

## **Our services in Scotland include:**

### **The Skylight Project, Edinburgh**

**'If it wasn't for Barnardo's... I wouldn't have realised that I am not a bad person – I'm special and no one has the right to treat me the way my stepfather did.'**

(Julie, 15, abused by her stepfather between the ages of two and 12)

The sexual abuse of children can happen at all social levels, in all parts of the country and in all races and cultures. Children who have been abused suffer feelings of guilt and shame which can dramatically affect their lives as adults. Relieving such trauma can take years of intensive work.

Each year over 80 children and young people benefit from the individual therapy that Skylight offers. Our team of six dedicated workers also provides support, consultation and training for families and professionals.

Our services include:

- group work
- family work
- consultation and training
- counselling and therapy for sexually abused children.

Art therapy is one of the many therapies we offer at Skylight. The others include child and adolescent psychotherapy, Gestalt, and person-centred counselling.

Overall we aim to help children:

- recover from sexual abuse/exploitation
- increase their resilience
- improve their mental health and wellbeing
- develop healthy trusting relationships.

**'I used to be shut away, I couldn't go to school and I felt sick. My sessions helped me get all the feelings about the sexual abuse that happened to me sorted out. I am back at school now and have friends and a life. I feel happier and... free.'**

### **Glasgow Street Service**

For 17 years, we have been providing immediate, crisis intervention for vulnerable children and young people in Glasgow city centre. We help children and young people who are homeless, sleeping rough or have run away from home, and those who are at risk of being sexually exploited. Our dedicated and resilient staff team is often the one consistent thing in their chaotic, transient and unstable lives.

**'When I have problems or any issues Barnardo's is always there to help.'**

(Elaine, 16)

Last year we helped over 200 homeless or potentially homeless young people to access accommodation, health and social welfare services to prevent rough sleeping. And by providing a range of support, we make them more aware of the options they have and encourage them to value themselves enough to make a change in their lives.

**'You always make time for me. I think you are great. I wish there were more people like you.'**

(John, 16)

**'When I have problems or any issues Barnardo's is always there to help.'**