



About your visit to the Bridge



A guide
for children
aged 2 to 10
years

**This can be read by a child on
their own or with a carer, trusted
grown up or professional**

Call us now on 0117 342 6999

Or email: thebridge@uhbw.nhs.uk

www.thebridgecanhelp.org.uk



theBridge
here, no matter what

About the Bridge

Here at the Bridge we have friendly people who are good at looking after children.

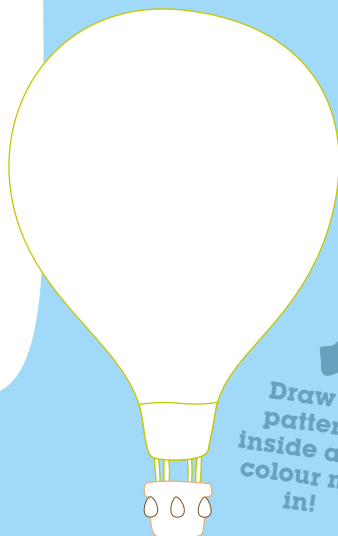
We are especially good at looking after children when someone has hurt them, shown them something or made them do something with their body that upset them. We know all about 'private parts' or your vagina if you're a girl and your penis if you're a boy.

You might know these by a different name.

There are many reasons why you might come to see us.

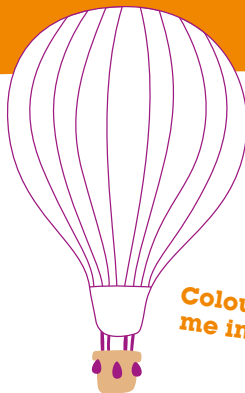
Maybe you have told someone that someone else is hurting you. It might be because someone is worried about you.

We are a friendly, safe place for you to be checked over and make sure you're ok.




Draw a
pattern
inside and
colour me
in!

What is going to happen here?



Colour
me in!



You might come to the Bridge with your parents or carer and some other adults like a social worker or the police.

You will meet one of our special helpers and a Doctor and you can play when you arrive.

The Doctor will ask to talk to the adults that come with you.

The Doctor will also like to talk with you and you can ask any questions you like.

The Doctor will ask if they can look at your body all over from head to toe.

The adult who came with you will stay with you if you want them to. The special helper will also stay with you.

The Doctor will ask to look at your vagina or penis and bottom with a special camera light. They might also ask to gently wipe with a cotton bud to do some tests.

The check-up won't hurt at all, but if you're not comfortable just tell the Doctor.

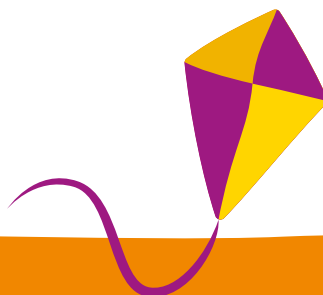
You can say 'no' at anytime if you are unhappy, shy, in pain or feel scared.

After the Doctor will let you know if everything is okay and you can play whilst the grown-ups and the doctor finish talking.

You might be at the Bridge for the morning or the afternoon,

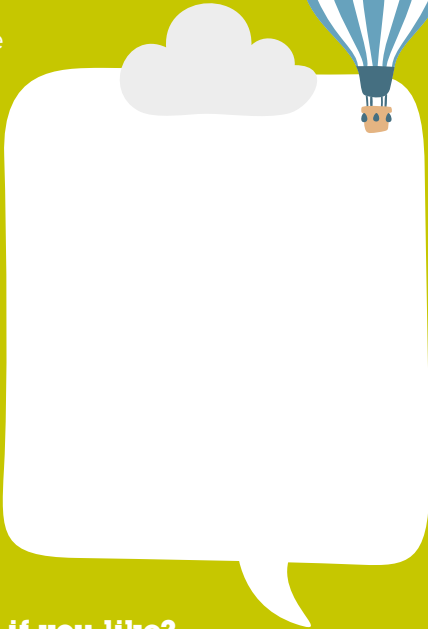
If you feel hungry or thirsty, or need the toilet, just ask- everyone is very friendly.

