



“ I was so isolated,
and someone has
always been on the end
of the phone for me. You
helped me realise what was
going on in my life and
have given me the
best advice when I
needed it ”

A life **FREE** from **abusive** relationships

Finding Freedom From Abuse is a registered charity that is committed to helping survivors of domestic abuse and sexual violence move forward with their lives.

Contact us:

enquiries@findingfreedom.org.uk
outreach@findingfreedom.org.uk

Phone: **0333 242 2055**

9:00am–10:00pm Monday to Friday; and
5:00pm–10:00pm on Saturdays and Sundays

**If you are in immediate danger
call the police on 999.**



THE
JOURNEY
STARTS
HERE
findingfreedom.org.uk

*The journey starts **HERE...***



What is domestic abuse?

Domestic abuse is an incident or pattern of incidents of controlling, coercive, threatening, degrading and violent behaviour, including sexual violence, between people in a relationship, and that can include family members.

THERE IS NO EXCUSE FOR IT – everyone has the right to be safe and to feel safe.

Finding Freedom From Abuse supports women, men, young people and children in the Test Valley area who have been affected by domestic and sexual violence and abuse – whether you are still in the relationship, looking at leaving or have already left and are still experiencing abuse.

Our services enable survivors of abuse to know they're not alone and can help them move forward with their lives.

What help is available?

We offer a range of services and programmes that offer emotional and practical support. All our services are tailored to meet your needs, which may include:

- Making sense of what has happened
- Exploring your legal options
- Ensuring your safety
- How it can impact the family
- Recognising the warning signs.

PEOPLE WE HAVE HELPED:

I am so much happier and can see myself in a better space moving forward in a positive way. It will take me longer to repair the damage that has been done over the years of abuse. The first steps were the hardest and I couldn't have done it without my key worker. I understand why these women in the centre call themselves key workers, they truly unlock the doors for us to make a new life for ourselves. I'm truly grateful to all the staff who supported me.

I also really found the freedom programme life changing! I have the knowledge of picking up subtle signs of abuse quickly, which is such a valuable lesson as so much gets overlooked; and this is something I can pass onto my daughter one day.

It's sort of hard to put into words how much help and support I received from you and the service. It was definitely the most challenging time in my life and I was in the darkest place but straight away you helped me understand that what was happening wasn't my fault and that I wasn't alone. I didn't feel this support with any other service, and I feel like you adapt your care to individuals and what they need. Also having support during court was life changing too, just not feeling alone and you also helped me keep my head in the game and stay focused.

Our services

- **Outreach Services:** This is a free service for women, men, children and young people (aged 4–17) who need our help. You can self-refer and will be supported by us. We will listen, provide you with information, and give you continued support as you make your own choices about the next steps.
- **Our Programmes:** We offer a range of therapeutic services that are designed to help you grow your confidence and self-esteem, and which also offer an opportunity to meet others who have had similar experiences.
- **Children and Young People:** We provide a safe and independent space for children and young people (4–17 years) who have either been direct victims of domestic abuse or have witnessed abuse in the home, to discuss what has happened and to process their emotions. We also work with schools to deliver a programme that covers healthy relationships and friendships.
- **Refuge Accommodation:** We provide a safe place to stay for women and women with their children. Our refuge accommodation can support up to 23 families, while we work with you to come to terms with your experiences and plan your future.
- **Moving from abuse to freedom:** Our services support you alongside other agencies such as solicitors, housing, benefits and social services, and we can provide practical and emotional support through the criminal, civil and family court process.