

Somerset Phoenix Project



Working alongside professionals and supporting children, young people and families affected by sexual abuse

What is the Somerset Phoenix Project?

The Somerset Phoenix Project is a new service in Somerset which offers support primarily to professionals who are working with children, young people and their families who have been affected by childhood sexual abuse (CSA).

The Somerset Phoenix Project is commissioned by the Public Health team within Somerset County Council with support from Somerset Clinical Commissioning Group and NHS England; and will be delivered via a partnership between Barnardo's and SARSAS (Somerset & Avon Rape and Sexual Abuse Support). The service has been operational since June 2017.

The project will offer support, training and signposting to families and professionals who are supporting children and young people affected by CSA.

The Somerset Phoenix Project is not a crisis service. If you need crisis intervention please refer to the 'useful resources' section.

Our Vision

To significantly reduce the negative impact child sexual abuse has on the lives of children and families living in Somerset.

Children and young people get the support they need to recover their childhoods and rebuild their lives.

Address problems before they become too serious and entrenched.

To innovate and build capacity to support children and families affected by CSA.

Work proactively with our stakeholders to increase effective responses to CSA.

Provide a service that is welcoming and approachable to families & other professionals and to work with hope.

www.barnardos.org.uk/somersetphoenixproject

Criteria for receiving support

The primary aim of our service is to support professionals and families to develop their skills and knowledge. In a small number of cases following an initial assessment one to one specialist support may be available.

If you would like to request support please see our contact information. Once we receive your request we will contact you to discuss the support that maybe available to you.

Criteria:

- Service users **must** be a resident in the Somerset Local Authority area; Professionals must be working with a child or young person from Somerset.
- Children and young people must be aged **5-18** (21 if additional needs) at time of the request for support; Professionals must be working with children and young people in this age group.
- Professionals / Safeguarding Leads who are working alongside a child or young person who has been sexually abused, will be able to contact the service to discuss training, support and consultation options available.
- Children/young people must be safe from harm – Phoenix is a recovery service not a crisis service.
- If seeking support for a child or young person, we will prioritise children/young people who have not been able to disclose or are not already receiving another support service.
- This service will focus on providing support for children aged 5 - 18 years and their families who have experienced sexual abuse and who fall outside the threshold for admission to specialist mental health services and /or other specialist services.
- We will prioritise children where Phoenix staff assesses this to be the best service to meet the needs of the child or young person as a result of child sexual abuse.
- Young people over the age of 13 who we know have experienced a one off incident of rape or sexual assault by another young person will be referred to SARSAS directly.
- The service will prioritize sexual abuse which has involved physical contact.
- We will work in partnership with specialist CSE (Child Sexual Exploitation) services to ascertain whether it is appropriate for Somerset Phoenix Project to support a child/young person affected by CSE.
- When the Project has established contact with a professional wanting to request support for children and young people the Project will ask for an up to date Early Help Assessment (EHA) to be provided if appropriate.



What we offer?

- Self-help guides for children/young people, parents/carers and professionals affected by CSA
- Training for professionals, dates can be found on our website (www.barnardos.org.uk/somersetphoenixproject) or by directly requesting a training brochure from somersetphoenixproject@barnardos.org.uk
- 1-1 specialist support workers; working directly with the child/young person and their family to provide holistic trauma informed work to begin the recover process
- Professional consultation; a specialist trauma-informed consultation from a member of our therapeutic team for professionals supporting the most complex children and young people.
- Counselling for young people aged 13+ through our SARSAS partners – places for approximately 12-18 young people each annum
- Creative therapy with Mandala therapists working as part of the Phoenix Service
- Delivery of the NSPCC's, Letting the Future In (LTFI) programme
- Professional Forums; three dates a year
- Peer support group for safe carers – a psycho educative program based over a series of weeks

Useful resources

SARSAS (Somerset & Avon Rape and Sexual Abuse Support)

SARSAS offer a Helpline service. The operating times are as follows:

Women and girls 0808 801 0456

Monday & Friday 11am - 2pm

Tuesday, Wednesday & Thursday 6pm - 8:30pm

Men and boys 0808 801 0464

Monday 11am - 2pm

Tuesday 6pm - 8:30pm



SARSAS have also developed a number of self-help guides on sexual abuse. www.sarsas.org.uk

Safelink

Safelink provide Independent Sexual Violence Advisors. This includes advocacy support when reporting to the police.

www.safelinksupport.co.uk

0333 323 1543



The Bridge

The Bridge provides crisis intervention and support around collection of evidence.

www.thebridgecanhelp.org.uk

0117 342 6999



NSPCC

The NSPCC has some useful resources designed to help support children affected by child sexual abuse. The NSPCC also provide helpful definitions of sexual abuse.

www.nspcc.org.uk

NSPCC

The National Centre of Expertise on CSA

The Centre of expertise on child sexual abuse (CSA) has been established to help bring about significant and system-wide change in how child sexual abuse is responded to locally and nationally.

www.csacentre.org.uk/



Contact the Somerset Phoenix Team

Contact telephone or text number **07590 627693**

Contact email somersetphoenixproject@barnardos.org.uk

Helpline (anonymous) support@sarsas.org.uk



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