

# Cyfannol Women's Aid STAR Group



CYMORTH I FENYWOD  
**CYFANNOL**  
WOMEN'S AID

# STAR

“Safety, Trust and Respect”

is a project developed by  
Welsh Women’s Aid, working  
with young children who have  
witnessed domestic abuse.



The STAR Programme aims to reduce the potential for children to develop aggressive behaviour by facilitating better communication between children aged 7-11 and their non-abusive parent/carer, after the domestic abuse has ceased.

## *The programme supports the child to:*

- feel safe
- express their feelings in a healthy way
- understand that the abuse was not their fault
- learn how to communicate more positively with their non-abusive parent/carer

The programme also supports parents/carers to understand how the abuse has affected their child, how to support their child to feel safe and how to communicate with them better.



These outcomes are achieved by delivering two parallel groups over 10 weeks: one for up to eight children; and the other for their parent/carer.

The groups run separately, but simultaneously, with opportunities for parent/carer and child interaction. Topics run concurrently across the two groups and sessions are facilitated through discussion, videos and age-appropriate activities for children, including therapeutic play, arts and crafts.

***Outcomes from the courses Cyfannol has run so far include:***

- 100% of mums had a better understanding of the effect of domestic abuse on their child(ren)
- 100% of children felt safer
- 75% of mums felt more confident in their relationship with their child
- 80% of children felt more able to talk to mum about their experiences.

**Cyfannol runs STAR groups in Torfaen, Monmouthshire and Blaenau Gwent. Referrals are welcome from parents and agencies.**

**If you would like to know more about our**

**STAR**

**programme, please contact Cyfannol Women's Aid**

**Telephone**

**03300 564456**





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*Together we are stronger*

*cydawn gilydd rwydym yn gryfach*

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**Swyddfa Torfaen**



Cyflawnir y canlyniadau hyn gan gynnal dau grŵp cyfochrog dros gyfnod o 10 wythnos: un ar gyfer hyd at wyth o blant, a'r llall ar gyfer eu rhiant/gofalwr. Mae'r grwpiau'n cael eu cynnal ar wahân, ond ar yr un pryd, a bydd cyfleoedd ar gyfer rhyngweithio rhwng rhieni/gofalwyr a phlant. Mae pynciau'n rhedeg ar draws y ddau grŵp ar yr un pryd a hwylystr sesiynau trwy drafodaethau, fideos a gweithgareddau addas o ran oedran i'r plant, gan gynnwys chwarae therapiwtig a cheff a chreff.

### *Mae canlyniadau o'r cyrsiau a gynhaliwyd gan Cyfannol hyd yn hyn yn cynnwys:*

- Roedd gan 100% o famau ddeallt-wrtaeth well o effaith cam-drin domestig ar eu plant
- Roedd 100% o blant yn teimlo'n fwy diogel
- Roedd 75% o famau'n teimlo'n fwy hyderus o ran eu perthnasau â'u plant
- Roedd 80% o blant yn teimlo eu bod nhw'n fwy parod i siarad â'u mam am eu profiadau.



Mae Cyfannol yn cynnal grwpiau STAR yn Nhorfaen, Sir Fynwy a Blaenau Gwent. Rydym yn croesawu atgyfeiriadau gan rieni ac asiantaethau.

Os hoffech wybod rhagor am ein rhaglen

# STAR

cysylltwch â

Cymorth i Fenywod Cyfannol  
Ffôn

03300 564456

# Datblygwyd y rhaglen STAR

“Safety, Trust and Respect”

(Diogelwch, Ymddiriedaeth a Pharch)  
gan Cymorth i Fenywod Cyfannol,  
yn gweithio gyda phlant ifanc

sydd wedi bod yn dystion i

gam-drin domestig.



Nod y rhaglen STAR yw lleihau'r potensial i blant  
datblygu ymddygiad ymosodol gan hwylyso  
cyfathrebiad gwell rhwng plant 7-11 oed a'u  
rhiant/gofalwr nad oedd yn gamdriniol, ar ôl i'r  
gam-drin domestig stopio.

## **Mae'r rhaglen yn cefnogi'r plentyn:**

- i deimlo'n ddiogel
  - i fynegi'u teimladau mewn ffordd iach
  - i ddeall nid eu bai nhw oedd y cam-drin
  - i ddysgu sut i gyfathrebu gyda'u rhiant/gofalwr  
nad oedd yn gamdriniol yn fwy positif
- Mae'r rhaglen hefyd yn cefnogi rhieni/gofalwyr i  
ddeall sut mae'r cam-drin wedi effeithio ar eu plant,  
sut i gefnogi'u plant i deimlo'n ddiogel a sut i  
gyfathrebu'n well â nhw.





# Grŵp STAR

Cymorth i Fenywod  
Cyfannol