

# Feedback from you about our services...

## Women have told us...



'I was isolated before starting the women's only group, but now I have made friends. I'm not on my own.'

'After completing the self-esteem workshop, I now have the confidence to start rebuilding our lives.'



'Since learning the effects of domestic abuse has had on my children - I now feel closer to my children.'

## Children from Play Therapy also said...

'I felt very open today and very calming and now feel better than I did before.'

Child aged 11



'I felt that the session today was very exciting and fun.'

Child aged 7





Call us on

**01234 341 977**

Email us at

**admin@familiesfirstbedfordshire.org.uk**

Visit our website

**www.familiesfirstbedfordshire.org.uk**

Drop in to meet someone at

**30 Meadway Bedford MK41 9HU**



Registered Charity Number 1108055  
Company Limited by Guarantee Number 05115062

The logo consists of a dark blue circle containing the letters 'F' and 'B' in white, with a small 'f' in blue between them.

**F<sub>f</sub>B**

**Horizons**  
Programme

Services for  
**Women and  
Children**



**26%**  
of **babies**  
in the UK have a parent  
affected by **domestic  
abuse, mental ill  
health or drug  
alcohol problems**

The logo consists of a dark blue circle containing the letters 'F' and 'B' in white, with a small 'f' in blue between them.

**F<sub>f</sub>B**

**Families First**  
**Bedfordshire**

**Supporting children &  
victims of abuse for 15 years**



Horizons is a project aimed at supporting women and their children who have been exposed to one or more of the following:

- Domestic abuse
- Substance Misuse
- Mental Ill Health

We support families through a range of different interventions which are tailored according to the individual needs of the person.

### **Our Services include:**

- Group based programmes such as the Liberty
- Self-esteem
- One-to-one counselling
- Play Therapy

### **Workshops that include:**

- Photography
- Non-talking Therapies
- Art Therapy
- Group based activities for mothers and children
- Parenting Support
- Play Therapy Group
- Linking with other specialist agencies

# The Team

The full complement of the Horizons offer is delivered by highly qualified staff. The Horizons team are made up of the following roles:

Service Manager

Two Family Practitioners

Two Play Therapists

Children's & Crèche Workers

Administrator

Volunteer Counsellors

Our staff are experts in rebuilding self-esteem and improving emotional and physical well-being. In cases where there is substance misuse or significant mental health issues, we will work alongside other specialist services who may be supporting you.

You can be assured that the service you receive will be to a high standard, of good quality and locally well regarded by a number of statutory organisations. We hold PQASSO level 1 and all our services meet SafeLives Leading Lights standards. Clinical staff and volunteers all receive external supervision and are registered with the appropriate regulatory body.

Our services are delivered in several venues across the Bedford Borough. We can also provide home visits where appropriate. We will work very closely with schools, health services and social services when devising a family support plan, this will ensure that all support is relevant and timely.

## Access Criteria

In order to access Horizons you and your child/children need to be living in the Bedford Borough and have had recent exposure to domestic abuse, substance misuse and/or mental ill health. We will work with children up to the age of 14 years on a one-to-one basis but will work with the family as a whole.

## Referral Pathways

You can refer yourself to Horizons by using our Service Request form, which can be found on our website. We also accept service requests from other professional agencies.

**[www.familiesfirstbedfordshire.org.uk](http://www.familiesfirstbedfordshire.org.uk)**

We would suggest you call a member of the team first to talk through your request in order to make sure it fully meets the criteria. Anyone can refer and we will accept self-referrals.

## What Happens Next?

We will initially make contact with you or your referrer to clarify any missing information and to talk about the next steps. You will be invited to attend an initial assessment as appropriate, together we will then begin to create an individual package of support for you, your child/children.