



2016 - 2021

A young people's project targeting relationship abuse

What is New Leaf?

New Leaf is an innovative domestic abuse service tailored specifically for young people in Greenwich. Funded by Big Lottery, the project runs for five years starting in September 2016.

Recognising that young women experience more domestic and sexual abuse than any other age group, New Leaf combines the expertise of Little Fish Theatre Company and Her Centre in a holistic model to engage and empower young people, promote positive relationships, prevent abuse and support those experiencing abuse.

The project goals include:

- Raising awareness of boundaries in healthy relationships so young people are aware of what constitutes harmful behaviour within a relationship and can identify when they are at risk;
- Supporting young women to break free of violent or abusive relationships through one to one support, group work and counselling and providing them with practical support to stay safe;
- Working with young men to help them understand the impact of actions on partners, learn to control their behaviour and demonstrate non-violent solutions to conflict situations;
- Equipping professionals with skills and knowledge to respond effectively to young people's experiences of abuse and to increase referrals to domestic abuse services.

Through this collaborative approach, New Leaf works to prevent relationship abuse and to reduce the risks to young people's health and wellbeing.



Training for Professionals

In addition to supporting young women, Her Centre offers training for professionals to:

- Improve understanding of the relationship abuse faced by young people;
- Empower professionals to detect signs of abuse;
- Improve skills to support young people;
- Increase awareness of referral routes.

To book a training session or to find out more, please contact: anuk@hercentre.org / Tel: 020 3260 7772

ChildLine: 0800 1111

Greenwich CAMHS: 020 3260 5200

NSPCC: 0808 800 5000

The Point: 020 8921 8224



LOTTERY FUNDED

Little Fish THEATRE

Innovative theatre workshops and arts programmes tackling domestic abuse and supporting healthy relationships.

Little Fish Theatre reach young people through their touring productions and 6-week arts programmes which explore different kinds of abuse within relationships and the impact of violence on families and the wider community.

Through performances and follow-up workshops, Little Fish:

- Helps young people recognise abusive behaviour and explore the causes and effects of abuse;
- Engages young people in activities and discussions around positive relationships in a safe and supportive environment;
- Works in partnership with local agencies to help vulnerable young people get the additional support they need.

Through 6-week arts programmes for young people, Little Fish:

- Increases understanding of personal boundaries; physical, mental, emotional, and sexual;
- Aims to reduce abuse and violence by working with young men and women;
- Empowers through personal and social skills development by inspiring creative confidence and personal expression;
- Provides information on how to increase personal safety.

To book a performance & follow-up workshop or to refer a young person to Little Fish's 6-week programme, please contact:

suha@littlefishtheatre.co.uk / 020 8269 1123



Supporting young women experiencing abuse.



Her Centre's Young Women's Independent Domestic Violence Advocate (IDVA) works with young women and girls (ages 13 to 19) who are experiencing or are at risk of experiencing relationship abuse or sexual exploitation.

Through one to one and group support, Her Centre's Young Women's IDVA:

- Undertakes risk assessments and safety planning;
- Helps empower young women to leave abusive situations and build more positive relationships;
- Signposts to legal and financial assistance;
- Accompanies young women to court;
- Refers to Her Centre counselling and support groups and other specialist therapeutic services;
- Offers time to talk.

To find out more about the Her Centre's IDVA service or to refer a young woman to the service, please contact:

dorothy@hercentre.org / 020 3260 7772

