

**The Pause team are taking new referrals**

**About Pause**

Pause is a service that aims to support women who no longer have their children in their care and are at risk of experiencing repeat pregnancies which may result in further removals.

We want to enable women to take a ‘pause’ from pregnancy and further court proceedings, allowing them to focus on themselves to make positive choices and changes in their life.

Part of the Pause programme requires women to use the most effective form of reversible contraception. Pause will work with women to identify the most appropriate contraception for them. However please do not let this prevent you having conversations with the woman about contraception prior to making a referral.

For more information about Pause as an organisation: <https://www.pause.org.uk/>

**What women can expect while on programme**

* An allocated worker and support from the Pause Hull
* Support in accessing the most appropriate services
* 18 months of personalised support plan tailored to their individual needs
* Opportunities for both one to one and group activity
* A chance to meet other women who have shared similar experience
* Opportunity to get involved in the ‘Next steps group’ following completion the program

**Pause Hull team:**

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| **Pause practitioners** |  |
| Paula Rutherford  Rebecca Lake  Faye Morley-Dale | Pause practice lead - Lee Smawfield  Pause co-ordinator - Samantha Tindall  Pause co-ordinator – Laura Gawthorpe |

If you would like to make a referral please call: **01482 616056**

If no one from the team is available, leave your name and number and we will return your call.