



# BE PART OF THE **SHIFT**

Transcending Trauma,  
Reclaiming Futures



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# WELCOME TO EDSHIFT

As a charity, EdShift believes every child deserves to feel safe, but we know not all children do.

We exist for the hidden victims of domestic abuse, children and young people.

Through the power of the arts, we help them find their voice, feel heard and supported, and begin their journey towards healing. We do this through a comprehensive pathway of care, from drop-in and added-value provision through to prevention and early intervention, right up to complex therapeutic support. We meet children where they are, so no child slips through the net.

EdShift's home is The YouthBase, a community anchor where children and families find belonging, safety, and connection, and hear the message every child deserves to know:

**You matter. You are not alone.**

**"A charity's sustainability depends on people engaging, and this has been one of the biggest barriers I've faced in six years of running EdShift."**

**THROUGH THE POWER OF THE ARTS...**

**We are a FORCE  
FOR change**

**ELLIE BROOK  
CEO & FOUNDER**

A photograph of two young girls with curly hair, one wearing a pink bow and the other a white bow, sitting at a table and painting. They are focused on their work, with paintbrushes and paint palettes in front of them. A large green monstera leaf is visible in the background.

# EdShift

/'ɛdʃɪft/ (ed-shift) noun

A movement to dismantle old systems and shift mindsets, using the arts as connection, expression, and change, with children and young people at the heart of building a world beyond domestic abuse.

## THE NEED

Domestic abuse impacts thousands of children every year, and many are living scared and alone, behind closed doors.

- 1 IN 3** 1 in 3 children will be exposed to domestic abuse or violence in their lifetime
- 800,000+** Over 800,000 children are affected by domestic abuse each year
- 180,000** 180,000 children in the UK are at risk of serious harm or murder
- 148,852** Of the 800,000 affected, only 148,852 receive support

And these are only the cases that are reported. We know it can take a victim 30 incidents of abuse before contacting emergency services, meaning many children remain unseen and unsupported.



# ABOUT EDSHIFT SAFE FOUNDATIONS, BRIGHT FUTURES

**EdShift is more than a charity, we are a trusted community partner, innovating in early intervention and trauma-informed support for children affected by domestic abuse.**

Our approach is flexible, responsive, and creative, using the arts to break down barriers, empower children, and support them to safely process their experiences.

Founded in 2018 by a local survivor, EdShift was built alongside children and families and remains deeply rooted in the community it serves. Since our inception, we have grown to meet local need, including the creation of The YouthBase, a community space where children can build connections, develop trust, and find a sense of belonging in a place that understands.

Alongside direct support for children, we also provide training and resources for professionals, helping frontline services respond with confidence, compassion, and trauma-informed practice.

This work is not possible without partnership. Ongoing support allows EdShift to remain responsive to children's needs and provide a safe foundation for recovery and growth.

# OUR IMPACT CHANGING LIVES THROUGH EARLY INTERVENTION

**At EdShift, impact is at the heart of everything we do. From creative workshops to family support, every programme is designed to help children, families, and communities recover, rebuild, and flourish.**



## Impact for Professionals

**Frontline practitioners gain:**

- Improved trauma-informed practice skills and confidence
- Stronger coordination and earlier, more effective support for children
- Access to innovative training, consultancy, and resources



## Community Impact

- Peer connection, group activities, and community engagement
- Stronger belonging, trust, and resilience
- Safe spaces where children and families feel seen, supported, and included
- A reduction in cycles of harm, helping families move forward and supporting safer futures for children



## Impact for Children

**Children and young people experience:**

- Improved emotional literacy and confidence in self-expression
- Stronger coping strategies, emotional regulation, and resilience
- Increased feelings of safety, trust, and hope
- Better peer relationships and improved engagement with education and support services



## Impact for Families

**Parents and carers experience:**

- Strengthened relationships and reduced isolation
- Practical support (food, transport, resources) that removes barriers to accessing help
- Greater confidence in supporting their child's recovery and wellbeing



## Equity and Inclusion

Our work is relational, because we know recovery isn't possible without first building trust, connection, and belonging. That's why we create safe, creative environments where children and families feel seen, supported, and ready to engage. Our arts-based, trauma-informed approach helps reduce barriers linked to poverty, disability, neurodiversity, and mistrust of services. Everything we do is shaped by lived experience, ensuring our support is safe, accessible, and responsive to what children and families truly need.

# VOLUNTEERING OPPORTUNITIES

# MAKE A DIFFERENCE

# WITH EDSHIFT

Join our volunteer community today  
Email: [nuji@edshift.co.uk](mailto:nuji@edshift.co.uk)



**Volunteering with EdShift is more than giving time, it's about becoming part of a supportive community, helping children and families thrive, and contributing your skills to meaningful work.**

Volunteers are central to EdShift's work, supporting daily operations, creative programmes, and community engagement. Opportunities are flexible and suited to a range of skills and availability.

