



*a joint young people's project targeting relationship abuse*

**Little Fish**  
THEATRE



**HER CENTRE**



 **TRYangle**  
Project 2011



### 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 three years starting in September 2013.

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, Her Centre and TRYangle Project 2011 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 solutions;
- 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.



## **Little Fish Theatre**

### **Innovative theatre workshops and arts programs tackling domestic abuse and supporting healthy relationships.**

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

Through performances and follow-up workshops Little Fish:

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

Through 6-week arts programs Little Fish:

- Increase understanding of personal boundaries; physical, mental, emotional, and sexual;
- Aim to reduce abuse and violence by working with young men and women;
- Empower through personal and social skills development by developing creative confidence and personal
- Expression;
- Provide information on how to increase personal safety.

*To book a performance and follow-up workshop or to refer a young person to Little Fish's residency program, please contact: [suha@littlefishtheatre.co.uk](mailto:suha@littlefishtheatre.co.uk) 0208 269 1123*

## **Her Centre**

### **Supporting young women experiencing abuse.**

Her Centre's Young Women's Independent Domestic Violence Advocate (IDVA) works with young women and girls (aged 13-19 years) 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: [shirin@hercentre.org](mailto:shirin@hercentre.org) 0203 260 7772*

### **Training for professionals**

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

- Improve understanding of 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](mailto:anuk@hercentre.org) 0203 260 7772

## **TRYangle Project**

### **Working with young men to challenge their use of abuse.**

TRYangle Project's Young Men's Intervention Worker works with young men and boys (aged 13 to 19) who have been identified as using, or who are at risk of using, control, abuse or violence in their intimate relationships.

Through one-to-one support and group work, TRYangle's Young Men's Worker:

- Provides a supportive non-judgemental space to explore feelings;
- Helps young men to recognise and understand the nature of violence or abuse;
- Challenges young men to explore and **change** their violent or abusive behaviours;
- Encourages young men to take steps to improve their relationships.

*To find out more about TRYangle's work with young men or to refer someone to the service, please contact: [ellis@tryangle2011.org.uk](mailto:ellis@tryangle2011.org.uk) 0208 855 7564*