



NewDay believes change is possible and that everyone has the right to feel safe. NewDay works with families who have experienced domestic abuse, providing support and opportunities for change.

What is domestic abuse? Domestic abuse is any kind of controlling, bullying, threatening or violent behaviour between adults in a relationship. Abusive behaviour can occur in any relationship. It can continue after the relationship has ended. Domestic abuse isn't just physical violence – it includes emotional, physical, sexual, financial or psychological abuse.



How can NewDay help?

NewDay provides practical advice and support to reduce the harmful effects of domestic abuse. NewDay works best when the family is willing to try a new programme and is open to change.

Who can refer?

Social Worker or Families First Worker or they are referred by school for help with education and learning.

NewDay support

Short Term Support

Building children's resilience

NewDay Children's Wishes and Feelings is about listening to children and young people, exploring ways to build resilience and good relationships, and offering support with managing emotions and behaviours.

Three sessions of one-to-one work.

Helping parents and children talk

NewDay Talking About Emotions supports parents and children to talk to each other about things that matter. It aims to enable the child and parent to share their feelings and experiences with each other in a child-focused way.

Three to six sessions with main carer and children

Long Term Support

Getting the best out of school

NewDay School and Learning supports children to improve their learning and life at school, building stronger relationships between home, teachers and school through an education support plan.

Usually two terms of support and optional one-to-one work.

Supporting dads to improve relationships with their children

NewDay Caring Dads offers fathers who have abused, neglected, or exposed children to domestic violence the opportunity to develop skills to build trusting relationships with their children.

17 sessions of group work.

Working through parental conflict

NewDay Inter-parental Relationships supports parents to work through conflict, plan for safety and improve family relationships. It is for families with children on a child in need or child protection plan.

Up to six months with both parents; individually and together.



To find out more about NewDay support, speak to your Social Worker or Families First Worker or contact NewDay on **NewDay@newham.gov.uk** or **020 3373 3200**.

In an emergency, please contact the police on 999.