Girls That Brunch

Supporting Information for Families and Professionals

Empowering Girls Through Support, Connection and Confidence

Torbay Youth Service and the **Exploitation Team**, working in partnership, are delighted to have secured funding through the **Government's Serious Youth Violence Grant** to deliver two supportive girls' groups before **April 2027**.

These groups are designed to provide a safe, welcoming space where girls can connect with peers, build confidence, develop positive relationships and explore strategies to enhance their safety and wellbeing.

Who is the Programme For?

We are inviting girls who have been impacted by, or are vulnerable to, serious violence, including those who:

- Have experienced or been exposed to **serious violence within the home or family environment**, including situations where a parent, sibling or another household member has perpetrated serious violence.
- Are identified as being **vulnerable to experiencing or being exposed to serious violence** in other contexts, such as within peer groups, friendship networks or the wider community.

Programme Structure

Two separate 8-week groups will be delivered:

Under 11s Group

For girls aged up to 11 years.

Over 11s Group

For girls aged 11 years and above (up to approximately 15-16 years, depending on individual circumstances and needs).

Join Us at the Open Brunch!

🗓️ **Saturday 10 October**

📍 **Chilled Out**

Before the groups begin, we are hosting an **Open Brunch** where girls can:

- Meet the facilitators
- Provide views and ideas about the programme
- Get to know other participants
- Enjoy a relaxed and welcoming environment
- Decide whether they would like to take part in the full programme

Registration for Brunch

Please use the **QR code** located on the promotional poster to register interest.

Important: Registration via the QR code is only to help us plan attendance numbers and dietary requirements. It is **not a formal referral** at this stage.

What Will the 8-Week Programme Include?

The programme is being developed to provide engaging, practical and creative activities, including:

💔 Friendships and Safety

Exploring healthy friendships, personal boundaries and staying safe.

🤝 Navigating Conflict

Learning positive ways to manage disagreements and challenging situations.

🗣️ Talking to Trusted Adults

Understanding how and when to seek help, with contributions from:

- Barnardo's
- Safe Communities Bystander Programme

💕 Healthy Relationships

Exploring standards, expectations and respect within relationships.

🎨 Creative Expression

Working together to create a piece of artwork for public display that reflects the group's experiences and strengths.

✉️ Letters of Hope and Safety

Writing supportive messages and letters for other girls who may face similar challenges.

Our Aim

Girls That Brunch aims to create a safe, supportive and empowering environment where girls can:

- Build confidence and resilience
- Develop positive relationships
- Feel heard and valued
- Increase their understanding of personal safety
- Support and inspire one another

For Families and Professionals

If you are supporting a girl who may benefit from this opportunity, please encourage them to attend the **Open Brunch on 10 October** and register using the QR code provided on the event poster.