Making a referral

For referral to be accepted please ensure the safe parent has consented for a referral to be submitted.

Upon receiving the referral, the coordinator will contact the safe parent to arrange an initial meeting and assessment to assess the mothers' needs and suitability of the programme.

The coordinator will then meet with the child independently to assess the child's needs and suitability of the programme.

Following the assessment, the coordinator will confirm whether the programmme is suitable for the mothers and child. If other support is needed first, the referrer will be notified.

Criteria:

- Separation has occurred (but child may still have contact with perpetrator)
- The child has experienced domestic abuse.
- The child is impacted by the abuse and can remember it.
- Ensure it is safe for both mother and child to attend
- It is advised that mothers and children are not undertaking other forms of therapeutic intervention while completing the programme.

To make a referral, please contact FFISgroupprograms@hounslow.gov.uk

Testimonials

"Group changed mine and my children`s lives. Without It I won't be as strong as I am now, Group gave me and my children the tools to communicate and stop hiding our feelings. I don`t know where I would be now without Group. (Parent, 2025)

"Both my daughters have expressed their feelings more and have liked being in group with people who have had the same experiences". (Parent, 2025)

"I have noticed a real change in (Child) since they have started group" (Teacher, 2025)

"At the start of group I felt nervous confused and happy to miss school by the end I opened up felt relaxed and will miss group". (Child, 2025)

Other Services

One Stop Shop
This is a free confidential drop-in service to support and advise people living in Hounslow, who are affected by domestic abuse.

Holy Trinity Church
6 High Street, Hounslow TW3 1HG
Every Wednesday, from 10am – 12pm

No appointments needed

THE CONNECT PROGRAMME

'Supporting connection, confidence, and new beginnings'



'We hear you, we see you, we believe you.'

London Borough of Hounslow

What is The Connect Programme?

The Connect programme is a 9-week, trauma-informed, psychoeducational programme designed to help women and children 5 – 15 years (Year 1 -10) in recovering from the impact of domestic abuse. This child-focused programme is aimed at fostering healing and building stronger connections between mothers and children.

Aims of the programme:

- Support children to process their experiences and emotions
- Strengthen connections between mothers and children
- Help mothers understand the impact of abuse through the eyes of the child
- Help mothers to understand how to support, communicate and move beyond their experience of domestic abuse

The Impact of Abuse

The Domestic Abuse Act 2021 formally recognises children exposed to domestic abuse as victims.

Children exposed to domestic abuse will experience and exhibit various physical symptoms and emotional challenges.

These can include but not limited to:

Emotional challenges such as:

Aggression, irritability, panic, regression, withdrawal, underachievement, self-blame and guilt,

Physical symptoms such as:

Problems sleeping, nightmares, bedwetting, eating disorder, excessive crying, headaches,

OUR PROGRAMME

Weekly Sessions Outline

Children and Young People's Group

1.Getting to know you

Introductions, establishing guidelines, why we are here,

2.Hurting and Fighting is Not Okay
Discussing different types of abuse

3.My Story & How to stay safe
Discussing children's experience of Hurting and Fighting and completing a safety plan

4.Keeping our Bodies Safe
Understanding body boundaries, private parts and how to keep safe

5.It's Not My Fault
Discussing feelings and understanding responsibility

6.All about Anger
Discussing feelings and understanding anger

7.When Families Change

Discussing changes within our families and our feelings towards them

8.Rebuilding Together
Exploring reconnection and diving into our gratitude

9.Celebrating how far we have come & Saying Goodbye
Celebrating together and reviewing group together

OUR PROGRAMME

Weekly Sessions Outline

Mothers' Group

1. **Making Connections & Defining Domestic Abuse**
   Introductions and defining domestic abuse

2. **Impact of being exposed to Domestic Abuse, Our Children's Experience & Safety planning**
   Understanding the impact of Domestic Abuse on Children: Experience and Safety

3. **Digital Safety & Healthy Relationships**
   Recognising tech abuse and discussing healthy relationships

4. **It's Not My Fault**
   Understanding Responsibility and exploring barriers to separation

5. **All About Anger**
   Exploring the differences between anger and abuse

6. **When Families Change**
   Celebrating choice and change

7. **Understanding Conflict**
   Guiding children to solve problems without hurting

8. **Rebuilding Together**
   Exploring safe attachment, barriers and reconnection

9. **Staying Connected & Celebrating how far we have come**
   Celebrating together and reviewing group together