

Young People's Group



fresh start
new beginnings

**The Treatment Service
for Child Sexual Abuse**



Our Vision

To ensure all children and young people who are victims of sexual abuse/exploitation have the opportunity to access help, advice, guidance and therapeutic intervention to aid their recovery.

To ensure that every child has the right to a childhood free from sexual abuse.

Our Values

Wellbeing

Confidence

Humanity



fresh start **new beginnings**

Who will be invited?

Other young people of a similar age, who have had a similar experience to you.

How many people will be in the group?

There are usually around 5 or 6 other young people, sometimes more and sometimes less but there will never be more than 8.

Will I be made to tell what happened to me?

No. We do not need to know the details of what happened to you. We will however talk about the feelings it left you with.

Who will be running the group?

The group will be run by two members of the **Fresh Start new beginnings** team (one of whom you will have met and had an individual session with).

The purpose of the group

The purpose of the group is to provide you with support, information, help and to show that you are not alone in what you're going through.

What happens if I have to take time off school/college?

Sessions at **Fresh Start new beginnings** can be counted as medical appointments. We are happy to help you with any letters that are needed and we will provide you with an appointment card.

What is likely to happen at the group?

At the very first meeting, we will be discussing what you want to get from the group and how the group will run.

Will the groups have both boys and girls in them?

No, they are usually run as girls' groups or boys' groups. If we needed to change this for any reason, we would ask you first.

About the Group:

The course will include topics such as:

- Understanding the 'tricks' abusers use (grooming)
- Why you feel as you do
- Why you are behaving as you are
- How you can think and feel differently
- How to help you feel more positive about yourself
- How to keep yourself safer in the future
- How you can move into a happier and healthier future

Before you attend:

Before attending one of these groups you must be referred by a professional such as a doctor, health visitor, school, police or social worker. If they require a referral form they can get one from the website or by email.

We will do a family assessment with you to ensure that the group is suitable for you.

For more information about our work, please visit our website

www.fsnb.org.uk

or contact the team on

Head office:

01473 353 355

Norfolk office:

01603 558 205

Fresh start
new beginnings

333 Felixstowe Road, Ipswich IP3 9BU

Head Office: **T:** 01473 353 355

Norfolk Office: **T:** 01603 558 205

E: admin@fsnb.org.uk **W:** fsnb.org.uk