

How to refer

To refer a child or young person to Letting the Future In, or to find out more about the programme, contact:

NSPCC
Peterborough Service Centre
Unit 12, Flag Business Exchange
Vicarage Farm Road
Peterborough
PE1 5TX
Call 01733 207 620
Email peterborough@nspcc.org.uk

Our helpline

If you're worried about a child, you can contact our helpline 24/7 for help, advice and support.

Call 0808 800 5000, text 88858,
email help@nspcc.org.uk or visit nspcc.org.uk/helpline



A GUIDE FOR
PROFESSIONALS

Letting the Future In: Service for Children with Learning Disabilities

Letting the Future In: Children with Learning Disabilities is a therapeutic service for children and young people aged 4 – 19 who have been sexually abused.

We know that children and young people who have been abused can feel confused and upset about what's happened to them, but having the chance to explore their thoughts and feelings can be really helpful.



Who's it for?

Letting the Future In: Children with Learning Disabilities is suitable where a joint or single agency investigation has concluded that sexual abuse has occurred or where a multi-agency team of professionals has concluded there is a strong likelihood that sexual abuse has occurred.



The child should be living in a stable environment with a parent or carer, and not with the alleged perpetrator. The parent or carer will be involved in the programme and offered individual support and joint sessions with their child. For most families, this lasts about a year.

What happens during the sessions?

During the first few sessions the worker will talk to the child to get to know them and understand what help they need. They'll also meet the parents or carers separately to understand their needs and answer any questions they might have.

The child's worker will try a wide range of approaches. These include things like messy play, writing, painting and storytelling. We use play therapy techniques because talking about abuse can be very difficult. Play therapy



is a safe way for children to explore their experiences without reliving trauma. Over time, children feel less afraid, more able to cope, and hopeful for the future.

After three to six sessions the NSPCC worker will meet with the parent or carer and the child. They'll decide if the child needs continued support and what they should focus on during future sessions.

What are the aims of the programme?

For every child we help, we aim to make sure:

- our approach is considerate of their emotions and situation
- their parents or carers gain a better understanding of the impact of sexual abuse on their child and an improved ability to respond to their child's needs.

**Abuse changes childhood.
But so can we.**

Letting the Future In is being delivered in 16 sites across the UK. We've evaluated the whole programme to find the very best methods for supporting children and young people who have been affected by sexual abuse. We are now piloting the service with six external partners, to share our learning and reach as many children as possible. We've also adapted the programme to support children with learning disabilities.

