

Safe!

Support for Young People
Affected by Crime

CAREGIVERS SUPPORT GROUP

Parents and caregivers often tell us that an experience of crime against their child can have a negative impact upon them, both in the short term and long term, and that there is little support to help with this need. As a result, SAFE! has established caregiver led support available across the Thames Valley.

- The group runs online on Tuesdays at 10am – 11:30am & 7pm – 8:30pm
- Telephone support for advice and guidance
- Signposting to other services
- Think Family Approach



“THE GROUP HELPS ME TALK TO PEOPLE WHO CARE, SUPPORT AND UNDERSTAND WHAT I'M GOING THROUGH”

WHAT IT IS:

It is a Non-judgemental, confidential carer support, where carers can feel heard, listened to, valued and validated without having to retell their story.

WHAT IT IS NOT:

Whilst this support may be therapeutic to those accessing it, it is NOT therapy and not led by therapists. If we identify specific or wider needs as part of our work we advise signposting to other/specialist services.

“AT A TIME WHEN SO MANY SERVICES ARE STRETCHED AND WHEN I FEEL SO ALONE, IT'S A HUGE COMFORT TO FIND THAT I AM NOT THE ONLY ONE FEELING THIS AND THAT THE SAFE SUPPORT GROUP IS SUPPORTING ME COPE WITH THE AFTERMATH OF MY DAUGHTER'S SEXUAL ABUSE”

“I CAN SEE THE PAIN IN MY MUM'S FACE AND I TRY TO MAKE IT BETTER”



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THEMES:

EACH SESSIONS IS CENTRED AROUND A
TOPIC/THEME:

“MY MUM NEEDED HELP TOO AS SHE
WAS SO UPSET SO I HID HOW I WAS
FEELING”

1. WELCOME: Embracing Change
2. SELF CARE: 5 things you can do each day that will take 5 mins each.
3. CONNECT: With yourself and with your family and building stronger relationships.
4. DISCOVER: How to communicate with your family and to manage family dynamics.
5. BREATHE: To manage emotions, including stress and trauma.

GROUP FACILITATOR:

Janice Nicholls has spent her career supporting children, young people and families within Youth Justice, Family Intervention Service and the Early Intervention Service. She is passionate about providing holistic support for the whole family. Janice has worked for SAFE! since 2009, facilitating support groups for parents and carers in Oxfordshire, Buckinghamshire and Berkshire since 2015.

