

Understanding domestic abuse

Domestic abuse can take many forms, **1 in 5** children and young people are exposed to domestic abuse at home and **1 in 4** teenagers will experience domestic abuse in their own intimate relationship.

It's not always physical, it can be emotional abuse, making threats to hurt someone (or themselves), isolating someone from their friends and family, controlling what someone wears or who they socialise with, coercing someone and/or making someone engage in sexual acts without their consent.

Domestic abuse in any form is unacceptable.

If you think you, or someone you know, are a victim of domestic abuse, please remember it's never your fault. The most important thing is to take steps to protect yourself and break the cycle of abuse.

Keeping yourself safe

If you, or someone you know, is experiencing domestic abuse it is important to **tell somebody**. Speak to a trusted adult, such as a teacher, family friend or relative to share your worries.

How to report domestic abuse

If there is conflict in the home never try and intervene as you could get hurt - find a safe place and **always ring 999 in an emergency or if you feel unsafe**.

If you need support with domestic abuse, you can speak to our one of our specialist Children and Young People's Workers on **01204 365 677**. You can also email us via **CYP@fortalice.co.uk**.

Can you support Fortalice?

As a local charity unfortunately a number of our services are unfunded. It is with the support of the local community and businesses that we can continue to provide our vital work rebuilding lives of those affected by domestic abuse.

You can support us in variety of ways:

- Take part in our fundraising events
- Become a Patron
- Become a Fortalice Friend
- Nominate us as your charity of the year
- Become an event sponsor
- Make a donation via our website
- Become a regular donor
- Host your own fundraising event
- Take on a sponsored challenge
- Volunteer for us
- Donate items for our clients

To discuss fundraising ideas or opportunities please email **fundraising@fortalice.co.uk**
We would love to hear from you!



**Together we can
make a difference**



Children and Young People's Services



Contact Us

01204 365 677 

CYP@fortalice.co.uk 

www.fortalice.org.uk 

43 Bradford Street, Bolton, BL2 1HT 



CYP@fortalice.co.uk

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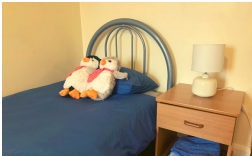
24-hour support 01204 365 677

Charity No: 1124031 Registered No: 6517841

"You helped me to shine"

About us


Established in 1977, Fortalice is a Bolton based domestic abuse charity, providing frontline outreach community services, including Refuge accommodation for all victims affected by domestic abuse and violence. Education and training is also a key part of our services.



Refuge and Adult Services



Children and Young People's Team



Community Outreach Services



Education and Accredited Training

Children and Young People's Services

Domestic abuse can have a lasting impact on the lives of children and young people. Feelings of fear for personal, parental and sibling safety, guilt, anxiety, anger, isolation and difficulty sleeping are all common.

We offer a range of support for children and young people aged 5-19 who have witnessed domestic abuse or who are in an unhealthy relationship of their own. We've helped hundreds of young people tackle issues around recognising healthy and unhealthy relationships, low self-esteem, anxiety, school refusal, self-harming, risk taking and challenging behaviours.

Our specialist services for children and young people include:

- **One to one sessions** – Just for You
- **Group work** - Breaking Free and The Recovery Toolkit
- **Risk assessments and safety planning**
- **Children's Counselling Service** - Talking Therapy, Play Therapy and Theraplay

"I don't know how to thank you. Before I came to see you I thought I would have to stay quiet and suffer all on my own. Since I have met you I have not had to hide away or worry because I know I have someone who can help me."

Feedback from a child accessing one to one support sessions

How to access our services for children and young people

To request support from our Children and Young People's service, for either your child, or a child/young person you are working with, then please **ring 01204 365677** or **email CYP@fortalice.co.uk** for further information.

What happens next?

Once we have received your referral, a member of our specialist team will contact you to explore the right pathway for the individual child/young person, this might require some more information from the parent/carer in order for us to gain a full understanding of what is happening for the child/young person.

Where are support sessions held?

All of our individual, group and Counselling sessions can be held either at our Outreach Support Centre, 43 Bradford Street, BL2 1HT, or our workers can travel to school, whichever is most comfortable for the child/young person. (Play Therapy and Theraplay are held in the Outreach Support Centre only).

How long is support offered for?

We usually offer between 8 and 12 individual sessions at a time, although this may be more or less depending on individual circumstances.

