

Domestic Abuse Recovery Offer



We help families access a range of domestic abuse services to meet their needs, and also provide some recovery programmes directly:

- **Freedom Programme:** a group for women who have experienced domestic abuse
- **CODA:** a therapeutic programme for children who have experienced domestic abuse, which also supports their mothers

CHILDREN OVERCOMING DOMESTIC ABUSE (CODA)

CODA is a twelve-week **recovery** intervention for mothers and their children who have experienced domestic abuse.

Running concurrently, CODA provides two-hour sessions for mothers and their children on a weekly basis.

Each week covers a specific theme and programmes are divided into age appropriate groups.

Note: siblings cannot access the same group

CODA seeks to support the recovery process and aims to:

- Validate the children's experiences
- Reduce the self-blame that is commonly associated with children experiencing abuse
- Manage emotions appropriately
- Enhance the mother and child relationship
- Enable both the mother and child to heal together

CODA: ELIGIBILITY CRITERIA

- CODA is for any child, aged between 4 and 11 years, who has experienced domestic abuse, with a concurrent programme for their mother

We can also work with children over 11 years, and we are also piloting the CODA programme to those under the age of 4 years, with an amended model which focuses on nurturing and strengthening attachment between mother and infant.

Due to the programme being recovery in nature, it is not an appropriate piece of work if:

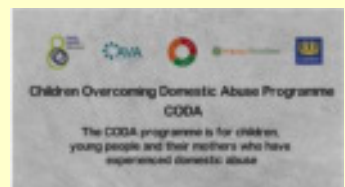
- The perpetrator is still residing in the family home
- The children are assessed as being at risk of 'significant harm'
- The family are still experiencing hurting and fighting

NOTE: This is a consent-based service, so should not be mandated as part of a CSC plan. Rather, it is a voluntary piece of work that the woman and child must wish to participate in – it is their choice.

CODA: IMPACT ON SERVICE USERS

Watch Youtube Video

[CODA Voice of the children 2021 - YouTube](#)



THE FREEDOM PROGRAMME

The Freedom Programme is a twelve-week **recovery** intervention for women who have experienced domestic abuse. It examines the roles played by attitudes and beliefs on the actions of abuser and the responses of victims and survivors.

The Freedom Programme aims to:

- Provide women who are experiencing or surviving domestic abuse with a safe, supportive and friendly environment
- Validate women's experiences of abuse
- Allow women to recognise the tactics and behaviours of 'the dominator' – that is, the tactics that typify a perpetrator of domestic abuse
- Give women the opportunity to build connections with other women and reduce isolation

FREEDOM PROGRAMME: ELIGIBILITY CRITERIA

- The Freedom Programme is for any mother who has experienced, and is in recovery from, domestic abuse
- In light of our current virtual offer, the Freedom Programme is being delivered locally as a **recovery** piece of work only
- Due to our current funding streams, the EYA offer is for **mothers**
- It cannot be delivered virtually to those women where separation has not yet occurred
- It cannot be delivered to women still in situ – that is, if the abusive relationship is still live and/or if the alleged perpetrator is still residing within the family home

NOTE: This is a consent-based service, so should not be mandated as part of a CSC plan. Rather, it is a voluntary piece of work that the woman must wish to participate in – it is their choice.

FREEDOM PROGRAMME: IMPACT ON SERVICE USERS

Watch Youtube Video:

[Freedom Programme](#)
[21 Sept 2021 - YouTube](#)



PROFESSIONALS' PORTAL



Developed via the Lewisham Home Office-funded *Children Affected by Domestic Abuse (CADA)* project, the Early Years Alliance Professionals' Portal provides a 'one-stop shop' for professionals, including:

- Information on DA programmes in Lewisham
- Programme eligibility and exclusion criteria
- Access to Advisory Hubs for Lewisham Social Care and Early Help staff
- *The Timekeeper* film
- A directory of DA-specific support services nationally
- Online referral forms

The Portal can be accessed via the following link:

<https://www.lewishamcfc.org.uk/professionals/>

For access to the portal please email lou.neville-ball@eyalliance.org.uk



Find out more Early Years Alliance Lewisham Children and Family Centres and our offer.

- Visit our website for information on our latest timetable, book sessions and read blog posts - www.lewishamcfc.org.uk
- DA Professionals Portal www.lewishamcfc.org.uk/professionals/ (the password is Pr0fessional5)
- For information about referring to our Family Practitioner Service www.lewishamcfc.org.uk/parenting-support/family-support/
- Find out about our Parenting Offer www.lewishamcfc.org.uk/parenting/

You can also find on Social Media



www.lewishamcfc.org.uk