

Remember these selection criteria

- Children must be aged 7-14.
- The programme works with one mother and one child at a time. If there is more than one child, you could ask the mother if she'd like to work through the programme again at a later stage with the other children.
- The perpetrator of domestic abuse must not be living within the family home, and must no longer be in a relationship with the mother. This is because it's important that mothers and their children feel safe enough to take part in the programme.

Get in touch

If you know a family who would benefit from attending DART, or for more information contact your local family hub:

| | | | | |
|-------------|------------|-------------------|----------|--------------|
| Locality 1: | Reynolds | Machray Place | DN35 7LJ | 01472 324902 |
| | Highgate | Trinity Road | DN35 8UL | 01472 324323 |
| Locality 2: | East Marsh | 203 Victor Street | DN32 7QB | 01472 326860 |
| | Central | Edward Street | DN32 9HL | 01472 326030 |
| Locality 3: | Immingham | Margaret Street | DN40 1LD | 01469 514848 |
| | Queensway | Binbrook Way | DN37 9AS | 01472 325737 |
| Locality 4: | Nunsthorpe | Sutcliffe Avenue | DN33 1AN | 01472 326600 |
| : | Riverside | Sorrel Road | DN34 4HE | 01472 324303 |
| | Scarho | Mendip Avenue | DN33 3AE | 01472 324280 |
| | West Marsh | Macaulay Street | DN31 2ES | 01472 326810 |



Domestic Abuse

Recovering Together (DART)

Helping you and your family recover
from domestic abuse



**INFORMATION FOR
PROFESSIONALS**

Every childhood is worth fighting for

DART is a 10-week programme that helps mother and children strengthen their relationship following domestic abuse.

Who's it for?

DART is for women and children who've experienced domestic abuse.

Over a 10-week programme, they explore their issues within a safe and friendly environment, promoting openness and honesty.

This programme is designed for one mum and one child per family. But if they have more than one child, you may invite them to complete the programme with the other children at a later time.

What are the goals of a DART group?

We'll help women and children:

- understand what domestic abuse is
- learn how to talk about domestic abuse
- express their feelings in acceptable ways
- know they are not to blame
- identify protection strategies
- build their confidence and self-esteem

"We know that mums find the group process empowering, and that children learn abuse is not their fault"

- Ahmed, DART practitioner





What happens at DART?

Women and children work together for an hour at the start of the group then take part in activities in separate groups. At the end of each session, they join each other again.

Women will:

- meet other women who have lived with domestic abuse
- share their experiences
- talk about their feelings
- learn more about domestic abuse - why and how it happens, and how it affects children
- talk about and explore strategies that they can use as a parent.

Children will:

- meet other children who have lived with domestic abuse
- talk about what has happened to them and their family
- tell us how they are feeling
- learn more about keeping safe
- learn more about domestic abuse.

Together families will:

- share their experiences
- build on communication
- share what they have learned.