

## 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)



## Get in touch

Please do not hesitate to get in touch with Trinity Women's Service if you need to talk.

Telephone 01962 828632

Email [women@trinitywinchester.org.uk](mailto:women@trinitywinchester.org.uk)

Visit Women's Service

First Floor

Bradbury House

Durrgate Place

Winchester SO23 8DX

## Find Us

From M3 J9, follow signs to City Centre, along Wales Street into Durrgate Place.

We are on the right hand side opposite the Willow Tree Public House.

From the train station, go down North Walls, past the Police Station, branching left. We are on the left hand side just past the Durrgate Car Park.

[www.trinitywinchester.org.uk](http://www.trinitywinchester.org.uk)

 @Trinity\_Winch

 WinchesterTrinity

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**Women's Services**

Supporting Women  
to make Positive  
Change a Reality

[www.trinitywinchester.org.uk](http://www.trinitywinchester.org.uk)

“As part of my recovery programme I was introduced to Trinity where I began to attend many of their classes. I have also received some valuable counselling and joined the serenity group for women. Trinity Women's Service has been central in rebuilding my life. I have met some lovely new friends at Trinity and continue to make the most of the support they offer.”

A Women's Service client

## Our service

Trinity Women's Service offers a space where women who are feeling vulnerable can be listened to and supported to make positive changes in their lives. The confidential, non-judgemental service is provided at Bradbury House in Winchester.

Women who are experiencing difficulties for whatever reason are welcome to access our services. Issues that some of our clients have faced include domestic abuse, mental health, physical health, isolation, relationship issues and financial difficulties.

We offer a variety of structured courses and groups, as well as individual contact sessions with friendly and appropriately trained staff and volunteers, within a safe and supportive environment.



The following courses and sessions are available:

- Advice and information
- Nationally recognised Freedom Programme
- Individual counselling
- Therapeutic support groups
- Empowerment classes (confidence building)
- An extensive learning programme (see below)
- Holistic therapies
- Triple P parenting classes
- Outings and social activities

We offer the following classes which can lead to nationally recognised accreditation:

- Art
- IT
- Cooking
- Literacy and numeracy

If you would like to find out when the above courses are running, or to book a 1:1 session, please contact us on 01962 828632.

An up-to-date timetable of women's service activities can be found on our website [www.trinitywinchester.org.uk](http://www.trinitywinchester.org.uk).

“Thank you so much for all the help you gave me. It made me a better stronger person.”

## The Freedom Programme

We are the only local provider of the nationally accredited Freedom Programme, which is a 12 week course aimed at helping women suffering from domestic abuse to develop the skills and confidence to recognise and break free from their physical and psychological abuse.

This is a rolling programme that can be joined at any time throughout the year.

## Women's Services Opening Times

Monday, Tuesday and Wednesday  
10am – 3pm

Messages can be left outside of these times.

We are a direct access service open to women who are welcome to drop in or telephone or email us – please see the back page. Women can also be referred through a variety of support services.

Our services are offered free of charge, although donations are always welcome.

