



CEDAR Borders

CEDAR Borders Bulletin December 2017



Children Experiencing Domestic Abuse Recovery Group 11

CEDAR Borders group work programme

We are delighted to have run two children's groups aged 6-7 and 14-16 from September-December this year, with a total of one boy and six girls across the two groups. We celebrated the end of the CEDAR journey with a visit to Mojoes Soft Play for the children and grass sledging, ice skating and food at the Waggon Inn for the young people for both Graduation events.

Referrals

- Referrals have come from school nurses at Galashiels Health Centre, Social Work and the Domestic Abuse Advocacy Support Service.
- The families were from the Eildon, Cheviot, Tweeddale and Teviot localities.
- Three of the mums have fully engaged with CEDAR. Another had already completed CEDAR three years ago and the other two mums could not attend due to work/home commitments.

One-to-one input can be offered to families assessed as 'not ready for group' in order to prepare them for attending – contact Lisa to find out more.

Partnership working

- A special thanks to Drumlanrig Primary, Langlee Primary, Broomlands Primary, Peebles High and Galashiels Academy for supporting and accommodating their pupils to attend CEDAR.
- Our highly committed facilitators came from a range of different services across the Borders. Two of the facilitators came straight out of the CEDAR training day in January 2017 to then facilitate in the September. We also have a mix of genders for positive role modelling.

Next Steps

Referrals are currently being accepted for the next CEDAR groups starting in February.

For more information or to get a referral form, email: lisa.allan@scotborders.gcsx.gov.uk



CEDAR Conference 2017

We held a successful conference at Tweed Horizons on 28 November where participants took part in the following workshops:

- **Impact of Domestic Abuse on a Mother-Child Relationship: Dr Emma Katz, Liverpool Hope University**

This workshop showed how coercive control-based domestic abuse harms mother-child relationships, and how professionals can help to undo this harm by strengthening these relationships. Drawing on cutting-edge research, it examined the five main factors that lead to mother-child relationships becoming distant and strained. It then highlighted what children and mothers need to recover and how programmes such as CEDAR can play a vital role in children's and mothers' recovery processes.

"Dr Katz was brilliant, so easy to listen to and made it simple with her life examples". "Helpful to see the everyday things that happen that can impact the relationship the way domestic abuse can. It can really affect children and it's not just about witnessing it".

- **What CEDAR did for me - a young person's journey**

This workshop gave delegates an insight into the journey of a young person who graduated from CEDAR. It was an informal setting, in which the graduates answered questions about their own experiences, with an opportunity for the audience to have a Q&A session at the end.

"The power of the CEDAR project and the influence it has on young people's identity and understanding of domestic abuse".

- **CEDAR children's sessions**

This workshop took delegates through a typical CEDAR session, what to expect, how they run and examples of some of the activities that they do. It was a very interactive workshop.

"I learnt a lot on how CEDAR works and how to interact with the kids and how relationships are formed".



- **CEDAR Mother's Sessions**

This workshop was for professionals who would like to gain a better understanding of the aims and benefits of the mother's group from both a theoretical and personal perspective.

"CEDAR saves lives! Empowers women, removes blame and gives women back their lives".

"Hearing mums own stories made this workshop very poignant, I will not forget them".

- **VOMO/CEDAR production**

Delegates were shown a powerful 13 minute film produced by CEDAR graduate children and young people in collaboration with Voice of my Own (VOMO). This film highlighted the journey of children and young people from life before CEDAR, during CEDAR and how they feel now that they have graduated from CEDAR. This production has had such a fantastic response since it was premiered at the conference. The plan is to now develop it further, with the expected outcome of it becoming a national tool within the CEDAR network.

General comments from the day

"It has been a brilliant day – so well planned and throughout. Hearing from the service users themselves was very powerful. Well done to everyone and thank you."

"A very uplifting and inspiring day"

The conference was closed by a powerful speech from a CEDAR graduate mum that summed up the whole day fantastically. A big thank you to all the co-facilitators and colleagues who helped with the planning and delivery of the day, as well as the very brave mums and young people who worked so hard in putting their workshops together.

Contact us ...

For more information, contact Lisa Allan, CEDAR Co-ordinator on 01835 824000 x 5494 or at: lisa.allan@scotborders.gcsx.gov.uk