## Key Roles

### In Touch Youth Club:

Monthly drop-in for children aged 4+, support creative activities and safe environment

### Community Events:

Seasonal events to engage local community

### Emergency Food Bag Scheme:

Shopping, assembling, and distributing essential food bags

### Carer's Afternoon Brew:

Bi-monthly coffee afternoons to support Safe Carers

### Admin Support at YouthBase:

General admin, stock management, fundraising support



*NO MATTER YOUR  
EXPERIENCE OR  
AVAILABILITY, THERE IS  
A ROLE FOR YOU.*

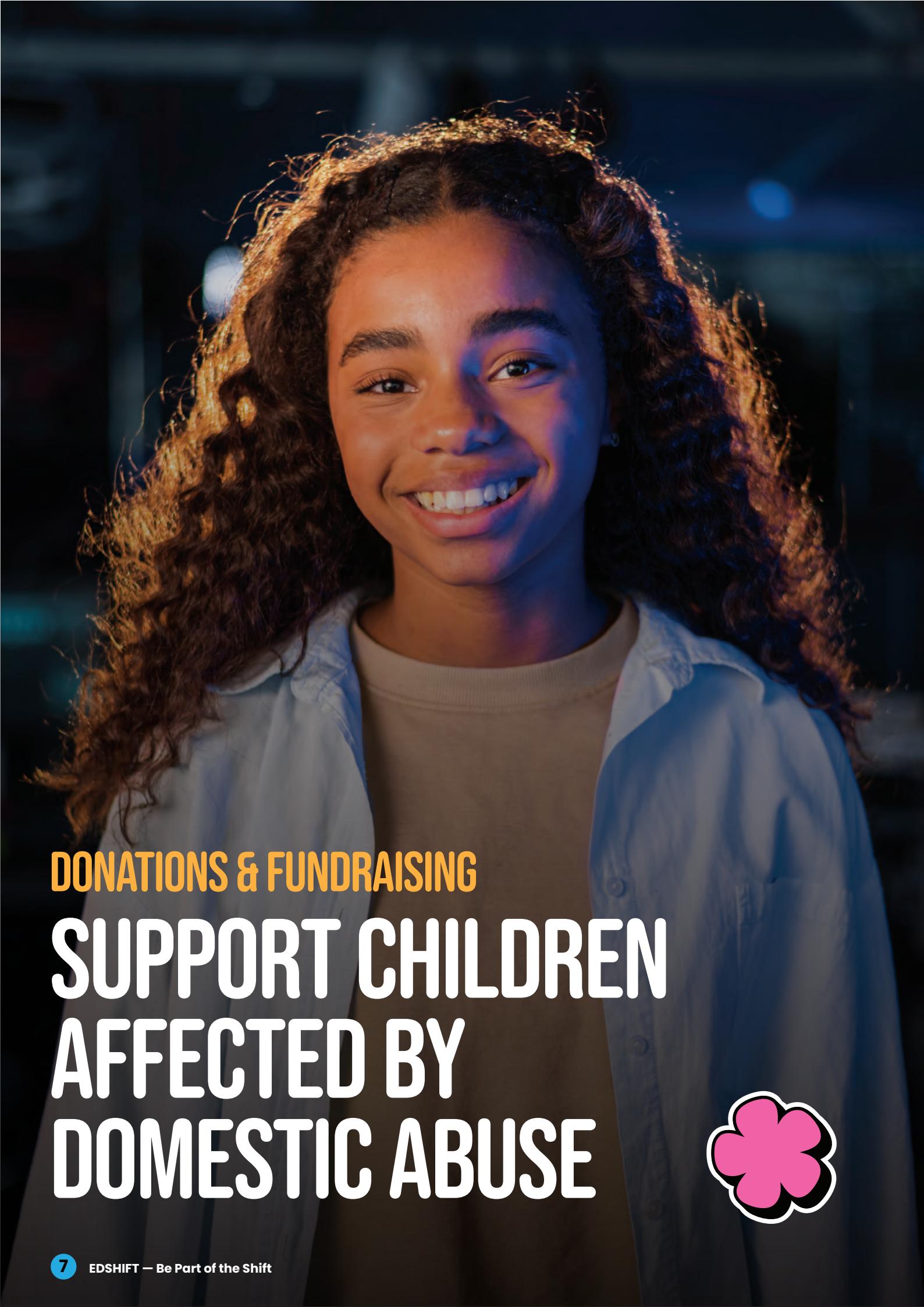
#### **Commitment:**

Minimum 36 hours annually  
(3 hours/month)

#### **Requirements:**

Passion for the arts, willingness to undergo DBS check, participation in training





**DONATIONS & FUNDRAISING  
SUPPORT CHILDREN  
AFFECTED BY  
DOMESTIC ABUSE**



Your generosity helps EdShift continue to provide safe spaces, creative activities, and trauma-informed support for children and families. Every donation, big or small, makes a tangible difference.

