



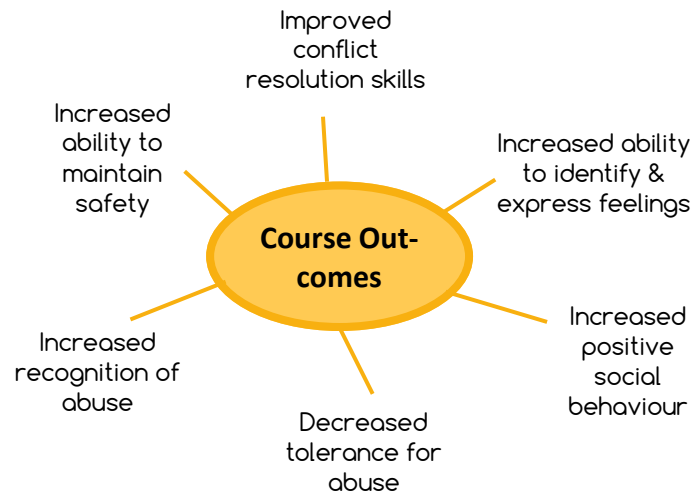
Welcare is a charity supporting children up to 13 years old and families who are experiencing challenges in their lives. We provide family support, advocacy, volunteer mentors, skills training, parenting groups, counselling and domestic abuse recovery programmes for children across our centres based in South London and East Surrey.

Welcare was established in 1894 and has an excellent reputation in the communities in which we work.

What is MySpace?

MySpace is an interactive 12 week programme run by Welcare in partnership with local schools to support children who have witnessed domestic abuse.

MySpace helps children in Key Stage 2 (aged 8-11) from homes where domestic abuse has occurred to confront and manage their experiences. For many children, witnessing domestic abuse can affect their confidence, self-esteem, concentration and general emotional development. MySpace helps children to move forward in their lives and experience happy, fulfilled childhoods, and to make the most of their educational opportunities.



The Format

There are goals and intended outcomes for each session. Each week the session is laid out as follows:

- Check in and group leaders introduce the week's subject
- Snack time
- Activity 1
- Activity 2
- Discussion
- Check out

Parents are asked to complete a questionnaire at the beginning and end of the programme. Throughout the course parents are also asked for verbal feedback by telephone and to attend a weekly parenting group. A follow up group is offered to families to continue good communication between parents and children in a stimulating, informal environment.

The course supports children to:

- Process their experiences in a supportive environment
- Recognise and understand the importance of their feelings
- Find positive ways of responding to situations in a safe and constructive way
- Hear experiences of children in similar situations helping to minimise feelings of isolation
- Improve relationships within their own family unit

The Course

Weeks 1 & 2	Welcome to the Group & Group Rules
Week 3	Feelings
Week 4	Feelings and Defining Abuse
Week 5	Children's Experiences of Violence & Abuse In their Families
Week 6	Staying Safe When Abuse Happens: My Personal Safety Plan
Week 7	Beginning to Understand Responsibility for Abuse
Week 8	Anger is Important: Understanding and Expressing It
Week 9	Learning About Problems: How to solve them in positive ways
Weeks 10 & 11	The Best Me I Can Be: Self-Esteem/Saying Goodbye
Week 12	Graduation Ceremony

Our Centres

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welcare
strengthening families since 1894



MySpace
Programme

Information for Parents

