their parents/carers.

Break4Change is a 10-week group work programme supporting parents/carers and young people in building healthy relationships. The programme responds to the issue of child to parent violence.

It aims to help break patterns of behaviour such as:

- Controlling the home environment
- Being violent or aggressive towards the parent/carer
- Putting the parent or carer down
- Making threats towards the Parent/carer and others



## Quotes From Young People and parents:

'My daughter is calmer and less worried at home and at bed time is sleeping better'

'I can see why I have different rule in my mum and dads houses but they can be confusing'

'He looks forward to seeing you cos he had fun last time, thank you so much'.

'I like being able to talk to you in our sessions, it feels safe'

