



### The Meadows Children and Family Wing

- **Freedom Program – 12 week Programme**, held 3 times a year with a crèche for up to 16 women - supporting women's understanding of the beliefs held by abusive men, the effects domestic abuse has on them and their children, to recognise potential future abusers, and to gain self-esteem and the confidence to improve the quality of their lives.
- **Freedom Forever 10 week programme** - held three times a year with a crèche covering initiating change, assertiveness, practical solutions, developing new networks, supportive networks, before and after abuse, parenting, safe dating and a vision board of our hopes and dreams.
- **Outreach** - Ongoing weekly – to support women's introduction and attendance. For personalised / individual support including attendance at child safe guarding and family meetings, GP appointments, CAFCASS assessments and regular supportive phone contact including at particularly difficult times e.g. child contact arrangement proceedings and Police investigations
- **Specialist Domestic Abuse weekly drop-ins**, 2 hrs per week x 50 weeks of the year – for women and children together, covering the whole range of family support, reparative work with children, parenting, safe guarding, debt, housing and mental health concerns. With play, arts and crafts for adult and child to learn and enjoy together, building upon enrichment and bonding between mother and child, role modelling, supporting and empowering women in their crucial parenting role.
- **Weekly 'Together' group**, 2 hours for 50 weeks of the year with a crèche – this project was devised and bought to life completely out of the women, who attend our DA activities, expressed wishes and vision. A peer to peer group with women collectively designing, sharing their own skills / leading on / volunteering with, activities / learning that they want e.g. Yoga, art therapy, knitting, singing, cooking. During the school holidays the women undertake activities they have designed together with all their children.
- **6 week 'All About Me' course** held 3 times a year with a crèche - building confidence and self esteem
- **Tuesday 9.30 am to 12.30 pm and Friday 9.30 am to 12.00 pm Family Support Drop In's** - Our family support workers always offer a warm welcome to local families offering them advice, guidance and support within a safe friendly environment. We work in close partnership with many organisations in order to provide additional services so families can gain and learn new skills. We provide a community lunch on a Tuesday and a community breakfast on a Friday. Our play worker facilitates positive play and learning activities for families to enjoy together providing a good range of activities used to encourage children and their parents to have fun together

Where are we and for more information

**The Meadows Children and Family Wing**

**1 St Catharine's Road, Cambridge, CB4  
3XJ**

**01223 508144**

**Registered Charity number: 1075129**

**[info@mcfw.co.uk](mailto:info@mcfw.co.uk)**



**Please note that all our services that we provide are  
dependent on securing funding**



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### **Our Vision Statement**

**'To provide a fun, safe and stimulating environment where  
families can come and enjoy themselves together'**