



## cedar project south lanarkshire

children experiencing  
domestic abuse recovery project



Project  
hosted and  
managed by



### contact information

If you would like to speak to somebody about the  
CEDAR Project you can call or text the people below:

**local CEDAR office number 01698 891498**  
**Children & Young People's Coordinator Alison: 07596 730406**  
**Women's Coordinator Suzanne: 07594 141239**  
email: [cedar@wasl.org.uk](mailto:cedar@wasl.org.uk)  
[www.cedarnetwork.org.uk](http://www.cedarnetwork.org.uk) · [www.wasl.org.uk](http://www.wasl.org.uk)  
**Cedar Project, 115 Cadzow Street, Hamilton ML3 6HG**

### others who can help?

**Women's Aid South Lanarkshire**  
**Children and Young People's  
Support Services: 01355 249897**  
**Childline: 0800 1111**  
**Domestic Abuse Unit: 0800 027 1234**  
**Social Work (out of hours): 0800 678 3282**

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# information for young people



## what is domestic abuse?

It is abuse/bullying between partners/ex partners including:

### Physical...

Punching,  
Kicking,  
Slapping,  
Spitting,  
Using weapons...

### Emotional...

Harassing,  
Threats,  
Name calling,  
Stalking,  
Mind games,  
Lies...

### Sexual...

Unwanted  
sexual attention  
or touching,  
Rape,  
Unwanted use  
of pornography...

## domestic abuse can make you feel:



## how could the CEDAR project help me?

The CEDAR Project runs groups that meet once a week for 12 weeks with activities and discussions that help you to...

- understand what has gone on in your family
- feel better about yourself
- plan how to stay safe
- talk with your mum about what has happened
- talk about how you are feeling

## other young people who have been to similar groups have said...

It made me  
happy again

I learned  
that it  
wasn't my  
fault

I learned I was  
not alone

I learnt what domestic  
abuse is and how it  
changes your life

There will be snack breaks and the chance to relax and have fun with other young people each week.

## where will the group be, and when?

Groups will take place locally, during the school day. You will get help to travel to the group, and back to school, if you need it.

## who else will be at the group?

There will be about 8 young people in the group, around the same age as you. Everybody who takes part in the group will have experienced domestic abuse in their family. There will be three adult group workers to help with activities and discussions.

## who will know that I am going to the group?

Your mum will know, and she will have the opportunity to go to a mother's group so that she can get support to talk to you about what has happened. We will arrange with the relevant staff for you to get time off school. It is up to you who else you will tell.

## confidentiality

At the CEDAR Project you can share your experiences safely and without fear of what you say being repeated to others. BUT if workers feel that you or another person may be at risk then they will have to share that information with people who can help.