If you have any questions that's ok, ask us and we will try and answer them.

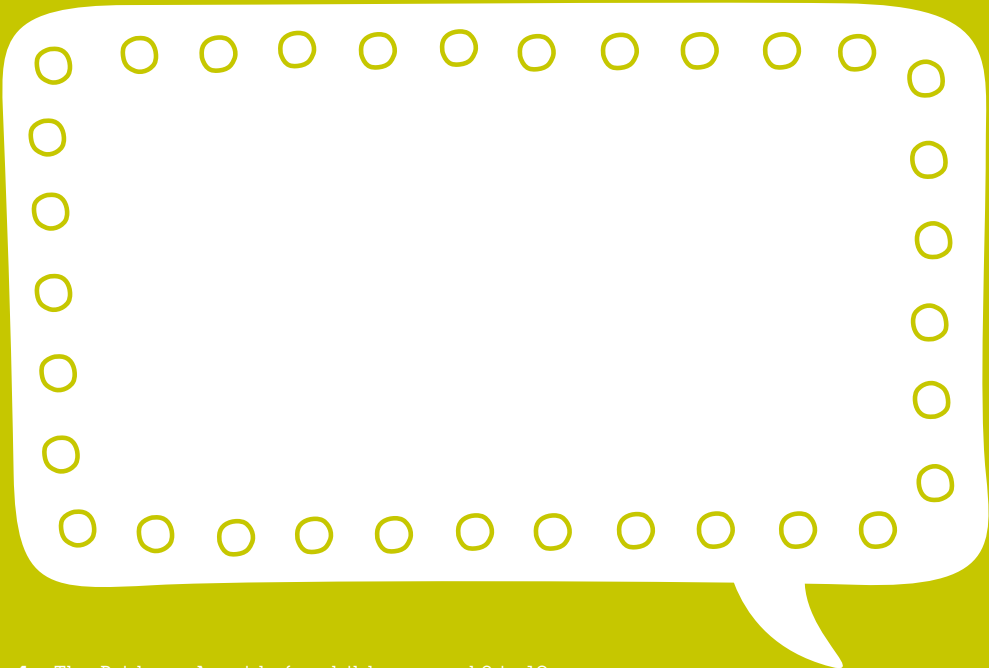


Do you have any questions now?

You can **write** or **draw** them here or use this space to tell us about you.



Colour in the dots if you like?



Here are some ideas that might be able to help you feel calm and safe and help with the feelings mentioned on the previous page.

Listen to a song you like (or remember the words to a song that makes you smile)



Think of things you like and write a list of them

Do something fun or sporty!



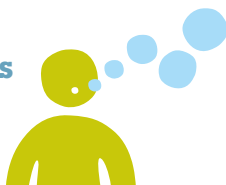
Talk to a friend/teacher/loved one

Squeeze something (slime, stress ball, bubble wrap or a stuffed toy)



Make up a game
e.g. name animals alphabetically (ant, bumble bee, cat, dog...)

Breathing techniques
(like blowing out candles or using tools e.g. blowing bubbles)


