

Hi there! This is our first newsletter and we're glad you have taken the time to read about the CEDAR project. CEDAR means Children Experiencing Domestic Abuse Recovery. We run a 12 week groupwork programme to help children talk about hurting and fighting in their families. We also give mums the opportunity to come to groupwork to support their children while they are going to talk about what they've experienced.

The key things we talk about are how they keep safe, how they feel about what has happened in their family, supporting them to see that they are not to blame and how to deal with angry feelings. We have lots of fun, games and great snacks as well as dealing with some very serious things that have happened.

Susan is the Children's Group Coordinator and Joyce is the Woman's Group Coordinator. We have been spending much of our time initially, over the past year, setting up the project and we started running groups for children and their mums in March '09. These have been really successful and we are busy getting ready for new groups in March '10



*Susan and Joyce*

## DVD LAUNCH

The last few months have been very exciting when we worked with the Media Coop to film a DVD with the first groups. This meant that the children, young people and their mums spent time filming some of the key issues they had gone through at their groups. Everyone had a great time and enjoyed being on camera!

We are making the final plans of getting the DVD finished with the Media Coop and it will be ready for viewing in February '10.

We are looking forward to using it both in Forth Valley and nationally where we will be able to give people a real flavour of what happens during groupwork and how it has benefited the children and their mums.

The main launch will be in the spring when we will show it at our CEDAR conference in Edinburgh. Hopefully it

will also be very helpful in showing just how important and powerful the message is from the people who have experienced domestic abuse and how much this work with them is needed.

**STOP PRESS!!**  
**DVD SCREENING AT THE**  
**MacROBERT CENTRE**  
**STIRLING UNIVERSITY**  
**ON**  
**25<sup>TH</sup> FEBRUARY AT 3.30P.M.**  
**CONTACT LINDA**  
**01786 44 3348**

## GROUPWORK HIGHLIGHTS

<b>Children (8-9 years)</b> Co-facilitators - Christine Shanks (Woman's Aid) Kirsty McGuire (Social Work)
<b>Children (6 years)</b> Co-facilitators - Sheena Leith (Family Support) Heather Love (Woman's Aid)
<b>Children (teens)</b> Co-facilitators - Sally Forshaw (Open Secret) Carol Traynor (Police Admin)
<b>Mothers</b> Co-facilitators - Dianne Smith (Sacro) Pat Ellis (Sacro)

The above groups were held in the Family Mediation Centre, Stirling, from the end of March to August and all said they found the groupwork experience very positive. Everyone was involved in the making of the DVD!

The next groups were held in the same place and finished at the end of January.

<b>Children (5-6 years)</b> Co-facilitators - Sally Forshaw (Open Secrets) Carol Traynor (Police)
<b>Children (8-11 years)</b> Co-ordinators - Christine Clark (Woman's Aid) Kenny Hunter (Social Worker)
<b>Mothers</b> Co-ordinators - Kathy Norris (Woman's Aid) Eileen Spence (Sacro)

We are busy assessing children and their mums for the next groups which will start in March. It is hoped that Susan will run two or three children's groups this time and Joyce will run a Mother's group.

**WHAT MUMS ATTENDING GROUP SAY:**

"You meet really good friends and have got a support network and you're not alone then"

"My child talks to me about how he is feeling now"

"I've learned to deal with what's happened"

**WHAT CHILDREN ATTENDING GROUP SAY:**

"It's fun"

"You talk about your feelings"

"I'm able to deal with my anger better"

"I talk to my mum more now"

"I feel happier now"

"I don't feel afraid anymore"

"I've made some new friends"

**RESEARCH AND EVALUATION**

Research for Real, an Edinburgh-based action research, has been awarded the contract to monitor and evaluate the three Scottish pilots of the Cedar Project. They have completed the first part of their research. They came to all three projects and interviewed a selection of both children and their mothers to find out what they felt about the programme and how it had helped them. We then met in Edinburgh on the 9<sup>th</sup> November, 2009 for their first Evaluation Check-in which was very positive and gave good feedback on how the projects are developing.

**CEDAR IN SCOTLAND**

The three pilot projects are in Edinburgh City, Fife and Forth Valley. In Forth Valley we cover three councils, Stirling, Falkirk and Clackmannshire. At present we have been using the Family Mediation Centre to hold all our groupwork programmes. It is hoped that we will be able to move into other areas as the project progresses and referrals increase.

**CO-FACILITATORS**

We have had great support from the co-facilitators who have been involved in the groups and we are looking for people who would like the opportunity to work with us in leading the groups. You do not need to have had groupwork experience though if you have that's great! We would expect you to have attended a domestic abuse training and have an understanding of the impact it has on children and their mums. Susan would appreciate some male co-facilitators to work with the childrens groups as it gives them a good role model. It is a great opportunity for you and adds to your ongoing development.

**INFORMATION**

If you want to find out more about the CEDAR project please contact:

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 07717 544 502  
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 07717 544 537