



August 2021

Supporting children and young people

What is Ar Trac?

Ar Trac supports children and young people aged 5-16, who have experienced or witnessed domestic abuse and who are exhibiting difficulties with their family and peer relationships.

Difficulties can be wide ranging and pervasive; by addressing them and building upon strengths within childhood, Ar Trac aims to minimise the impact of the adverse childhood experiences associated with domestic abuse and improve life-long well-being.

The project brings together a range of interventions, co-produced by local agencies with children and young people.

Ar Trac's suite of age-appropriate services can be tailored based on the individual needs and strengths of the child and their family. As such, the project and what it offers will continue to evolve. Ar Trac teams deliver activities bilingually in 10 counties across Wales. Interventions are designed specifically for the

children and young people accessing the project and established through the initial assessment with each individual.

Initiatives we offer are:

- Gender-specific Groupwork
- Parent to Child Bond
- 121 support
- Adolescent to Parent Violence
- Mentoring

We are Recruiting!

We are currently recruiting volunteers and volunteer mentors within the Blaenau Gwent and Newport regions. The aim of the mentoring programme is to increase a child's self-esteem, encouraging a change in the way children view themselves and others and helping them find a safe way to express themselves, whilst always focusing on the positives. The volunteer/mentor will provide children and young people with positive experiences and problem free time. In return the volunteer/mentor will gain experience, skills and knowledge of working within the domestic abuse sector.

Break4Change

We are pleased to announce that we are now taking referrals for Break4Change in Newport and Blaenau Gwent. This is a 10-week group work programme supporting parents/carers and young people in building healthy relationships. The programme responds to the issue of child to parent violence and supports families to make positive changes. The programme is suitable for young people between the ages of 11-16 years old along with their parents/carers.

Break4Change aims to help break patterns of behaviour such as:

- ✓ Controlling the home environment
- ✓ Being violent or aggressive towards the parent/carer
- ✓ Putting the parent or carer down
- ✓ Making threats

If you would like to make a referral into this service for a young person or family please contact us: artrac@cyfannol.org.uk.

Summer Update

During the summer holidays, some of our young people have taken part in outdoor activities, creating wildlife habitats and feeding bombs within the Ebbw Vale Institute gardens. This has helped with social engagement and community inclusion, as the activity was a partnership event with other services based in the Ebbw Vale Institute.

Our teenage group participants decided to help the local community in Blaenau Gwent by spending their £150 group work project budget on

food and care packages for the Spectrum Homelessness Project and the Trussell Trust Food Bank in Beaufort.

In Newport, we have started a new group called Ar Trac Minis, for 5-10 year olds. This group was created for children who were waiting to access Ar Trac support. The aim is to provide children on waiting lists with support provisions whilst they are waiting to be allocated a keyworker and enrolled on to an appropriate programme.



The Ar Trac project is delivered by Cyfannol Women's Aid in both Blaenau Gwent and Newport county.

You can find us at:

- Cyfannol Women's Aid
Ebbw Vale Institute
Church Street
Ebbw Vale
NP23 6BE
- Cyfannol Women's Aid
Newport
56 Stow Hill
Newport
NP20 1J

Or contact us via:

- **Email:**
artrac@cyfannol.org.uk
- **Tel:** 03300 564456

To make a referral:

If you would like to refer a child or young person into the service, or you would like further information. Please contact us via the email address or phone number above and a member of the team will be at hand to help.