

supporting you

North Derbyshire Women's Aid Newsletter August 2008

Designed, written and produced by people who have /are using NDWA services.

Introduction

Welcome to the 2nd Edition of the exciting Newsletter that is all about YOU.

Let's start with the introductions. We are people that have used the services provided by North Derbyshire Women's Aid. Some of us have been in the refuges and moved on to live independently. Some of us are still in refuge and awaiting new homes. Some of us are using floating support.



What I am trying to say is that we have all suffered some sort of domestic abuse and would like to reassure all the people out there that there is help and advice available. No one will judge you, just support and listen. There is a comforting voice on the end of the phone who understands what you are going through and that asking for help is ok. The staff are friendly and will help you in any way they can for you to escape from your home. Reassuring you that you and your children are SAFE

Advice Centre

The NDWA Advice Centre is a safe place that Women can visit when they are most vulnerable.

Workers are on-site to be available to deal with you when you arrive at the NDWA Advice Centre. An appointment is not always necessary. You can just drop in between the hours of 10:00 and 4:00 Monday to Thursday. A welcoming cup of tea or coffee is made for you to help you to focus and reassure you that you are in a safe place. **FREE FROM ABUSE**



A place is provided for you to talk to a worker, from NDWA, about any emotional, physical, verbal, sexual, financial abuse that you may have received. The workers are friendly and understand what you are going through. The workers have been on specific training courses to help them to listen to your distress and to give you some space to be heard.

The workers are aware that this may be distressing to you and understand the reality of letting them share your experiences. A great trust comes from within and you let go of your emotions and explain your deepest secrets in the hope that someone will listen and help you escape from this nightmare.

There are separate rooms in the Advice Centre all of which are relaxing and comfortable with sofas to sit on, carpets on the floors and tables to put your drinks on. There are pictures on the walls and all information that you need is available for you to access. Information is a valuable tool at this early stage of making contact with the outside world.

Paperwork and Action Plans

Paperwork is always a hard task to complete, especially when you are vulnerable and at your worst. The risk assessment form is for your protection. The workers will listen to you then do the form with you to ensure that you are safe talking about the abuse and that the immediate danger to you and your children are protected. This is confidential and on a need to know basis.



An Action Plan is put in place if the risk is high and you need to leave the perpetrator immediately. The Action Plan ensures that you remember everything that you need to bring with you to escape the abuse. This will include bringing favourite items that are precious to you and your children, to ensure that the first night away from abuse contains some of the items that are familiar to you as everything else is so different. This way you do not feel so isolated and alone. Inside you are upside down and do not know which way to turn, support is at hand at every step of the way. Your safety is paramount to your survival.

Children can come too



Children can come too as they are part of you and have witnessed some of the distress that you are going through. There are toys for them to play with so they are distracted when you talk to the workers.

To Leave Abuse

To leave abuse is the hardest decision to make. NDWA are a strong organisation for you to trust, they have helped..... people escape from Domestic Abuse.

You will be treated as an individual every step of the way, and by leaving the abuse and regaining your independence to live a life free from abuse is the most empowering experience you can do. You can visit us as often as you like it does not matter whether you are still with the abuser or have left the abuser.



The Advice centre is the key to the future and with one step inside you are changing this. - Make the choice to escape from Domestic Abuse. **YOU DESERVE** the opportunity to blossom and grow into a person that is unique and individual in your own right. **NOT TO BE ABUSED.**

This behaviour is not acceptable and requires strength from within to even pick up the phone in the first place. The workers are listening and will help you move into a better place. **FREE FROM ABUSE.**

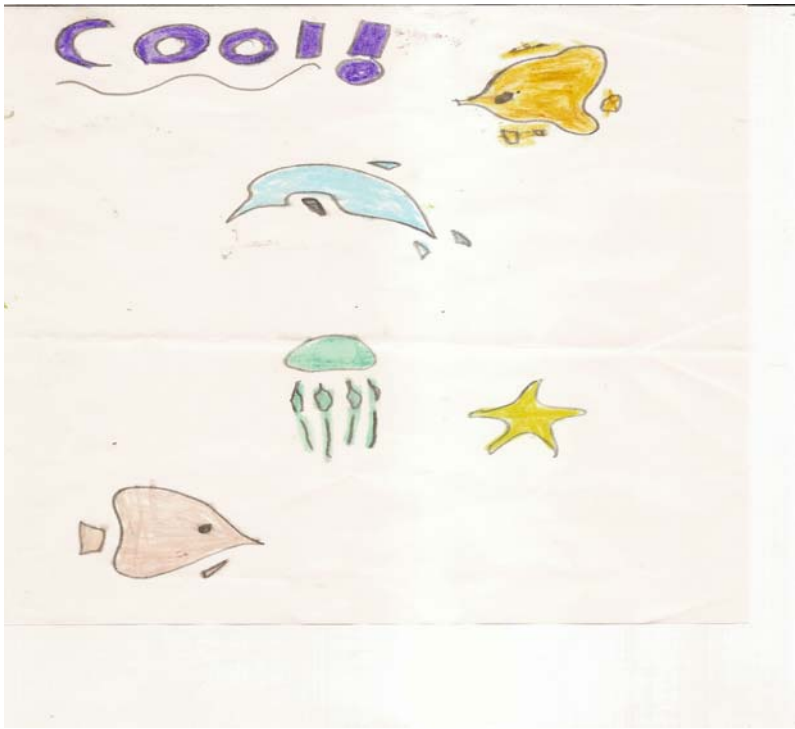
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GALLERY

Your Poem's, Stories and Pictures

How to save a life!

The walls are blinding and dazzling
Reflections on the wall bewilder me
Feelings are none just emptiness
Escape from all the violence and pain
The humiliation and destruction
You did not care or even notice me
Drowned in blackness and alone
You forced yourself upon me
Like a knife sawing at my flesh
Worthless and dirty you left me
With thoughts inside my head
That needed me to act on them
To escape my life
I came into safety with help and support
Through all the distress and the pain
I talked to people and regained my confidence
I remembered to look nice and to eat every day
I still reacted to problems but help was there
I reached out and was honest with
My feelings and told them how I feel
I had support with moving into a new home
Help with the furniture and with the bills
Step by step I progressed through the black hole
I left my relationship to live a life alone
With my children
I still need help from time to time as things get tough
But this time I know that people do care
And will help in times of distress
People will listen and give reassurance
That today can change
Take my advice and make things alright
Reach for a helping hand to guide you along
Pick up the phone and talk, people will listen
Help is available, all you need to do
Is just ask!





If you would like to see your picture, poem or story in the gallery
please send it or drop it into the advice centre

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Kids Page

WORDSEARCH

Can you find all 6 words

T	W	F	L	O	W	E	R	O	E
R	C	I	V	U	D	B	M	C	Y
E	J	Q	I	S	F	Q	R	H	F
E	L	Z	G	T	C	K	T	Y	A
L	C	A	R	T	O	O	N	S	C
G	P	K	B	I	R	D	F	X	E
F	S	J	P	V	N	G	H	L	A
X	S	A	K	P	M	Q	B	W	M
N	E	B	E	R	A	O	U	J	O
D	O	L	L	N	H	T	O	Y	S

TOYS
DOLL
CARTOONS
FACE
TREE
FLOWER

Acknowledgments go to the people who use the different services of North Derbyshire Women's Aid, looking for a helping hand. These services include the Advice Centre, Refuge, Floating Support and Outreach.

The newsletter gallery shows pictures designed by children who are receiving support from NDWA's Children's workers. If you would like to contribute to the next newsletter please contact the Advice Centre on 01246 540444.