

## **DID YOU KNOW.....**

- 1 in 4 women experience domestic abuse at some stage during their lifetime.
- A call is made to the Police about a domestic violence incident every 60 seconds
- Domestic abuse occurs irrespective of age, gender, social class, race, income, lifestyle, where you live

### ***Maxine\* , a refuge resident writes***

" ... I was being both physically and emotionally abused by my partner, the father of my four kids. Sometimes when you are being abused you are so down and depressed that you don't really realise what is happening until others point it out.... My mum and my sister sat me down and told me how my partner was wrecking my life and my health, plus how it was affecting my children and their chance of a basic normal happy upbringing and home. They helped me get in contact with HPWA and helped and encouraged me to make the move. When I first arrived at HPWA I was both emotionally and physically exhausted, adding to which I was still a bit confused, wondering "am I really a domestic abuse victim?"

(\* The name has been changed to protect the identity of the writer)

### **KNOWING MORE ABOUT DOMESTIC ABUSE AND THE SUPPORT SERVICES WHICH EXIST COULD HELP YOU TO HELP VICTIMS LIKE MAXINE**

High Peak Women's Aid  
P O Box 22  
Glossop  
Derbyshire  
SK13 8AE  
Telephone or Text: 01457 856675



**High Peak  
Women's  
Aid**

**Formerly  
Glossop Women's Aid**

## **Domestic Abuse Awareness Training for Organisations**

**P O Box 22, Glossop, Derbyshire, SK13 8AE  
Freephone: 0800 019 8668**

**(free from BT landlines and payphones)  
Telephone or Text: 01457 856675**

**Telephones are staffed Monday to Friday 9.00 to  
5.00 An answering machine operates outside of  
these hours**

**[www.highpeakwomensaid.org.uk](http://www.highpeakwomensaid.org.uk)**

**Fax: 01457 855199**

**Email: [gwa@f2s.com](mailto:gwa@f2s.com)**

**Registered Charity Number: 1134679**

## HPWA TRAINING WHO IS IT FOR?

Our awareness training is suitable for any organisation – voluntary, statutory or private company - which provides a service to the public. That service could be a large health clinic, a legal advice service, a befriending scheme or a small weekly lunch club. Whatever your service you will almost certainly, from time to time, meet someone who is experiencing domestic abuse.

*That person may or may not choose to tell you that they are suffering domestic abuse. Victims are often too scared or ashamed to tell anyone, or feel that no one can help.*

- *If they do choose to tell you, are you confident that you would know how to support them and which support services you could refer them to?*
- *If they don't say anything, what might indicate to you that someone is experiencing domestic abuse and what might you be able to do?*

### **TRAINING OPPORTUNITIES WE CAN OFFER YOU**

Although our organisation specialises in working with women and children, we do acknowledge that men can suffer abuse and that equally abuse happens in same sex relationships. Our training and presentations usually refer to men as being the perpetrators as this is the most common situation but the training can be made more general if required.

#### **1. Domestic Abuse Awareness Training**

This is a tailor made session designed to meet the needs of your organisation. It can be a two hour session, a half day or a two day workshop. It typically covers some or all of the following topics:

- The dynamics of domestic abuse
- The effects of domestic abuse on the individual and family
- The myths and stereotypes that surround domestic abuse

- Why some women do not leave an abusive relationship
- Why some women leave but then return to the abuser
- Issues surrounding equality
- Good practice for other agencies
- Other related topics as required

#### **2. Short presentations on the work of High Peak Women's Aid**

In a presentation we usually cover a brief awareness of domestic abuse and talk about the services we offer to support women and children.

#### **3. FREEDOM programme taster session**



The Freedom programme is a 12 week programme for women who have experienced domestic abuse in the past and for those presently in an abusive relationship. Its aim is to help women understand the beliefs held by their abuser, help them recognise potential future abusers and to illustrate the effects of domestic violence on children. It is also about helping women gain self-esteem and the confidence to improve the quality of their lives.

We regularly hold taster sessions for referring agencies to raise awareness of the programme and to highlight its benefits to women

**For more information about any of the above sessions please contact us on tel: 01457 856675 or email [gwa@f2s.com](mailto:gwa@f2s.com)**