- ✓ One-off donations
- ✓ Monthly/regular giving
- ✓ Corporate giving or sponsorship
- ✓ Legacy gifts
- ✓ Payroll Giving (Give As You Earn)
- ✓ Easyfundraising – [www.easyfundraising.org.uk/causes/edshift](http://www.easyfundraising.org.uk/causes/edshift)



Make a difference Today!



Donate, fundraise, or volunteer to help children and families affected by domestic abuse. Every gift counts.

Contact us via email:  
[nuji@edshift.co.uk](mailto:nuji@edshift.co.uk)

# CORPORATE MEMBERSHIPS

# PARTNER WITH EDSHIFT

Our corporate partners play a vital role in sustaining our work, enabling us to expand programmes, invest in The YouthBase, and reach more children and families in need. We have three tiered memberships available.

**Bronze Tier: £250 per annum**

## COMMUNITY CHAMPIONS

### Benefits:

- ★ Strengthen your brand presence. Your company logo featured on our website and a backlink.
- ★ Access exclusive networking events and make new connections with other community-minded businesses
- ★ Quarterly updates that keep you informed on EdShift's impact and initiatives
- ★ Quarterly updates via a members newsletter.

- ★ Showcase your social impact and your commitment to vulnerable children and young people

If you'd like to be a  
Community Champion for  
EdShift please contact us at:  
[ellie@edshift.co.uk](mailto:ellie@edshift.co.uk)



**Silver Tier: £500 per annum**

## EMPOWERMENT ALLIES

### Benefits:

- ★ Strengthen your brand presence. Your company logo featured on our website and a backlink.
- ★ Access exclusive networking events and make new connections with other community-minded businesses
- ★ Quarterly updates that keep you informed on EdShift's impact and initiatives
- ★ Showcase your social impact and your commitment to vulnerable children and young people
- ★ Staff volunteering opportunities on our programmes

- ★ Quarterly updates via a members newsletter.
- ★ A Spotlight article and interview featuring your company's involvement, shared on our social media
- ★ Access to early registration for EdShift's events and training.

If you'd like to be an  
Empowerment Ally for  
EdShift please contact us at:  
[ellie@edshift.co.uk](mailto:ellie@edshift.co.uk)



**Gold Tier: £1000 per annum**

## CHANGE MAKERS

### Benefits:

- ★ Strengthen your brand presence. Your company logo featured on our website and a backlink.
- ★ Access exclusive networking events and make new connections with other community-minded businesses
- ★ Quarterly updates that keep you informed on EdShift's impact and initiatives
- ★ Showcase your social impact and your commitment to vulnerable children and young people
- ★ Staff volunteering opportunities on our programmes
- ★ Access to our wellbeing workshop sessions delivered by our Arts Therapist
- ★ A Spotlight article and interview featuring your company's involvement, shared on our social media
- ★ Access to early registration for EdShift's events and training

- ★ A collaboration with EdShift on a joint project aligned with EdShift's mission
- ★ A creative workshop for your team using creativity and the arts to explore your mission and aims
- ★ A detailed tailored impact report (including your logo) on how your involvement and support has transformed lives
- ★ Reduced rates on hiring our space for meetings, conferences and training
- ★ Quarterly updates via a members newsletter.

If you'd like to be Change Maker for EdShift please contact us at:  
[ellie@edshift.co.uk](mailto:ellie@edshift.co.uk)



## WHERE YOUR DONATIONS GO

# TURNING DONATIONS INTO REAL CHANGE

**Transparency is important to us. We want you to know how your support helps children and families heal, grow, and thrive.**

Your donations directly fund the programmes, resources, and spaces that support children and families.

Every donation helps EdShift support children and young people affected by domestic abuse and sexual violence through arts-led, trauma-informed support.



# ONE-OFF DONATIONS OR GIVE MONTHLY



Your donations helps us respond faster, reach more children, and provide consistent support when it matters most.

## GET IN TOUCH

For more information, or you'd like to donate, email: [info@edshift.co.uk](mailto:info@edshift.co.uk)

£10

**£10 could help build a BraveBox:** Helping a child feel safe, seen, and supported.

£25

**£25 could fund creative wellbeing resources:** Giving a child the tools to express feelings beyond words.

£50

**£50 could support trauma-informed creative sessions:** Helping children rebuild confidence, resilience, and emotional safety.

£100

**£100 could fund an early intervention SpotLight session:** Reaching children and young people early, before things escalate.

£250

**£250 could support a child through a series of sessions:** Helping them feel less alone and more able to cope day-to-day.

