



## Welcome Statement

Barnardo's Orchard Mosaic welcomes people from a variety of backgrounds. In an effort to reach as many people as possible we will try to make this leaflet and other information where necessary available in different formats.

## Confidentiality and Safeguarding

Barnardo's is a safeguarding and child protection agency. This means that if any worker in Orchard Mosaic has information which leads them to suspect that a child is at risk, or is likely to suffer significant harm, then we will pass the information onto Children's Services who have the power to investigate..

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## Contact details

The number 33 bus  
Departs Pilgrim Street (Takes 9 minutes) 0757  
THEN EVERY 30 MINS Departs John Dobson  
Street (Takes 6 minutes)  
Departs Gosforth High Street (Takes 7 minutes)

Getting to Orchard Mosaic BY METRO  
West Jesmond is served by both the yellow and  
green lines. Journey time from Monument is 6  
minutes

Please contact Katy Shipley or Alina Vasecka to  
discuss any aspect of the Wellness Recovery  
Project.

Katy and Alina can be contacted on:

0191 212 0237 or email

[katy.shipley@barnardos.org.uk](mailto:katy.shipley@barnardos.org.uk) or  
[alina.vasecka@barnardos.org.uk](mailto:alina.vasecka@barnardos.org.uk)



[www.barnardos.org.uk](http://www.barnardos.org.uk)

Barnardo's Registered Charity Nos. 216250 and SC037605

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## Orchard Mosaic Service Wellness Recovery Project

**Incredible** things  
happen when we  
believe in children.

**Believe in  
children**  
 **Barnardo's**

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## What we do

The Wellness Recovery Project offers support to women and children who have been affected by domestic abuse and sexual violence. The Project also offers support to children in school to develop their understanding of healthy relationships and child sexual exploitation. All elements of the programme are available to all residents within the whole of the Northumbria PCC area.

There are 3 key elements to the Wellness Recovery Project:

1. individual counselling for women and children who have experienced domestic abuse and sexual violence.
2. Delivery of Virtual Support sessions to women impacted by domestic abuse and sexual violence.
3. Delivery of Real Love Rocks in schools, both primary and secondary schools.

## Individual Counselling

Women and children can be referred by any professional who is supporting them, or they can self-refer, for individual counselling. Counselling can be offered face to face at the Orchard Mosaic office, in the young person's school (subject to school's agreement) or via phone or virtual platform. Other community venues will also be considered if required. Counselling is person centred but other approaches are also used as appropriate. There is no age limit for children when being referred.

Women do not need be separated from their partner to access counselling but safety planning will be discussed with the woman and referrer prior to any sessions being offered. To make a referral for counselling please contact [OrchardMosaic@barnardos.org.uk](mailto:OrchardMosaic@barnardos.org.uk) and

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## Virtual Support Sessions

Virtual Support sessions can be offered to women who have experienced domestic abuse and sexual violence. The sessions promote resilience, emotional /mental health, self-management, empowerment, goal achievement and improves quality of life. The virtual sessions are based on the approach of WRAP and CBT (Cognitive Behavioral therapy). Key concepts of WRAP include: hope, self-responsibility, education and self-advocacy.

To make a referral for the virtual support sessions please contact Katy or Alina on 0191 212 0237.



## Real Love Rocks

Real Love Rocks (RLR) is a group programme delivered to children in a school setting in both primary and secondary schools. RLR explores healthy and unhealthy relationships in an age appropriate, interactive programme.

RLR also explores child sexual exploitation and how to identify warning signs and promote safety.

To request Real Love Rocks in your school please contact Katy or Alina on 0191 2120237.

