



TURNAROUND

Support for **Young People**
affected by **Domestic Abuse**

Run by The Hampton Trust



Who is Turnaround for?

Turnaround is a programme run by The Hampton Trust for young people that have been affected by domestic abuse. As a young person you may think that adults don't understand what it's like to be at home when there are arguments and sometimes fighting. It may be that you feel unable to talk to friends or other adults about how difficult it can get at times.

When things get difficult this can impact on your schoolwork, friendships and family relationships. You may feel caught in the middle, or that things are starting to go wrong and that you don't know how to make them better.

Turnaround aims to provide a safe supportive place where you can come and talk. You may feel angry, confused and upset, or you may even think it's your fault. What you have experienced is not your fault and Turnaround can help you share experiences and explore your feelings with others that have been in a similar situation.

What happens at Turnaround?

Turnaround runs for approx 6-8 sessions. Each session lasts for 1.5 hours. We use a range of different activities to help you explore your feelings and to understand that your experiences not only impact on how you feel but also how you act.

Coming into a new group can be scary at first. Turnaround staff are happy to spend time with you on a 1-1 basis so that you can share your fears and they can answer any questions you may have. You may even want to have an initial chat with someone to see if Turnaround is right for you and this is totally fine.

How can Turnaround help?

First of all understanding why you feel the way you do is really helpful. Sometimes you might feel that you are the only person that has such a mixture of emotions. Turnaround can help you to understand that your responses to your experiences are actually perfectly understandable. I suppose it's a bit like when we talk to a friend about things on our mind. This often really helps. Turnaround can help you to talk about things that have or are happening at home without you feeling judged or as though you have let your family down.

Is Turnaround confidential?

Yes, in normal circumstances any information that a young person shares remains confidential. There would be certain times when we would need to share things with other people but we would talk to you about this first. An example of this would be if we thought you were at risk of harm or if you knew somebody else was. We can explain this to you in more details when you meet with the Turnaround staff.

What happens when I make a referral to Turnaround?

Once a referral for Turnaround has been received a member of the team will make contact to arrange to meet with you. This will provide an opportunity for you to ask any questions and for us to see if Turnaround is the right place for you. See the back page for information on how to make a referral.

How do I make a referral to Turnaround?

For further information please contact:

The Hampton Trust
Fairways House
Mount Pleasant Road
Southampton
SO14 0QB

Tel: 07779 999 949 Tel: 023 8021 3520 Fax: 023 8021 3530

Email turnaround@hamptontrust.org.uk

Download a referral from www.hamptontrust.org.uk