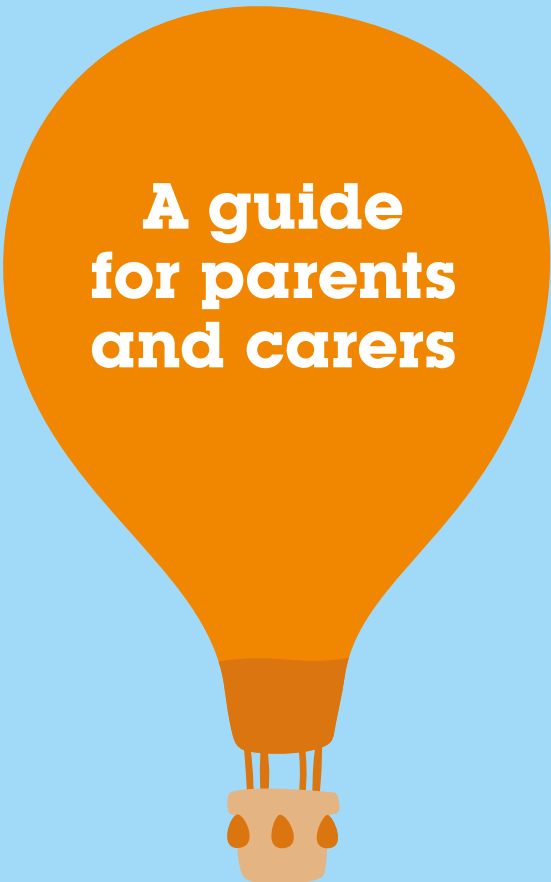


Make a tool kit with your favourite coping skills (bubbles, fidget spinner, song, smell etc)



Write down/draw how you are feeling

You could start a journal to help you understand your thoughts and feelings and feel more in control



**A guide
for parents
and carers**



**Here, no
matter
what**

Help after child sexual abuse

Call us now on 0117 342 6999

Or email: thebridge@uhbw.nhs.uk

www.thebridgecanhelp.org.uk

Supporting resources for parents, carers and siblings

We Stand: <https://westand.org.uk/our-services>

The parents' guide from the Somerset Phoenix project:
www.somersetphoenixproject.org.uk

NAPAC: <https://napac.org.uk>



Messages children need to hear

'You are not going crazy'

'You are strong'

'It's not your fault'

As a parent or carer what can I do to help?

- Make sure the abuse or other trauma has stopped - other professionals will help you with this
- Continue to build a relationship, by being honest, reliable and doing what you say you will do
- Have a reasonable understanding of trauma see <https://www.somersetphoenix-project.org.uk/for-parents-and-carers>
- Help them feel safe through nurture, structure and support
- Stay calm and well yourself
- Try to encourage a broad range of friendships in & out of school/nursery
- Keep an eye out for bullying or unhelpful relationships
- Talk openly about what makes a healthy or unhealthy relationship in an age appropriate way
- Encourage activities that were previously enjoyed – or new ones

Remember

- **Sexual abuse can happen to anyone's child** – however caring, protective, or well-informed parents are
- **There are often no warning signs for parents** – in fact, quite the opposite
- **You have an important role in your child's recovery**



If you care for or are a professional looking after a child with communication needs then please use these easy read prompts to help you explain to them what will happen at the Bridge



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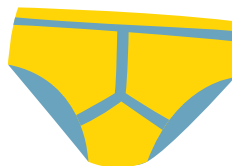
You can bring who you like with you



We have special doctors who are good at looking after children who have been hurt and knowing about 'private parts' or your vagina or penis



The doctor will ask if they can look at your body over from head to toe, making sure everything looks okay



The doctor will ask to look at your private parts with a special light



You can choose what parts of the examination you do and don't want and say '**no**' or '**stop**' at anytime

You can also access the children's passport, designed for children with disabilities. The aim of the passport is to provide our staff with extra information about your child before a visit. Please click **here** if you are reading this online or you can ring us and we will send a copy.

How to find us

We are on the **2nd floor** of the **Central Health Clinic, Tower Street, Bristol BS2 0JD**.

We are south of Castle Park, about 20 minutes walk through Broadmead from the main Bristol Royal Infirmary site. The main entrance is from Passage Street (just off the A4044).

If you are reading this booklet on-line, click the map below for our location on google maps.

By Car: The entrance is off Passage Street.

By Rail: Bristol Temple Meads is a 10 minute walk or 5 minute taxi journey.

By Bus: We are a 10 minute walk from Bristol Bus & Coach Station located on Marlborough Street.

By Bike: There is a bike stand outside Central Clinic where bikes can be locked.

Parking information: Children or young people, their carers and supporting professionals can park outside. Please ask staff about parking and permits.

Wifi information: Available for free as **UHB-Guest**

