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# SISTER SQUAD OUTREACH PROGRAM

**Presented By**

The Daddyless Daughters Project CIC

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# ABOUT

## The Daddyless Daughters Project CIC

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## Who We Are

The Daddyless Daughters Project CIC provides physical and emotional safe spaces for girls and young women who have been affected by family breakdown, abuse and adversity. We support girls and young women to go on to build and sustain healthy relationships and lifestyles in aid of preventing criminal and sexual exploitation.

## What We Do

We provide one to one/group mentoring programs, creative expression projects, community events and educational workshops. Our work is centred around research, lived experiences and trauma informed practices.

## What Is Sister Squad?

Sister Squad is a trauma informed mentoring outreach program led by trained lived experience mentors. Our specialised outreach mentoring service offers comprehensive support and intervention measures to address the unique challenges faced by fatherless girls and young women with complex needs. The Sister Squad outreach program is a direct response to compelling research published in March 2022 by the [Agenda Alliance & Young Women's Justice Project](#). This research sheds light on the overlapping themes and experiences of marginalised girls and young women engaging with the Criminal Justice System. Our outreach program also addresses findings from [The Commission Young Lives and Manchester Metropolitan University](#) revealing up to 60,000 girls in England, often associated with gangs, face vulnerability to serious violence, yet they remain largely invisible in the existing gang prevention services, which primarily focus on boys. Sister Squad aims to address these critical gaps, providing much-needed support and intervention for vulnerable young women in care and those affected by family breakdown, abuse and adversity by educating and empowering them to build positive and fulfilling lives free from trauma and complex behaviour patterns.

# ABOUT SISTER SQUAD OUTREACH PROGRAM

Sister Squad is a community-based mentoring program led by trained lived experience mentors.

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We support young women and girls between the age of 11 – 25, who are identified as;

- At risk of serious violence, grooming, exploitation (criminal and sexual), and wider criminal networks
- Live in a household where domestic abuse is present or has experienced any form of violence and abuse themselves
- Looked after child and/or care-leaver
- Girls and young women in or leaving secure settings such as secure Childers homes and prison
- Girls and young women in or at risk of entering the criminal justice system
- Presents with complex emotional and social needs
- NEET
- Pregnant/had a child during adolescence and/or has a child removed

Our mentors undergo DBS checks, trauma-informed and therapeutic training, equipping them with the tools and techniques needed to understand complex behaviors such as hyper sexuality, self-harming, eating disorders, substance misuse, and offending.



# WHAT DOES SISTER SQUAD OFFER?

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Throughout the year, we will deliver the following on a basic package but depending on the girls needs or circumstances, prices and support plans may vary.

- **Targeted Trauma Informed Mentoring Session's** – We offer trauma informed mentoring packages, hours will vary depending on the needs and circumstances of the YW. Session themes address complex behaviours such as self harming, hyper sexuality, eating disorders, substance misuse, offending, physical and/or verbal aggression and engaging in harmful relationships.
- **Therapeutic SCA Activities (Sports, Culture and Arts)** - Once a month, YW will be given the opportunity to explore a therapeutic activity of their choice to help them adopt a healthy hobby or interest which supports them in managing their trauma and triggers.
- **Community Empowerment Events** - Every quarter, Daddyless Daughters hosts empowerment events for the wider community to come together and explore themes that may be affecting vulnerable girls and women. This fosters a stronger community network and sense of belonging amongst peers in every young woman's life.
- **Creative Expression Projects & Productions** - All young women referred to our Sister Squad Outreach Program will be given the opportunity to participate in any creative projects produced by Daddyless Daughters, gaining training and education within the creative industry.

We use the wellbeing scale and weekly reporting system to measure & monitor our outcomes. All reports can be requested by parents & professional networks.

# Objectives

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- **Empowerment:** The program aims to educate YW on healthier ways to overcome adversity empowering them to shape and sharpen their identity, self image and emotional intelligence.
- **Lived-experience Mentoring:** The program seeks to establish a strong community support network through lived-experience mentors who understand the struggles faced by the girls, offering guidance, encouragement, and a safe space for sharing experiences.
- **Trauma-Informed Approach:** Our program is centred on adopting a trauma-informed approach in all activities and workshops, recognising the impact of trauma on the lives of the participants and aims to provide a supportive and understanding environment that promotes healing and growth.
- **Building Positive Relationships:** To help girls and young women develop healthy and positive relationships within their families, communities, and wider society.
- **Social & Emotional Development:** To equip young women with essential life skills, including emotional intelligence, communication, conflict resolution, and decision-making abilities and aims to emotionally and socially prepare them for independence and future success.
- **Preventing Criminal Involvement:** To reduce the risk of girls and young women engaging with the criminal justice system or becoming involved in criminal networks. The program aims to offer positive alternatives and support to steer them away from potentially harmful situations.
- **Cultural and Artistic Expression:** To promote self-expression and creativity through sports, culture, and arts (SCA) activities. The program recognizes the therapeutic benefits of artistic expression and encourages participants to explore their talents and interests.
- **Long-Term Impact:** To achieve sustainable and long-term positive outcomes for the participants. The program's ultimate goal is to empower young women and girls to lead fulfilling lives, breaking barriers, and becoming positive role models for future generations.

By working towards these objectives, the Sister Squad Outreach Programme seeks to make a meaningful difference in the lives of vulnerable girls and young women with complex emotional and social needs, providing them with the tools and support they need to build healthy, successful, and independent futures.



**To make a referral, [click here](#)**  
**For inquiries, contact us.**

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