

**WDDAS**  
0800 915 1561  
[www.wakefield.gov.uk/domesticabuse](http://www.wakefield.gov.uk/domesticabuse)

**Rosalie Ryrie Foundation**  
Voluntary sector service working with victims, children, families and perpetrators of domestic abuse.  
01924 315140

**Well Women Centre**  
Service for women that provides a wide range of support and advice  
01924 211114

**Gasped**  
Practical and emotional support services to help male victims of domestic abuse  
01924 787501

**Penny Appeal**  
A domestic abuse helpline for those aged 18 plus. Domestic abuse counselling is available.  
0808 802 3333

**GALOP**  
National helpline for people identifying as LGBTQ who are experiencing domestic abuse  
0800 999 5428

**Karma Nirvana**  
A helpline for all victims and survivors of forced marriage and honour-based abuse.  
[0800 5999 247](http://www.karnanirvana.org.uk)

**Havercroft Family Hub**  
**Cow Lane**  
**Havercroft**  
**WF4 2BE**  
**01924 306312**

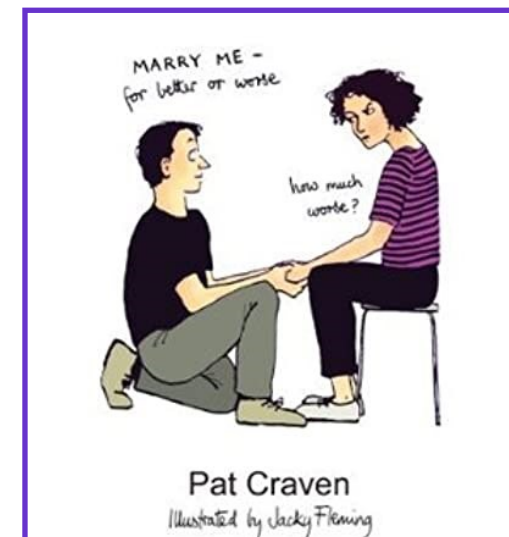
**Cedars Family Hub**  
**Barnsley Road**  
**Hemsworth**  
**WF9 4PU**  
**01977 722305**

**To find access to other local family hubs please check out the website below:**

**[Wakefieldfamilies.together.co.uk](http://Wakefieldfamilies.together.co.uk)**



**The Freedom Programme**  
**A Domestic abuse Recovery Programme**



**Have you experienced domestic abuse and need support? Come and join our female group and meet new friends. This is a free and friendly support group.**

**wakefieldcouncil**  
Children and Young People

## QUOTES

“The Freedom Programme has helped me to begin the healing process and has allowed me to close this chapter of my life and move forward”

“I do feel that the Freedom Programme has helped me to realise that not all men behave in this way”

“I am starting to feel stronger”

## WHAT IS THE FREEDOM PROGRAMME?

The Freedom Programme is a domestic abuse programme which was created by Pat Craven who holds the copy right and evolved her work with perpetrators of domestic abuse. We provide information not therapy.

The programme was primarily designed for Women as victims of domestic abuse. Research shows that the majority of cases of serious abuse are male against female.

The Freedom Programme examines the roles played by attitudes on the beliefs on the actions of abusive men and the responses of victims and survivors. The aim is to help you to make sense of and understand what has happened to you. Instead of the whole experience feeling like

## IS THIS GROUP FOR ME?

The Freedom Programme is run by a team of practitioners within the Wakefield District.

This is a supportive group for women in an abusive relationship or women who are recovering from an abusive relationship in a safe environment. This includes same sex relationships. No-one has to speak about their own experiences if they don't wish to, you can just come along and be around others in a similar situation and make new friends.

We may be able to provide translators if required.

We would love for you to come and join us.