

solace

surviving exile and persecution

Solace Children and Families Wellbeing Project (CFWP)

Supporting refugee children, young people and families who have come to the UK through the UNHCR Resettlement Programme



Solace CFWP offers free specialist child and family trauma informed therapy to refugee children and families who have arrived as part of the UNHCR resettlement programmes (including the Vulnerable Persons, Vulnerable Children's and the UK Resettlement Programme).

Our support is available to refugee families with children, aged from 0 to 19. (Regardless of the severity of the problems – no problem is too small.)

Since 2015 vulnerable families have been arriving in the UK from refugee camps through the UNHCR Resettlement Programme. The children are allocated to local schools and receive a package of support.

Families are supported to settle into homes, access healthcare, benefits and other services. However, the practical support does not address the psychological pressures of witnessing atrocities, being uprooted; experiencing loss and displacement and their fear for the future.

Many parents worry about how this might affect their children now and in the future, and how they will cope.

Solace is a specialist organisation set up to offer free confidential therapeutic support to refugee children, adults and families with these psychological and social difficulties.

We work closely with partner organisations that provide practical case work support.

Parents often experience

- **Difficulties supporting their children in school because of systemic or language issues**
- **Worries when their children do not want to go to school; children feeling excluded, being bullied or not coping with educational demands**
- **Changes in children: quieter, angrier or getting into fights**

Talking to a specialist child and family therapist, with an interpreter, can really help. We see the child at school, or we work with the whole family together. We help children and families to become stronger and more resourceful.



Solace helped with communication between the school, me and my family. They helped my son get back on track and helped him to understand what the school were wanting from him.

Refugee parent, CFWP Evaluation 2020



Solace for children and young people

- **One-to-one trauma and attachment informed therapeutic support.** This can reduce distress, support a sense of safety, security and confidence.
- **Group work in schools and colleges.** Providing a structured, safe environment to explore issues and feelings, and strengthen a sense of identity and belonging.

Solace for parents

- **Therapeutic support.** Family work to manage the impact of resettlement on the whole family, helping parents to understand, and respond to their children's needs and difficulties.

Solace for staff and case workers

- **Individual consultation.** Establish individual support strategies and facilitate communication between home, school/college and supporting agencies.
- **Small or large group training.** Explore issues around forced migration and trauma, and working effectively with young people experiencing emotional distress.

We work face to face when possible, or by video or phone for all individual, family and group work.



How to make a referral to the Children and Families Wellbeing Project

In our experience, we find families are most keen to accept a referral to us when they learn how we can help them with their worries and difficult feelings, and with integrating into a new country.

Contact your local therapist by email

- **For Leeds, Hull, East Yorkshire, Lincolnshire and Wakefield:**

Anne Burghgraef

Anne@solace-uk.org.uk

- **Bradford:**

Mona Theodosius

Mo@solace-uk.org.uk

- **North Yorkshire, Kirklees and Calderdale:**

Hernan Sosa-Canal

Hernan@solace-uk.org.uk

Online referral: www.solace-uk.org.uk/therapy/making-a-referral

Before making a referral please ensure that you have discussed this with the young person and their family and have permission to contact us.

General office contact details:

Phone: 07899 304 905

Email: info@solace-uk.org.uk

Website: www.solace-uk.org.uk

A similar leaflet is available for schools, and a leaflet in Arabic or English for parents