



About Us

VOICES is a Bath-based charity founded in 2014 by women who have experience of domestic abuse. VOICES supports victims and survivors to recover and thrive, and works to have their voices heard by services and agencies, improving responses to their needs.

What we do:

- Raise awareness of the nature and impacts of domestic abuse, and of the needs of survivors and their families
- Provide community-based recovery and empowerment programmes for women with experience of domestic abuse
- Provide a therapeutic and welcoming space for survivors to meet and support one another
- Provide 1-to-1 advice and counselling
- Offer bespoke training and consultation, based on survivor insights, to professionals and organisations

Who does VOICES help?

Groups are currently only for women, but individual support and signposting is available to any victim of domestic abuse.

How to sign up: Please fill in a referral form or ask the agency supporting you to do this on your behalf.

Forms are available online or call / text us to register

T: 01225 420249 / 07523 506239

Referral forms are available online

VOICES

PO Box 5184, Bath

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T: 01225 420249

M: 07523 506239

E: info@voicescharity.org

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[voices_charity](https://twitter.com/voices_charity)



facebook.com/voicescharity



VOICES

Overcoming abuse,

Inspiring,

Consulting,

Empowering,

Survivors & Services

VOICES is a registered charity

1159445

The Freedom Programme

Two hours a week that could change your life!

What is the Freedom Programme?

The **Freedom Programme** was designed by Pat Craven based on her work with perpetrators of domestic abuse. It is informed by insights into how perpetrators use abusive tactics to coerce and control others.

What does this mean for me?

The Freedom Programme can help you make sense of what has happened or is happening to you and find ways to begin to recover from abuse.

The programme can empower you to gain the self-esteem and confidence to safely make changes that improve the quality of life for you and your family.

The 12-week programme is free to attend and childcare/travel expenses will be reimbursed. It is designed to help any woman who is or has been a victim of domestic abuse, through talking, listening and supporting each other with a trained course leader.

Please contact **VOICES** for further information

MATES—Peer Support

MATES (Meeting And Talking Empowering Survivors) is a social group for women who have left abusive relationships to meet on a weekly basis. The group is run by survivors and offers the chance to socialise, inform and encourage one another, with refreshments and a relaxed atmosphere. There are regular opportunities to try new creative arts and receive specialist advice and information. MATES is free to attend, and travel and childcare costs will be reimbursed.



Recovery Toolkit

The **Recovery Toolkit** is a 12-week course helping survivors develop positive lifestyle coping strategies to deal with the impacts of long-term stress and the enduring impacts of domestic abuse on themselves and their families. A follow-on course to the Freedom Programme, the Recovery Toolkit is designed for those no longer in abusive relationships

SEEDS Bath

Want to be more involved in awareness-raising and campaigning on issues affecting survivors of domestic abuse? Apply to join SEEDS Bath volunteer group, facilitated and funded by VOICES, with travel costs and childcare costs reimbursed for participants.

Involvement in SEEDS also provides opportunities to obtain individual training and new skills as a volunteer. If you would like to work in your local community and liaise with local and national services to improve support available to survivors of domestic abuse, please contact VOICES to discuss this further.