

NEWS

January 2022

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, coproduced 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
- Break 4 Change – Child to parent violence
- Mentoring

Equine Therapy

Equine Therapy is an activity that our young people have taken part in recently. The children and young people were taught calm breathing techniques. There were many other animals at the farm as well as horses. They groomed the horses and took them for a walk. The young people thoroughly enjoyed this and we have another block of therapy sessions due to commence in March 2022. Some of the horses were real characters!



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.



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 in to 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

Meet the Staff!



My name is Meg, I have worked for the Ar Trac Project since June 2021. I have a degree in Criminology and Criminal Justice. I find my job very rewarding and I am proud to be able to help children and young people.

Hi, my name's Natalie. I've worked for Cyfannol for nearly three years. I love working with children and young people and am passionate about the programmes Ar Trac offers.



Hi My name is Angela, I have worked for Cyfannol for the last 6 months. I enjoy working with children and young people. Previous to this role I worked in education.