

## Policy and Procedures

All workers will have a good knowledge of Child Protection and will work within the Wycombe Women's Aid's 'Safeguarding & Protection of Children & Young People' Policy, Procedure and Guidelines.

The group sessions will also work within the guidelines of Wycombe Women's Aid's policies and procedures. The following is not exclusive but will include:

- Equality and Diversity
- Confidentiality and Access to Information
- Health and Safety
- Complaints and Comments
- Protection from Abuse
- Children's Rights (Women's Aid)

All policies are available on request.

All complaints/comments will be taken seriously. If you would like to make a complaint or comment please contact the Services Manager of Wycombe Women's Aid on 01494 461367 or email [wwal@btconnect.com](mailto:wwal@btconnect.com) and request the relevant forms and information.



**WYCOMBE WOMEN'S AID**

Registered Charity No.299946

Registered Company No. 2245478

Registered Office: 24-28 Easton Street, High  
Wycombe, HP11 1NT



The Primary Purpose of Helping Hands is:

*“to increase children’s understanding of feeling safe and to explore and promote behaviours which will contribute to a safe environment”*



**Facilitated by Wycombe Women's Aid**

Devised by Women's Aid Federation Northern Ireland



## Key Messages of the Helping Hands Programme

“We all have the right to feel safe all the time”

“There is nothing so awful (or so small) that we cannot talk about it with someone”

“Others have the right to feel safe with us”

## How the Programme Helps Children

- Develops level of self-esteem and confidence
- Enables to explore and express feelings
- Informs of the right to feel safe at all times
- Increase ability in safety planning
- Encourages asking for support when needed
- Empowers to identify own personal support network
- Explores how choice of behaviour can affect the feeling of others
- Identifies ways to manage conflict



## Details of Sessions

- Each programme will consist of 7 sessions starting at 4.00 pm and ending at 5.00 pm on Tuesdays (term time only).
- A maximum of 10 children per group.
- Children aged between 5 and 11 years.
- Two qualified workers from Wycombe Women’s Aid will facilitate the programme.

## Support for the Non-Abusing Parent

- A support group for mothers will run alongside the programme. (If the non-abusing parent is a man, alternative support will be set up).
- At the point of referral there will be an opportunity for mothers to discuss any concerns they may have with Tracy, the Helping Hands coordinator.
- Each parent will have telephone access to the support group facilitator during the 7 week period.

For further information please contact Tracy:

01494 461367

[tracy.wwa@btconnect.com](mailto:tracy.wwa@btconnect.com)

