

# Step by Step

for children affected by domestic abuse and their mums

## What is Step by Step for?

We meet every week for **12 weeks** so that you can:

- \* Meet other mums and children with similar experiences
- \* Understand your child better
- \* Help your child understand bad experiences and feel better about them
- \* Help rebuild your relationship with your child

**We pay for transport, lunch for the group and childcare for younger siblings.**

## Who is Step by Step for?

Step by Step is for primary school children **aged 7-11** and their mums who have lived with abuse at home.



Mums need to have left abusive partner and now be living safely with their family. Only **one child** can come with their mum on each programme but mums can come to Step by Step with a second child on a later programme if there is space.

## SPECIALIST DOMESTIC ABUSE SERVICES

### ~ Supported Accommodation

Sheffield Women's Aid.....	242 6887
Haven House Women's Refuge.....	273 9126
Ashiana (Asian Women's Refuge).....	255 5740
Young Women's Housing Project .....	268 0580

### ~ Community Based Support

Burngreave Domestic Abuse Project.....	2726021
Parson Cross Domestic Abuse Project .....	285 4484
S.E Sheffield Domestic Abuse Project .....	241 6500
Sheaf Domestic Abuse Project .....	0800 073 8882
Domestic Abuse Floating Support Service.....	296 0222

## CHILDREN & YOUNG PEOPLE SERVICES

NSPCC Young People's Centre.....	228 9200
Childline (national).....	0800 1111
NSPCC helpline (national).....	0800 800 500
Hideout website.....	www.thehideout.org.uk

## Contact details for Step by Step

To get in touch you can:

**Phone:** 0114 275 0101

**Email:** groupwork@sdaf.org.uk

**Go to our website:**

[www.sdaf.org.uk](http://www.sdaf.org.uk)



Click on Services, Step by Step. You can find out more about the programme and download a referral form.

You can get in touch with us yourself or if you're not feeling confident you can ask a friend, relative, doctor, health visitor, teacher or family support worker to help.

# Step by Step

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I just wanted us all to be happy...



...but it all fell apart.



## I was so unhappy living with:

- \* threats
- \* put-downs
- \* controlling
- \* violence
- \* bullying
- \* jealousy
- \* fear
- \* pain

## I sometimes feel...

it's my fault

angry

relieved

scared



like no-one understands

worried about our future

anxious

better



ashamed

ready to move on

worthless

tired



## I'm worried about what the children saw & heard



All these feelings and worries  
★ are normal. It takes time to  
★ recover from abuse and  
meeting other women who  
have felt the same can help. ★  
You were not responsible for  
the abuse. ★ ★

### what mums said about Step by Step

“You think it's your fault before. Now I can believe that I'm worthwhile.”

“Being in the group feels like when you've had a headache for a week — then it goes.”

### what children said about Step by Step

“I knew I wasn't the only one — I was with others who'd been through it to.”

“Got to spend time with my mum.”

“It made me feel more confident.”