

**Cedar - What you told us**  
**Messages from Children and Young People - 2010**



1. Cedar was really good. It was fun and we made new friends.
2. Cedar helped us understand what domestic abuse can do to people and how we felt going through it. It helped us realise that the hurting and the shouting hadn't just happened in our families.
3. We now know that what happened was not our fault. We understand our feelings a bit more now and know what to do when we feel angry or upset.
4. Most of us said we were getting on better at home or school now.
5. We loved the tasty snacks and relaxed atmosphere. There were lots of activities on offer and all of us found things that we really liked doing.
6. The people running the Cedar groups did a really good job. They listened to us very carefully and always tried to help with our problems.
7. Most of us felt it was better being in a group rather than being seen individually by a grown up. In the group you could go at your own pace and just listen if you wanted to. Some of us said it was good to help each other out too.
8. We had all done safety planning, but some of us felt our plans needed to fit better with our lives now.
9. Some of us who were teenagers would appreciate 2 to 2½ hours for each group. This would give us more time to relax, especially before going home.
10. Getting to and from the groups generally worked well. If our friends at school asked us where we'd been, we found ways to answer without saying more than we wanted to.

**Thank you for telling us what you think. You have helped to make Cedar as good as possible for all children & young people. Good luck in the future. Jocelyn Jones 07729729700**

