

Professionals

Our Services

The Lookout is Pendle's support provision for young victims of domestic and sexual abuse. The team is able to work with children and young people aged 5 – 18 years old who have been subject to violence and abuse within their family or relationship, directly or indirectly from a family member, partner or former partner.

The Lookout provides a varied programme of support services to deliver a holistic approach in meeting the needs of young victims and survivors. All children and young people who are referred to The Lookout are offered access to one to one support, group sessions, peer support activities and ad-hoc support when required; individuals choose the types of support they wish to access. Children and young people who are referred to The Lookout have their own designated support worker who will compile an individual support plan tailor made to the child/ young person's individual needs. Support workers use various therapeutic tools to support children and young people through their individual healing processes.

Support is available for children and young people at any level on the Lancashire Continuum of Need. We provide intensive support and early support services.

At The Lookout children and young people can access:

- Individual sessions with a support worker
- Group and peer support
- The Lookout Junior and Senior Youth Clubs
- Drawing and talking therapy
- Advocacy and court support
- Yoga Gym
- Fun activities

The Lookout uses various therapeutic tools to support children and young people through their individual healing processes. All support is age appropriate and is tailored to the individual needs of every young person.

Our understanding of Domestic Abuse

Our work is underpinned by the following understanding of Domestic Abuse:

- Domestic Abuse is unacceptable behaviour.

- The right to live free from intimidation, abuse and violence is a basic human right.
- Domestic Abuse is very common – one in four women and one in six men will experience it.
- Domestic Abuse has the potential of being very dangerous – each week in the UK 2-3 women are killed by a partner or ex-partner.
- The abuser is 100% responsible for their abusive behaviour.
- Domestic Abuse is not the fault or responsibility of the victim and children – nobody ever deserves to be abused.
- Domestic Abuse has a devastating impact on children. On top of the physical risk, it constitutes an emotional abuse of children who witness it or are otherwise aware of it in their home.
- Violence towards a partner or family member is intentional and instrumental behaviour – it is about power or control over a (ex) partner or family member in their relationship.
- Violence or abusive behaviour towards an (ex) partner or family member is learned behaviour.
- Perpetrators can change – their behaviour is within their control and they can choose to stop – however, making changes is far from easy and many people do not have sufficient motivation.
- Victims cannot stop a perpetrator's violence – but there may be things they can do to increase their own security and that of their children.
- We define Domestic Abuse to be the abuse of power and control of one or more individuals over another within a family or relationship, regardless of gender, including psychological, physical, emotional, verbal, sexual and economic abuse.
- Any individual's experience will be a combination of physical, sexual, emotional, psychological and economic abuse. What connects them all is that the abuser may use humiliation, threats and/or force to control another and their children

Some facts about Domestic Abuse in the UK

- On average 3 women a week are killed by a male partner or former partner: this is around one third of all female murder victims (Women's Aid, 2011).
- On average a woman is assaulted 35 times before she seeks help (CAADA, 2009).
- Nearly 1 million women experience at least one incident of domestic abuse each year (2009/2010 British Crime Survey).

- 12% of children aged under 11 years, 18% of young people aged 11-17 years and 24% of young people aged 18-24 years,

The Lookout can help children and young people:

- Understand what domestic abuse is
- Identify abusive and non – abusive behaviour
- Develop a safety a plan
- Manage what’s going on at home or in their relationship
- Respond to their feelings safely
- Seek help
- Talk about it
- Identify people they can trust
- Respond to domestic abuse incidents
- Report domestic abuse incidents and be supported through the criminal justice system
- Ensure their voice is heard when decisions are made.
- Prepare to leave an abusive relationship/ escape family violence with their non – abusive parent safely
- Find emergency accommodation
- Be supported whilst living in a Refuge
- Recover
- Understand the differences between healthy and unhealthy relationships
- Understand the impact domestic abuse has on children (for young people who are parents)

As well as targeted emotional support, The Lookout can provide practical support to help young people increase their resilience against future harm. Support workers can make referrals to Refuges or other places of safety throughout the country. We can provide equipment for personal safety and provide security lock packages.

Group Programmes at The Lookout

The Lookout Programme is a peer support programme internally developed by The Lookout team.

Delivery provides a holistic approach into responding to the needs of children and young people affected by domestic abuse or who are at risk of being a victim of violence.

This group programme is delivered for 6 consecutive weeks; delivery time consists of one hour sessions followed by a 30 minute drop in service.

The Lookout Programme can be delivered to young people 11 – 18 years old, group work is age appropriate therefore the content of group work will be adapted dependent on the age and ability levels of individuals.



The Freedom Programme is a 12 week group programme developed by Pat Craven, focusing on identifying abusive and non-abusive behaviour and understanding the impact on children.

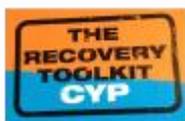
The Lookout team has adapted The Freedom Programme to be age appropriate for young people who are of school age however this is only delivered to young people over the age of 14.

Find out more about the [Freedom Programme](#)



Helping Hands is a programme developed by Women's Aid, for children and young people which addresses challenging issues of personal space, safety planning & awareness of acceptable and unacceptable behaviours, not only in others but also in themselves.

The Lookout team delivers the helping hands programme to children of primary school age.



The CYP Recovery Toolkit is an 8 week group programme written by Sue Penna for children who have witnessed or experienced domestic abuse and are able to take part in a group. The overall aims of the group are to help young people come to terms with their experiences and develop positive lifestyles and coping strategies. This programme has been written for children who are no longer with the abusive parent or whose abusive parent is on a

recognised perpetrator programme. This programme is informed by Trauma Focused Cognitive Behaviour Therapy.

This programme runs for 8 weeks. The Lookout delivers the programme to young people of secondary school age.

Make a referral

Refer a child by contacting us on the details below. If there are several children within the same family you can list them all on the same referral. Alternatively get in touch with us by:

emailing thelookout@p-a-c.org.uk

calling us on [01282 619192](tel:01282619192)

You can ask for help, advice or just more information.