

Pause Doncaster



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What is Pause?

Pause Doncaster works with women who have experienced the removal of one or more of their children. This process is traumatic and painful for women and often results in them feeling shame, stigma and anger; grieving for the loss of their child(ren) whilst also feeling blamed and ashamed as a result. These women have often experienced ongoing trauma throughout their lives which has impacted on their ability to develop coping mechanisms.

They often have poor relationships with their family and friendships can be extremely inconsistent; this means they have little or no support network that they can rely on for help. They can often forget information and it is helpful if this is written down for them.

All of the women we are working with are coping with a number of difficulties at once; these often reinforce each other and make resolving situations extremely challenging, for example:

- **Having no bank account which impacts on a benefit claim**
- **Substance use as a coping mechanism which impacts on access to mental health support as a positive coping mechanism**
- **Domestic Abuse**
- **Mistrust of professionals which makes engagement difficult**

This makes it difficult for them to: attend appointments on time, wait for appointments and cope with questions in appointments (especially if professionals can access this information on the woman's file). They will find questions about their children especially difficult and often respond more positively when the sensitivity of this is acknowledged by the professional. They also find it difficult when professionals in the same agency give them conflicting information or when professionals say something will happen by a deadline and it doesn't.



What does this mean to me and my role?

Women tell us that when professionals have an understanding of them as people they experience appointments as positive and supportive; they are given information in ways they can understand and professionals take time to check their understanding. They feel valued and describe feeling “like a human being”. This is “trauma reducing not trauma inducing”. This helps them stay engaged in the processes required to resolve their difficulties and sometimes results in processes being adapted to meet their individual needs.



This benefits services because women:

- **Attend appointments – reducing DNAs and ‘start-again’**
- **Manage their emotions before and during appointments – increase in engagement**
- **Share appropriate information – services can assess and meet needs appropriately**
- **Complete agreed actions – outcomes are achieved and women progress**

Pause Practitioners support women to attend appointments and to stay engaged in the process. Pause women need this kind of approach to help them to make the changes they have identified as important in their life. This does not mean that their children will return to their care but means that they can live the life they want for themselves, making choices and informed decisions about their future.





How can I find out more?

W: www.pause.org.uk

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