



pause

**creating space
for change**

What is Pause?

Pause works with those who have experienced, or are at risk of, repeat removals of children from their care. We aim to break this cycle and create a space for change by intervening at a point when the women have no children in their care. This offers them a chance to focus on themselves and take control of their lives, providing the opportunity to develop new skills to create a more positive future.

Is it for me?

If you've had children who have been removed from your care, then the Pause programme might be for you.

Pause gives you:

- space to take a fresh look at your life
- help to build your self-confidence
- creative activities & fun that will help you enjoy life
- support to be more in control of your future

All the women we work with are supported by one of our team for up to 18 months, which means a relationship and trust can be developed with the same person. We work to fit around each woman's goals and some of the things we can help you with are:

- Becoming confident & happier
- Helping you cope with grief & loss
- Support with housing, benefits or debts
- Becoming healthier & fitter
- Improving your writing & maths or other educational goals
- Help with drug & alcohol problems or other specialist services, like Mental Health Teams
- Protecting you from domestic violence
- Helping you to build better relationships with partners, friends & your family
- Moving closer to getting a job or doing some voluntary work
- Finding new ways to have fun - it's not all serious!

How do I find out more?

Taking part in Pause is completely free and entirely voluntary and we are not directly part of social services. However, we understand it's still a big step... so **BE BRAVE. IT'S YOUR LIFE.** Take a deep breath and **Pause...**

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