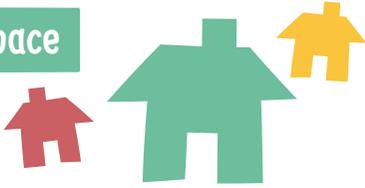


Next steps

To find out more about courses available in your area please contact our local Welcare centres directly or visit the website:

welcare.org/myspace



Our centres

Bromley

St Barnabas Church, Rushet Road, Orpington, BR5 2PU

E bromley@welcare.org **T** 020 8466 0399

East Surrey

Welcare House, 24 Warwick Road, Redhill, RH1 1BU

E redhill@welcare.org **T** 01737 780884

Greenwich

248-266 Nightingale Vale, Woolwich, London, SE18 4HN

E greenwich@welcare.org **T** 020 8854 3865

Inner London (Lambeth & Southwark)

19 Frederick Crescent, London, SW9 6XN

E innerlondon@welcare.org **T** 020 7820 7913

South West London (Richmond & Wandsworth)

Parkway House, Sheen Lane, East Sheen, SW14 8LS

E southwestlondon@welcare.org **T** 020 8893 9123



"Every time I go it gets better, and I learn how to change my life, and I then talk to my mum about it at the end of the day"

Rebecca, 8

welcare

strengthening families since 1894

MySpace Programme

You can also support us by:

Volunteering

welcare.org/volunteer

Fundraising

welcare.org/fundraise

Joining us online

 [@welcareuk](https://twitter.com/welcareuk)

 facebook.com/welcareuk

 welcare.org

T 020 7820 7910

E info@welcare.org

W welcare.org/myspace

19 Frederick Crescent,
London, SW9 6XN



Community group treatment and recovery programme for children affected by domestic abuse

Thank you for your support

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strengthening families since 1894

welcare.org

Who we are

We are a charity founded on Christian values that has worked in South London and East Surrey since 1894 supporting children and families.

Our mission is to prevent the children of today becoming the troubled families of tomorrow.

What we do

We deliver a range of targeted social work and child and family support services, parenting courses, group work programmes, mentoring services for children aged 8–13 and a Children’s Centre in Redhill.

We work from 5 centres across South London and East Surrey with families who have children up to the age of 13.

Our staff and volunteers work to build on the positive elements of family lives, to build trust and to empower. To us, every child and family is unique and individual. Whatever challenge families who turn to us are facing, we are here for them.

What is MySpace?

MySpace is a 12 week community-based treatment and recovery programme run by Welcare for children from homes where domestic abuse and violence has occurred.

MySpace is our name for the evidence-based community group work programme developed in Canada by Peter Jaffe. It is an evaluated programme which has been delivered for nearly 30 years. Welcare staff have trained in the UK with Against Violence & Abuse (AVA) to deliver the programme. The purpose of the group is to help children move beyond what has happened in their family in a safe and therapeutic way. This means giving children the opportunity to process and understand their feelings about the abuse they have been exposed to. There is also a concurrent group for the non-abusing parent.

How MySpace Helps

The group environment helps children to realise that they are not alone and provides supportive and safe space for them to process their experiences.

The course is designed to:

- Recognise and understand their feelings about the domestic abuse they have been exposed to
- Teach children to develop a safety plan
- Raise their self esteem
- Improve the relationships within their own family unit
- Improve strategies to manage interpersonal conflict
- Prevent abuse in future relationships
- Support parents to understand and help their child



“It helps you to focus on other things than home.”

Kia, 8

How MySpace operates

MySpace is an interactive 12 week course which is delivered in a community setting, Welcare centre or school.

Children can only attend once they are living in different accommodation to the perpetrator of the abuse and it is advised that siblings or children in the same class at school do not access the programme at the same time.

Prior to the course all families receive a home visit and have the opportunity to talk to the Welcare member of staff about the programme. A follow up session is offered at the end of the programme.

Each child’s progress is measured using My Star, a widely used evaluation tool based on the theory of change.

“I think an important theme is that they are empowered to talk about issues and problems, and understand that when things happen it is not their fault.”

Teacher

Why Welcare?

We are able to continue to support parents and their children when the MySpace programme has ended.

We offer a unique service which blends social work supervision and management with experienced family support workers, supported by our team of dedicated, trained and DBS checked volunteers. Welcare can provide ongoing support for parents and children through our:

- Social Worker supervised services
- Volunteer Mentoring for children aged 8–13
- Individual family support work
- Group work and parenting programmes