

Women and Girls Together Service



'Women and Girls Together' is a service delivered by Action for Children. This service offers support to young girls and women aged **12- 21** across Pembrokeshire who are vulnerable and displaying risky behaviours.

Using a person-centred approach that looks holistically at the lived experience of the young woman, support is offered to young women who **want the opportunity to be listened to, supported, challenged and advocated for to make positive improvements in their lives.**

Presenting needs and issues affecting girls and young women may include:-

- Low confidence and self esteem
- Poor emotional wellbeing
- Self-harming behaviours
- Unhealthy / abusive relationships
- Friendship / peer relationship difficulties (including bullying)
- Substance misuse and/or alcohol misuse
- Concerns regarding on-line safety
- Poor family relations / family breakdown
- Poor school attendance or NEET (Not in Education, Employment or Training)
- Sexual violence
- Concerns and/or experiences of grooming and/or sexual exploitation

Working together with young women, we aim to improve their: -

- Confidence and self-esteem
- Emotional resilience
- Awareness of risk taking behaviours and consequence
- Understanding of healthy relationships
- Understanding of feelings, emotions and associated behaviors
- Assertiveness and effective communication skills
- Aspirations

To access the service, a referral form needs to be completed and sent in to the team :

Women and Girls Together Service, Action for Children, Penfynnon, Hawthorn Rise, Haverfordwest SA61 2AX

Email referral to womenandgirls@actionforchildren.org.uk

Telephone enquiries to Lisa , Donna-Marie or Theresa 01437 761330

Young people can self-refer into the service, as well as referrals submitted by social work teams, schools, health practitioners, support workers or the young person's family member.

What the service offers:

Our team will work in partnership with all professionals involved in the young person's life to create a holistic assessment, based on their needs.

Young person practitioners work 1:1 with young women. The service also facilitates workshops and organises activities during the school holidays.