



# The Freedom Programme

## Feedback from previous participants:

"It supports you and helps you be who you want to be"

"It helps you to understand that you can stop the cycle of abuse. - **EMPOWERMENT**"

"It helps you to gain self belief and confidence"

It's an insight into why women feel the way they do and knowing what their experiences are"

It helps you live your life instead of just existing"

## The Freedom Programme

**The Freedom Programme is a twelve week rolling programme for any women who wishes to learn more about domestic abuse and violence.**

The aim of the course is to help women understand the beliefs held by abusive men and in doing so, recognise which of these beliefs they have shared.

The course also illustrates the effects of domestic abuse on children and assists women to recognise potential future abusers.

It helps women gain self-esteem and the confidence to improve the quality of their lives and introduces a range of community resources.

For more information please contact the **West Mercia Womens Aid**  
24 hour domestic violence helpline on: **0800 783 1359**



Supported by the four Shropshire Domestic Violence fora



**Please remember to erase the browsing history if you are looking at these at home!**

[www.womensaid.org.uk](http://www.womensaid.org.uk)  
(support for women)

[www.mensadviceline.org.uk](http://www.mensadviceline.org.uk)  
(support for men)

[www.thehideout.org.uk](http://www.thehideout.org.uk)  
(support for children)

[www.2shrop.net](http://www.2shrop.net)  
Shropshire Partnership  
(information and advice about crime, anti-social behaviour, alcohol & substance misuse and domestic abuse in Shropshire)

On the web

## In an emergency dial 999

**West Mercia Womens Aid**  
(Free to call from a landline)  
0800 783 1359

**Refuge 24hr Helpline**  
0808 200 0247

**Stonham Refuge**  
07843 632026

**Stonham Floating Support**  
07973 740666

**Police Domestic Abuse Unit**  
0300 333 3000

**Mens Advice Line**  
0808 801 0327

**Respect**  
0845 122 8609

**Broken Rainbow** - Advice for gay men & women, bi-sexual & transgender people  
0845 260 4460

**AWAAZ** - Support for Asian Women  
01902 571260

**Victim Support** (Shropshire)  
01743 362812

**Samaritans** (National)  
08457 909090

**Elder Abuse**  
0808 808 8141

**Citizens Advice Bureau** (Shropshire)  
0844 499 1100

**Child Line**  
0800 1111

**Impact Alcohol Advisory Service** (Shropshire)  
01743 245552

**Mental Health Helpline**  
0800 195 1700

**SSAFA** - Support for Forces Families  
0800 731 4880

**Forced Marriage Unit**  
020 7008 0151  
020 7008 1500 (Emergency Only)

Help is available



To find out more about the national Freedom Programme visit [www.freedomprogramme.co.uk](http://www.freedomprogramme.co.uk) or telephone Pat Craven on **01547 520228**



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