



Our Services

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

Our Services

Counselling and Play Therapy

We provide play therapy and counselling for children and young people from the ages of 4-18 who have suffered from domestic violence and abuse. We work to reduce the impact of trauma and support them to heal from their experiences.

We offer individual 50 minute sessions where through therapeutic play and other creative mediums such as paint, clay, collage and sand children are encouraged to share their experiences, explore feelings and engage in a process which enables them to make sense of what has happened and heal from their experiences in a safe, supportive and nurturing environment. We usually offer a minimum of eight to 10 one to one sessions, however dependant on the needs of the child further sessions may be offered.

We take a holistic approach which includes working with the child's primary carer and other family members, within the guidance issued by the British Association for Counselling and Psychotherapy (BACP) Ethical Framework. All of our counsellors and play therapists are qualified and DBS checked and adhere to professional standards.

Children & Young People's Outreach

We offer one to one support to children and young people both in schools and in community settings.

We draw on play and youth work approaches to create a safe space and a responsive, flexible approach to working with children and young people around their experiences. We can also work with young people who may benefit from information and support about making safe and healthy relationship choices.

Sometimes young people may have their own direct experiences of relationship abuse with a partner.

Our outreach team can provide both practical and emotional support, including the following:

- An allocated support worker who will make a plan with the young person based on their needs
- Opportunities to explore experiences through one-to-one support
- Advocacy support, such as support at meetings, contact with the police, court cases
- Information and advice regarding young people's rights, the law and other services

Family Support Worker

We offer one to one support for parents and carers.

Emotional Support

Our Family Support Worker can provide a safe space for you to share your thoughts and experiences and to help you explore how domestic abuse has impacted on you and your family. Support is provided on a one-to-one basis and sessions can be held either at Acorns or in the local community.

Practical Support

We can also provide practical support in many areas including:

- Housing Advice including help with applications and supporting letters
- Debt advice
- Support to attend court or legal appointments including arranging special measures if you have been called to give evidence
- Benefits advice including applications and appeals



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