

In the Community

Floating Support and Community based staff work with women affected by domestic abuse in your local area.

We provide information, practical help, one to one support and group work.

We **listen** to what women tell us, and recognise and respond to their needs.

We **believe** that no-one should have to live in fear or threat from abuse.

We work with **women** to identify their individual needs and develop a support plan.

We provide **specialised services** and support to **children and young people** affected by domestic abuse.

Services are free, confidential and accessible to ALL women.

Interpreter services are available.



supporting**people**

We Are Women's Aid

Women's Aid ABCLN provides confidential support, information and emergency accommodation for women and children who are affected by domestic abuse in Antrim, Ballymena, Carrickfergus, Larne and Newtownabbey.

Are You Affected by Domestic Abuse?

Domestic abuse can include threatening, controlling, coercive behaviour, violence or abuse.

Domestic abuse can be psychological, virtual, physical, verbal, sexual, financial or emotional.

Domestic abuse can happen to anyone irrespective of age, ethnicity, religion, gender, gender identity, sexual orientation or any form of disability.

Domestic abuse can be inflicted on a woman and her children by a current or former intimate partner or family member.

If you are affected by domestic abuse you can contact:

Tel: 028 25 632136

Freephone 24hr Domestic &

Sexual Abuse Helpline: 0808 802 1414

Email: admin@womensaidabcln.org

www.womens-aid.org.uk

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Women's Aid



Antrim, Ballymena
Carrickfergus, Larne
& Newtownabbey



In the Community

Working To End Domestic Abuse

Floating Support

Floating Support staff work with women to identify their individual needs and develop a support plan.

This can include:

- **Safety Planning**
- **Housing Information**
- **Money Management**
- **Court Support**
- **Advocacy**

We provide information and offer one to one support, enabling women to explore options and make informed choices.

We provide practical support to help women access services including housing, benefits, social services, healthcare and education, financial services, PSNI and legal support.



Community Resettlement

Community based staff provide ongoing support to women and help to address the impact of domestic abuse on their lives by providing:

- **Emotional support on an individual basis or in a group setting**
- **Personal development and confidence building**
- **Facilitate courses, training and education opportunities**

We create a safe and supported environment for women to discuss issues and learn through shared experiences.

We deliver group work and courses for women experiencing domestic abuse.

Journey To Freedom

Everyone has the right to feel safe and live their lives free from abuse.

This group provides you with the opportunity to meet with women who have had similar experiences and share your thoughts and feelings in a safe and supportive environment.

Topics include patterns of abusive behaviour, effects of domestic abuse and empowering women to make safe choices in their lives.

My Life My Choices

This group promotes personal development and enables women affected by domestic abuse to explore options and create change by increasing their confidence and self-esteem, positive self-image and decision making and building support networks.

You and Me Mum

A group to empower and support mums to further understand and address the needs of children affected by domestic abuse.

- **Developing communications skills**
- **Promoting healthy relationships**
- **Strategies for keeping safe**

We also offer accredited Open College Network (OCN) courses including:

- **Living and Surviving Domestic Abuse**
- **Me, Myself and I**
- **Steps to De-Stress**



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Antrim · Ballymena · Carrickfergus · Larne · Newtownabbey