



Information for **Carers**

"Acorns supports children, young people, adults and families affected by domestic violence and sexual abuse"

About Acorns

Acorns offer children and young people between 6 and 18 years old (and sometimes younger siblings) who live in North Tyneside, time to share any difficulties or problems they have because of experiences of domestic violence or sexual abuse. Some people like to talk about their feelings and what has happened whereas others like to use drawing, paint, clay, toys and games to help to let others know how they feel.

At Acorns the counsellors help children and young people to find the best way to express what may be worrying them on a one-to-one basis, and to have FUN!

Respecting their values, choices and lifestyle means that we work together with children and young people towards making choices or changes that feel right for them.

What happens in Counselling and Therapeutic Play Sessions?

Counselling and therapeutic play are not the same as giving advice. The counsellor will help children and young people to focus on, and understand more clearly, the things that are worrying them. Respecting their values, choices and lifestyle means that we work together with children and young people towards making choices or changes that feel right for each individual.

Sessions take place in a comfortable and private setting and usually last for 50 minutes.



Is it Confidential?

Acorns works within the guidance issued by North Tyneside Council and within the British Association for Counselling and Psychotherapy's 'Ethical Framework'. This means that we do need consent from a carer so that they can be involved in supporting their child through the counselling process.

However, what children and young people decide to share is kept private unless they tell Acorns staff they they, or someone else, is being hurt or is likely to be hurt or is in danger. In most situations nothing will be shared with anyone outside of the project without permission.

Domestic Violence

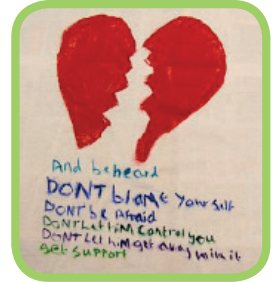
In 90% of cases of domestic violence incidences, children were in the same or next room (British Crime Survey, 1992).

For children and young people, domestic violence is:

- hard to talk about
- often secret
- confusing
- and can make school, home and other situations hard to deal with.

Domestic violence can have long-term emotional and psychological effects. However, the important thing to recognise is that children, young people and their families can recover from their experiences. To support this process, Acorns offers:

- counselling
- play therapy
- support for non-abusing carers





We acknowledge difference
and diversity and welcome people
from BME, cultural, religious and LGBT communities
and regardless of age, disability or status.

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