£1000

**£1,000 could fund 10 outreach / support sessions:** Creating consistent support for multiple children and young people.

£10,000

**£10,000 could help keep EdShift programmes running:** Supporting services like The Nest, SpotLight, BraveBox and Little Nests.

£20,000

**£20,000 could keep The YouthBase open for a year:** Giving children a safe space to feel heard, supported, and start healing after trauma.





# OUR EVIDENCE REAL STORIES, REAL IMPACT

The best measure of our work is the difference it makes to children, families, and professionals. Through testimonials and case studies, you can see how EdShift transforms lives.

# CASE STUDY

## Reuben

Reuben (name changed for anonymity), a 7-year-old boy, was referred to EdShift's Little Nests group art therapy programme following exposure to domestic abuse within his family home. His father, the perpetrator, was simultaneously attending a behaviour change programme. Reuben's referral formed part of EdShift's parallel therapeutic work with children of men in these programmes, creating a joined-up, whole-family intervention supporting recovery and change.

At the beginning of the 12-week programme, Reuben presented as quiet, observant, and emotionally guarded. He gravitated towards highly controllable materials such as pencils and fine markers, avoiding sensory-rich media like clay or paint. His artwork was small and detailed, reflecting a strong need for predictability and control, commonly associated with anxiety and hypervigilance following trauma. He was initially reluctant to speak about himself or his feelings and offered little narrative about his artwork. Early therapeutic goals focused on building emotional literacy, creative confidence, and relational safety.

By week four, subtle shifts emerged. Reuben began using more colour and space and showed greater willingness to talk about his work. In one session, he created a landscape with a winding river, describing it as "a place where you go to be quiet," using metaphor to express inner experience. His artwork began to fill more of the page, reflecting increased confidence and emotional presence.

Over time, Reuben became more open about relationships in his life, particularly with his mum and siblings, and was able to express both positive emotions and worry about his father, whom he continued to see occasionally. While still cautious with sensory materials, he gradually introduced more texture. During a "Bird of Hope" activity, he created a brightly coloured bird with a strong wing, explaining, "It can fly over trouble really fast," symbolising resilience and protection.

Reuben's relational engagement also shifted. He began sharing his ideas confidently and participating actively in group discussions. His emotional language expanded, enabling him to name more complex feelings such as anger and confusion. By the final sessions, he was relaxed, playful, and supportive of peers. In a collaborative artwork themed "a place where all the good things live," he added a tree with multicoloured leaves representing "everyone's feelings and ideas."

Reuben's journey demonstrates the impact of group art therapy for children affected by trauma. Supported alongside his father's engagement in behaviour change work, Little Nests provided Reuben with a safe, creative space where he could be seen, heard, and begin to heal.

# WONDER

## EDSHIFT THE YOUTH TO B



### Impact Snapshot

**100%** 100% of children report feeling safer, knowing what to do in an emergency, and feeling more confident asking for help.

**98%** 98% feel better able to express their feelings, and say they can concentrate more in class.

**96%** 96% report improved self-esteem, improved peer relationships

**100%** 100% of children report feeling less alone.

## TESTIMONIALS

# Making a Difference

"Thank you for always listening to me. Not judging me. It gave me the confidence to finally talk about the things that have happened to me, and now I find it much easier to talk about stuff that I'd usually let build up inside of me."

"I brought my girl to her session today at EdShift for her SpotLight sessions. What a kind, friendly, welcoming team. Thank you for making us feel so at ease. All my daughter has done is talk about her session since she left. Thank you."

"My daughter first had support with EdShift about 5 months ago when we had just moved to the area. It was a step into a new place, and we were so happy we could get support there. It was like we were being given the chance to have a fresh start again. My daughter had confidence issues and got bullied at school, but SpotLight turned that around. It wasn't a support thing for us, it was a lifeline after a lot of pain and abuse. I am so grateful for all their support from the staff, who go the extra mile with the little extras like the food parcels."

"If other children have gone through the same as me, then put them through SpotLight, it will make them happy in life."

"Now I am much kinder to my siblings. I am not as aggressive. Now I work harder in school. You always help me with my troubles. Why can't you come every day?"

"We always find in school that pupils engage really well with SpotLight sessions. This support is vital and the positive impact the sessions have on pupil's emotional wellbeing is extensive. Thank you on behalf of all you do for our pupils."

## CONTACT US

# STAY CONNECTED

We love hearing from our community, whether you want to volunteer, donate, fundraise, or simply learn more about our work.



## Follow us



@edshiftcio



@EdShift-CIO



@EdShift CIO

## Get in Touch

**Visit us:** The YouthBase, 7 Harrison Road, HX1 2AG

**Call us:** 01422 773174

**Email us:** [info@edshift.co.uk](mailto:info@edshift.co.uk)