

Useful Telephone Numbers

Trinity Winchester Women's Services

01962 828632

National Domestic Violence Helpline

0808 2000 247

Samaritans

08457 90 90 90

Police

999 (emergency)

101 (non-emergency)

Freedom Programme 24 hour Helpline

01942 262270

info@idacnw.co.uk (helpdesk)



Accessing the Freedom Programme

If you are in need of our support, or would just like to talk to us, please get in touch.

Telephone 01962 828632

Email women@trinitywinchester.org.uk

Visit Women's Service

First Floor

Bradbury House

Durrgate Place

Winchester SO23 8DX

Opening Times

Monday, Tuesday and Wednesday

10am – 3pm

Messages can be left outside of these times.

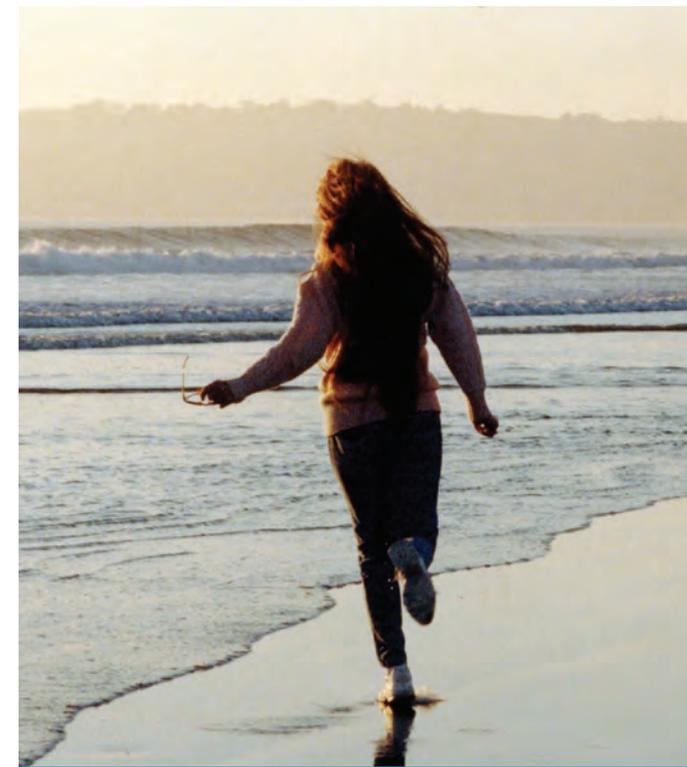
www.trinitywinchester.org.uk

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Registered charity number 1074604



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**Women's Services
Freedom Programme**

Helping Women Recover
from Domestic Abuse

www.trinitywinchester.org.uk

The Freedom Programme is an ongoing rolling programme that runs for 12 weeks. It is available in Winchester for women who have experienced domestic abuse.

Women are welcome to join at any time.

What is Domestic Abuse?

It is defined as any incident or pattern of incidents of controlling, coercive or threatening behaviour, violence or abuse between those aged 16 or over who are or have been intimate partners or family members, regardless of gender or sexuality. This can encompass but is not limited to the following types of abuse: psychological, physical, sexual, financial and emotional abuse.

Mr Right

A Non Abusive Man:

Is cheerful

Consistent

Supportive

Tells you you look good

Tells you you're competent

Uses your name

Trusts you

Trusts your judgement

Welcomes your friends and family

Encourages you to be independent

Supports your learning, career, etc.

Admits to being wrong

Is a responsible parent

Is an equal parent

Does his share of the housework

Shares financial responsibility

Accepts that you have a right to say no to sex

Takes responsibility for his own well-being

and happiness

In short...

Behaves like a reasonable human being

Mr Wrong

An Abusive Man:

Smashes things

Shouts

Sulks

Glares

Calls you names

Makes you feel ugly and useless

Cuts you off from your friends

Stops you working

Never admits he is wrong

Blames you, drugs, drink, stress etc.

Turns the children against you

Uses the children to control you

Never does his share of the housework

Never looks after the children

Expects sex on demand

Controls the money

Threatens or wheedles you to get his own way

Seduces your friends/sister/anyone

Expects you to be responsible for his wellbeing

Programme aims

The Freedom Programme helps women to realise that they are not alone, that abuse is not their fault and that the controlling behaviour of their abusers is a recognised pattern which they can learn to spot early on should it occur in future relationships. The impact of domestic abuse on children is also covered.

Women are helped to gain self-esteem and the confidence to improve their lives. They also receive signposting to the many supporting community resources available.

Emphasis is also placed on the behaviour of non-abusive men who are in the majority.

Joining our Group

Women can refer themselves, or be put forward at their request by someone who is supporting them.

There is no charge for the sessions.

We run the Freedom Programme throughout the year, and you can join at any point. Please contact us by calling 01962 828632 for more information on dates and times.

“Thanks for all the support you have all shown throughout a truly tough year for me. I feel confident that I am moving forward positively into a new era of my life..”