



PACT are delighted to bring our award-winning community-based interventions back to Oxfordshire. As part of this pilot in the Abingdon area, we will be running our Bounce Back 4 Kids (BB4K) targeted domestic abuse recovery programme which uses therapeutic techniques to support vulnerable parents or carers, and their children who have been victims of or witnessed domestic abuse.

The BB4K programme consists of separate concurrent 10 week groups working with both the children and their parents in tandem, with the aims of understanding what has happened through the 'eyes of their children', building self-esteem, healing trauma and relationship building activities to rebuild a positive attachment. This can be delivered individually (in 8 sessions) if Covid-19 restrictions necessitate. Weekly themes include; 'making connections', 'inside and outside feelings', 'colourful emotions', 'when I feel angry', 'a bag of worries', using specialist art and play therapy techniques and group Theraplay activities to empower children, equipping them to express their feelings appropriately and build resilience. The facilitators may decide to work individually with some children depending on level of need. We believe our approach will contribute to breaking the cycle of domestic abuse achieving these differences for the child and their family.

In addition to a BB4K group our pilot will also include individual support for children and adults that are not suitable for group work. This individual support will be holistic, trauma informed and solution focussed (and may be a precursor to being ready to take part in group work).

Criteria for suitable referrals include;

- Children aged 5-11 years
- Live in or near to **Abingdon**
- Families have witnessed **or** been victims of domestic abuse and are displaying challenging / withdrawn behaviour
- Families must be able to acknowledge the hurting that has happened in their family and be able to talk about it
- Families must want to engage with BB4K, they cannot be forced to attend
- As interventions may occur in school time schools must be supportive of the referral. We also require schools to engage in a short assessment pre and post intervention
- Parents/carers must be willing to support the child throughout the BB4K programme
- The perpetrator must have left the family home and be out of the relationship
- Ideally the adult victim has received some form of individual support and be ready to receive a therapeutic intervention



For further information and to make a referral, please complete the referral form via the link below and email this to [BB4K@pactcharity.org](mailto:BB4K@pactcharity.org) or call us on **0118 921 7640**. We are happy to accept referrals between October 2020 and January 2021 but the **deadline for referrals for group work is Friday 2nd<sup>th</sup> December** with the aim of running the BB4K group between January and March 2021.

<https://www.pactcharity.org/bounce-back-4-kids/referrals>



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