



creating space  
for change

[www.pause.org.uk](http://www.pause.org.uk)



# Why Pause?

**Pause** works with women who have experienced, or are at risk of, repeated pregnancies that result in children needing to be removed from their care. Pause aims to break this cycle and give women the opportunity to pause and take control of their lives. The purpose of Pause is to prevent the damaging consequences of thousands more children being taken into care each year.

**Pause** was created by professionals with frontline experience of working with vulnerable adults such as care leavers and sex workers, as well as in family courts and the field of child protection. The key to our success is the relationships we build with women at risk

of becoming pregnant and having a child taken into care.

We work in partnership, finding new ways to overcome the problems of the past, meet the challenges of the present so that, together, we can build a better future.

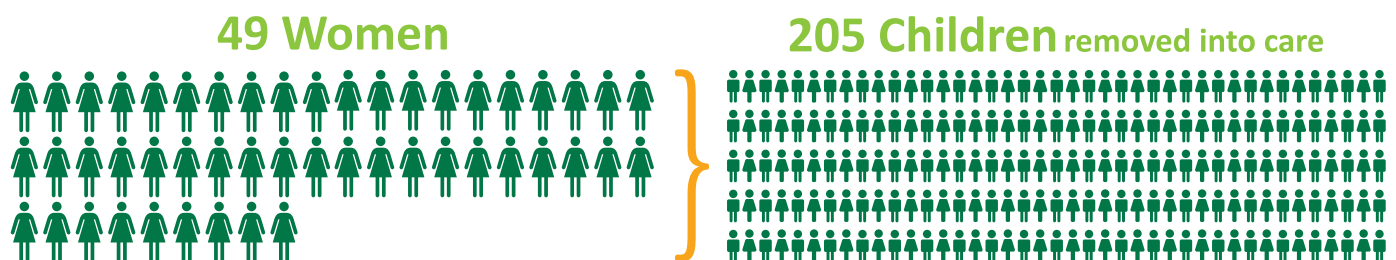
## The background

Every local authority in Britain has experience of working with women who have multiple children removed into the care system. These women are typically disadvantaged with emotional, environmental and health-related problems.

Many grew up in care themselves and their children face a disproportionate risk of becoming vulnerable adults.

On average, they are significantly more likely to require interventions from public services throughout their lives and have their children removed from their care too.

Once the child has been removed into care these women still need support. However, too often the appropriate care is not available or they slip through the net.



Hackney Feasibility Study 2013

## The statistics

The research in Hackney in 2013 has been further supported by a national study by Broadhurst et al in 2014 which compiled a comprehensive national data set.

This 2014 study estimates the scale and pattern of recurrent care proceedings over a seven year period. The numbers are significant, showing a total of 46,094 birth mothers appearing before the courts of which 15.5% (7,143) were linked to current care applications.

As each woman may be linked to more than one child, the total number of care applications associated with this cohort is as high as 29% of all care applications (22,790). (Broadhurst et al 2014).

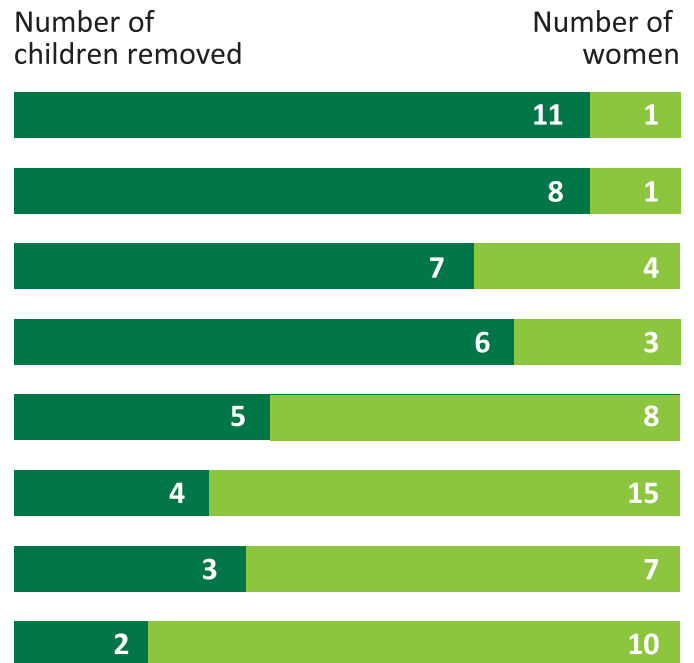
Additional findings confirm that 'the women are caught in a cycle of short interval pregnancies and subsequent proceedings, giving them little time to make or evidence changes in their lives' (Broadhurst et al 2014).

