

## Cedar - What you told us Messages from Mothers - 2010

1. Cedar helped us and our children move on from the blame and guilt that domestic abuse causes. Being in a Cedar group helped some of us understand a bit more about our own lives.
2. We understand more now about domestic abuse and its effects on us and our children. We learned that it wasn't our fault.
3. The facilitators running the groups went out of their way to make the groups as welcoming and comfortable as possible - they did a great job. We really appreciated the relaxed 'hands on' approach in the groups, and the different activities.
4. Being in a Cedar group made it easier for us to talk about all the things that have gone on rather than keep it to ourselves. Some weeks were hard and there were some tears, but a lot of laughing too - it was a bit of a rollercoaster at times!
5. It was better to be in a group rather than to be seen individually. We listened to each other and realised we weren't alone, and we helped each other out in many different ways.
6. The folders are an excellent resource for us and our children. Some of us are using the Cedar way of talking about things at home, with good results.
7. Most of us felt there had been positive changes in our children's behaviour and in our relationship with them.
8. Safety planning is important but it's a very difficult subject to talk about with our children, and not all of us managed to do this.
9. We felt involved in the assessment process for Cedar. It was done 'with' us and not 'to' us.
10. All together, Cedar is a really helpful service for children and mothers who have experienced domestic abuse. All of us said we would recommend Cedar to a friend who needed help and some of us already had!

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