

Support Services

Next Link

Safe house and crisis response service for women across Bristol. Community based services in north and south Bristol
0117 9250680
www.nextlinkhousing.co.uk

Victim Support

Emotional 1-1 support away from home across Bristol
0845 3030 900
www.tinyurl.com/3b766z4

Wish

Practical and emotional 1-1 support in South Bristol
0117 9038632
www.wishforabrighterfuture.org.uk

Bristol Domestic Abuse Helpline

24 hours free-phone confidential helpline for anyone seeking support
0800 6949 999

A Non-Abusive person

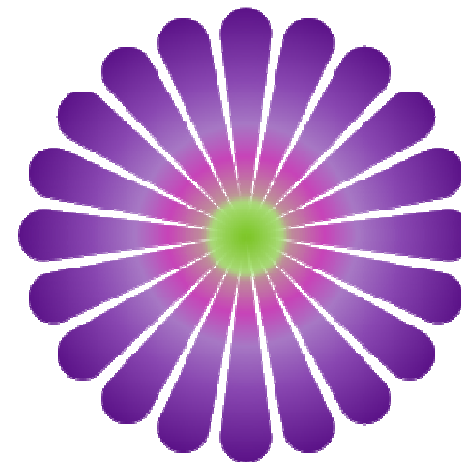
Is cheerful, consistent, supportive
Says you look good & are competent
Uses your name
Trusts you and your judgement
Welcomes your friends & family
Encourages you to be independent
Supports your learning, career etc
Admits to being wrong
Is a responsible and equal parent
Does their share of the housework
Accepts your right to say no to sex

An Abusive person

Shouts, sulks, smashes things, glares
Calls you names
Makes you feel ugly and useless
Cuts you off from friends & family
Stops you working
Never admits they are wrong
Blames you, drink, drugs, stress etc
Turns the children against you
Uses the children to control you
Expects sex on demand
Controls the money
Threatens to get their way
Expects you to be responsible for their well-being
Never does their share of housework or childcare

Bristol Freedom Programme

Support group for women



Free programme for any woman with experience of living with domestic violence and abuse

Tel: 07990 558593

Email:

Bristol.Freedom@gmail.com

Web: www.tinyurl.com/329p9qr

More About The Freedom Programme

What are the aims of the Freedom Programme?

1. To help women to understand the beliefs held by abusive men, and recognize which of these beliefs they may have shared
2. To show the effects of domestic violence and abuse on children
3. To help women to recognise potential future abusers
4. To help women to gain self esteem and the confidence to improve the quality of their lives
5. To introduce women to community resources such as Next Link, Wish, Victim Support, the police Domestic Abuse Referral and Investigation Teams, and Bristol Domestic Abuse Forum

What is the Freedom Programme?

The Freedom Programme is a free 12 week support and information group for women.

It lasts 12 weeks, but you can join whenever you feel ready. It's free to attend, and we only tell women who join the group where it meets.

Who is it for?

The Freedom Programme is for any woman who is or has been living with domestic abuse. It doesn't matter if you want to leave or not—we never pressure you to make that decision.

It's best if people choose to attend, instead of being told to.

You should be over 18 to join a group.

For more information, contact:

Survivor Groupwork Coordinator

Tel: 07990 558593

Email: Bristol.Freedom@gmail.com

Web: www.tinyurl.com/329p9qr (this link goes to the Bristol Domestic Abuse Forum website)

Where and when is it?

The Freedom Programme runs all over Bristol. All groups are open to women from any area.

Most Freedom Programmes run during the day, usually Tuesdays, Wednesdays or Thursdays. There is also one evening group, and a group just for BME women (BME women are also welcome to attend any other group)

What about childcare?

Most Freedom groups have a free crèche running in the same building. Only one group does not provide childcare, in the evenings.

What about access needs?

Please let us know if you have access needs, like an interpreter or a ramp. We will try to help with these.

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