

Policy and Procedures

All workers will have a good knowledge of Child Protection and will work within the guidelines of Aylesbury Women's Aid's 'Safeguarding and Protection of Children and Young People' policy.

The group sessions will also work within the guidelines of Aylesbury Women's Aid's policies and procedures. The following is not exclusive but will include:

- Equal Opportunities and Anti-Discrimination Practice
- Data Protection, Confidentiality and Access to Information
- Health and Safety
- Complaints and Comments
- Protection from Abuse
- Children's Rights (Women's Aid)

All policies are available on request.

All complaints/comments will be taken seriously. If you would like to make a complaint or comment please contact the Director of Services of Aylesbury Women's Aid on 01296 436827 or email aprilbenison.awaid@outlook.com and request the relevant forms and information.



The Primary Purpose of Helping Hands is:

“to increase children’s understanding of feeling safe and to explore and promote behaviours which will contribute to a safe environment”



Facilitated by Aylesbury Women's Aid

Devised by Women's Aid Federation Northern Ireland



Key Messages of the Helping Hands Programme

“We all have the right to feel safe all the time”

“There is nothing so awful (or so small) that we cannot talk about it with someone”

“Others have the right to feel safe with us”

How the Programme Helps Children

- Develops level of self-esteem and confidence
- Enables to explore and express feelings
- Informs of the right to feel safe at all times
- Increase ability in safety planning
- Encourages asking for support when needed
- Empowers to identify own personal support network
- Explores how choice of behaviour can affect the feeling of others
- Identifies ways to manage conflict.



Programmes in Primary Schools

Programmes are held in primary schools on request for 1 hour each week for 6 weeks. Each group will consist of 6 to 8 children from years 1 to 6. Schools will be expected to nominate children who they feel will benefit from the programme.

This is a free programme and a trained facilitator will be provided by Aylesbury Women's Aid. It will be expected that schools provide an assistant. Schools will also be expected to fill in the necessary forms.

Programmes in the Community

Programmes will be held in the community, free of charge, when there is enough demand. These programmes will run for 50 minutes for a period of 6 weeks at 4.00pm on a weekday.

To attend this group children need to be living in a safe environment away from the abuser.

A support group for mothers will run alongside the programme. (If the non-abusing parent is a man, alternative support will be set up).

Prior to the group sessions there will be an opportunity for mothers to discuss any concerns they may have with the facilitators.

Each parent will have telephone access to the group facilitators during the 6 week period.

Helping Hand Lead

Susan Smith 01296 436827

susansmith.awaid@outlook.com