# Who are the women?

## Why are these women caught in this cycle?

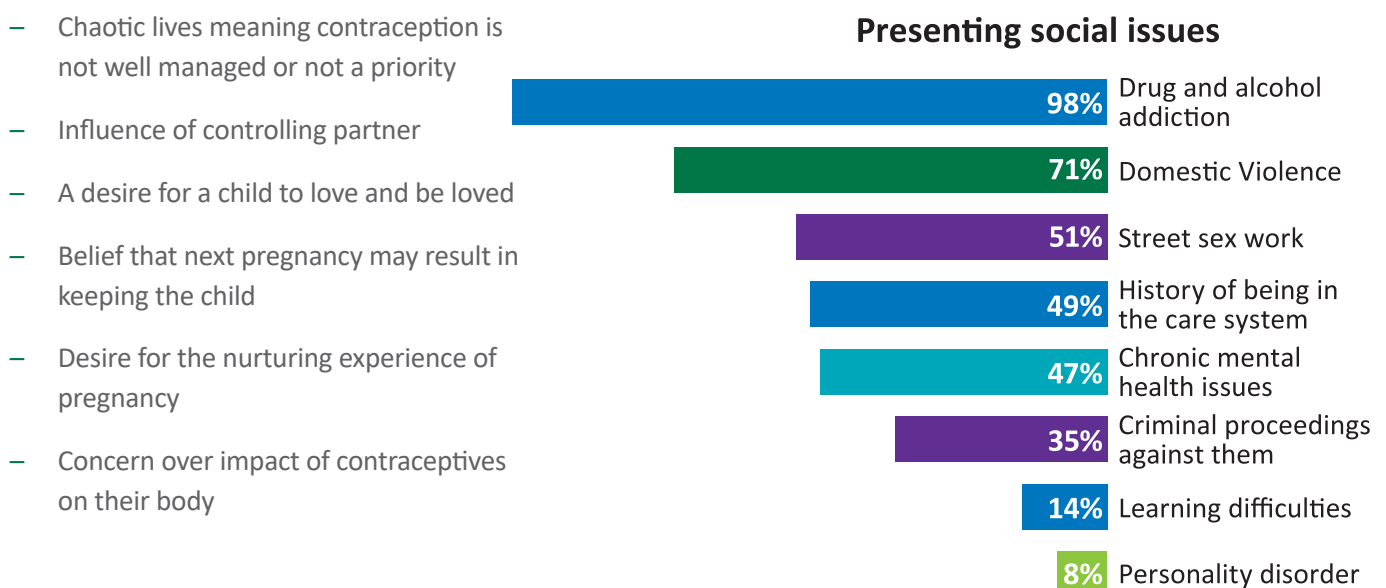
There are a number of underlying assumptions, observations and data about the women on **Pause** and why they repeatedly have children who are taken into care.

- The women are often under-prioritised by services once they are no longer responsible for a child
- Although this group have complex needs, they often do not fit the referral criteria for help
- The women may have built up hostility and mistrust towards different services so engagement can be problematic
- Often the trauma of loss and grief from having children removed has not been effectively addressed and it represents a substantial barrier to these women moving forward positively with their lives
- The long term, very intensive and systemic support needed by these women is typically unavailable through existing universal or specialist services



Hackney Feasibility Study 2013

## Additionally, each woman is likely to have experienced one or more of the following:



Hackney Feasibility Study 2013

# How Pause works

## The integrated model

It offers an intense programme of therapeutic, practical and behavioural support through an integrated and systemic model. Each woman has a bespoke programme designed around their needs. The diagram below explains the key elements and examples of our approach:



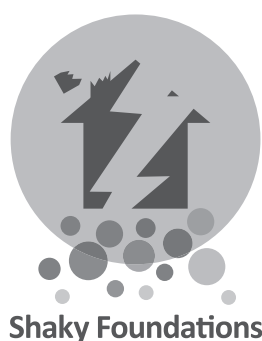
## Relationship-based practice in action

**Pause** never gives up on the women, many of whom have been in care themselves. Nor does **Pause** label them according to their problems such as drug or alcohol addiction, criminal conviction, domestic violence or mental health.

Instead, in local areas across the country **Pause** is offering women the support they need to pause and help them gain better control of their lives.

**Pause** then offers them an intensive, flexible programme of support, tailored to their individual needs, so they tackle destructive patterns, develop new skills and avoid further trauma. This helps them set in place strong foundations on which they can build a more positive future for themselves.

## The Pause effect



## Working in partnership

**Pause** works with a range of partners across the third sector and local authorities.

Using our specialist scoping tools, we work with potential partners to identify those who may benefit from Pause support in each area. Should they wish to take the programme forward, we work with them to set up and embed the service and provide ongoing professional support and training for those working within the Pause Practice.

We are also beginning to expand our provision beyond England to Scotland, Wales and Northern Ireland.

## What Pause does

**Requires the women to use the most effective form of reversible contraception**

**Helps build their resilience and self-esteem**

**Offers bespoke education/career plans**

## Helps build healthy boundaries

## Helps women learn ways to avoid adversarial interactions

**Works closely with partners and others in their system**

### Reflects on their responsibility to previous children

**Addresses negative issues, like drug use and domestic violence, when the women are ready**

**Supports the women into stable accommodation and helps them sustain it**

## Develops aspirations for the future

**Supports the women to reflect on the past and face trauma**

## What Pause does not do

## Work with women to get their children back

### Offer parenting support or parenting classes

## Conduct parenting assessments

## Rescue women and run their lives for them

## The economic benefits

For every £1 spent on **Pause**, £1.38 was saved by children's services departments alone, with other services, such as health, housing and criminal justice, also seeing savings. Over two years, this equated to a cost saving for children's services of £976.836.

Money spent on Pause

Category	Money Spent (£)
100%	20
75%	15
50%	10
25%	5
0%	0

[illegible]

Source: Independent evaluation of Pause by Opcit Research and University of Central Lancashire on behalf of the Department for Education (England)

## National programme

### Current Pause Practices

Barking & Dagenham	Newham
Bexley	North East
Bristol	Northern Trust
Cumbria	Nottingham
Derbyshire	Plymouth
Doncaster	Rotherham
Dundee	Southwark
Greenwich	Slough
Haringey	St Helens
Hackney	West Sussex
Hull	Wigan
Islington	Wiltshire

### In development

Croydon	Northamptonshire
Somerset	Worcestershire

### London



## Contact us



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