**FReDA Study (Family Recovery After Domestic Abuse)**

**Project Information for children**

**Hi, my name is Lauren** and I work in a team at Cardiff University. We’re doing a research project called FReDA.

**What’s the project about?** We’re trying to find out the best ways to help children who have seen and heard someone being hurt at home to understand their feelings about it. We’re asking you and other children to take part because we’d like to know whether the help you will get from Cardiff Women’s Aid made things better for you. At the moment, we don’t know what kind of help is best for children. This project is going to give children different kinds of help to see if one is better. To do this, we’ll put children into two groups. Which one you would be in will be down to chance and will be done by a computer (like flipping a coin).

**The Blue group: Children in this group will attend a group with other children every week (for 12 weeks) at Cardiff Women’s Aid. At these sessions, children will do some activities that help them to understand and talk about their feelings. At the same time, their mums/carers will go to a group session in a nearby room.**

**The Green group: Children in this group will receive different types of support depending on what they need. This might be talking on your own with someone from Cardiff Women’s Aid, or showing children where they can get other kinds of support. When the study is over, you can then take part in the group sessions if you would like to.**

**Do I have to take part?** No. It is your choice. You can say no if you don’t want to take part and you will still get the help you need from Cardiff Women’s Aid. You can also change your mind at any time.

**What might be the good and bad things about taking part?** This is a chance for you to tell us whether the support you’ve had has helped you or not. What you tell us could help improve things for other children in the future. If we know what has helped you, then we can make sure that other children get the right help after a difficult time at home. You might find talking about things that have happened at home upsetting. You don’t have to answer any questions you don’t want to. You can take a break anytime you like. After talking to us, we will make sure that someone talks to you to see if you would like any more help.

**What will happen if I take part?**

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| **1** | **I will meet you and your mum/carer** at a place you are comfortable with and tell you more about the project. You can ask me any questions when we meet. If you want to take part, I’ll ask you to fill out a little booklet that asks you questions about yourself and how you feel about things. *We will give you a £10 shopping voucher for coming to this meeting.* |
| **2** | After you have answered the questions, a computer will decide if you go into the Blue group or Green group.  **If you are in the Blue group**, you will go to the group sessions at Cardiff Women’s Aid and take part in activities with other children who are about the same age as you. While you are there, your mum/carer will go to another group in a nearby room and talk with other mums/carers. The group sessions are every week for 12 weeks and last about an hour and a half.  **If you are in the Green group**, you will be given help by Cardiff Women’s Aid. This might be talking with someone who works there, or other ways of helping you. When the study is over, you can then take part in the group sessions if you would like to. |
| **3** | I’ll ask you to answer the questions in the booklet **another three times**. The next time will be **in 4 months**, then **in 6** months, and then the last time will be **in 12 months.** We’d like to meet you when you fill it out, but you can answer these questions on a computer or over the phone. Let us know how you would like to do it. *Each time you fill out the booklet, we can give you a £10 shopping voucher to say thank you.* |
| **4** | We will ask some children and their mums/carers if they would like to talk to us and tell us what they think about the help they have had. We don’t know if you will be chosen yet. If you are, we’ll tell you more about it then. Then, you can choose if you want to talk to us. *If you do this, we can give you a £10 shopping voucher.* |

**What will happen to the information I tell you?** All the information you tell us is private, unless you say something that makes us worried that you or someone else might be in danger of being hurt. Only then would we need to tell someone else what you have said. Everything you tell us will be kept in a safe place at the University. We will write a report about what we find out. Your name will not be included in the report. We can send this to you at the end of the project.

**What if I have more questions or if there’s a problem? My name is Lauren** and you can phone me on 02920 687658 (if I’m not in, leave me a message and I’ll call you back!) or email me [copelandlc@cardiff.ac.uk](mailto:copelandlc@cardiff.ac.uk). I’ll do my best to answer your questions. If you take part, one of the support workers will also call you in the next couple of days to check you are okay. They will not know what you said to me unless you tell them. We will also give you a little card which tells you some places you can ask for help if you need it. If you are worried about anything to do with the project please tell us, and we will get someone from Cardiff Women’s Aid to talk to you.

**What happens now?** If you are happy to take part, we will ask you to fill out a little form to say you want to do it. Then we will help you to fill out the booklet of questions. After this, a computer will put you in the blue group or the green group. Remember you can change your mind at any time. If you don’t want to take part, that’s okay. We will let Cardiff Women’s Aid know and they will be in touch to help you.

**Thank you!**

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**PLACES YOU CAN GO FOR HELP AND ADVICE**

**Safe AS** Phone: 029 0246 0566 Website: [https://rise-cardiff.cymru/](https://eur03.safelinks.protection.outlook.com/?url=https%3A%2F%2Frise-cardiff.cymru%2F&data=02%7C01%7CBuckleyK3%40cardiff.ac.uk%7C4b5624b6161a4efbb8f308d7ecf1857a%7Cbdb74b3095684856bdbf06759778fcbc%7C1%7C0%7C637238394384472352&sdata=oXP9hDlpfYDMUpqzQ8boxlwpb288r8NZD3mUZts3rN8%3D&reserved=0)

**Childline** Phone: 0800 1111 Website: Childline.org.uk

**Action for Children**  Phone: 02920222127

Website: <https://www.actionforchildren.org.uk>

**Papyrus (Prevention of Young Suicide)**

Phone: 0800 068 41 41 Website: [https://papyrus-uk.org/](https://eur03.safelinks.protection.outlook.com/?url=https%3A%2F%2Fpapyrus-uk.org%2F&data=02%7C01%7CBuckleyK3%40cardiff.ac.uk%7C4b5624b6161a4efbb8f308d7ecf1857a%7Cbdb74b3095684856bdbf06759778fcbc%7C1%7C0%7C637238394384512337&sdata=UXNNOJex9vkRvZYdIotH3BbXQKMRTTnu%2B3O5uKovGYM%3D&reserved=0)

**YMCA Young Carers** Phone: 02920 465250

Website:  [https://www.ymcacardiff.wales/about/what-we-do/family-work/young-carers/](https://eur03.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.ymcacardiff.wales%2Fabout%2Fwhat-we-do%2Ffamily-work%2Fyoung-carers%2F&data=02%7C01%7CBuckleyK3%40cardiff.ac.uk%7C4b5624b6161a4efbb8f308d7ecf1857a%7Cbdb74b3095684856bdbf06759778fcbc%7C1%7C0%7C637238394384512337&sdata=b%2BVF0v3kkKk0f%2Fcm2QYaMaRL4kEs0hdImF5QrIPuHk4%3D&reserved=0)

**The Hideout (run by Women’s Aid)**

Website: <http://thehideout.org.uk/young-people/home/>