DURATION AND LOCATION OF THE GROUP:

This is an ongoing group programme, which will run term time only and sessions will be for two hours. There is no limit on how long people can attend the group for. Location details will be provided once a survivor has been accepted onto the group.

CONTENT OF THE GROUP:

Weekly sessions may consist of arts and crafts, which will include painting, colouring, drawing, knitting, etc. or they may be more information based sessions.

The group will be encouraged to come up with specific topics they would like more information about with the support of the Group Facilitator.

There will be an information board with any useful handouts or signposting available and external resources can also be provided.

Tea and coffee will be provided during the group sessions.

www.berkshirewomensaid.org.uk

Helpline: 0808 801 0882



against domestic abuse

bwa

SUPPORT • ADVOCACY • REFUGE

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PEER SUPPORT PROGRAMME

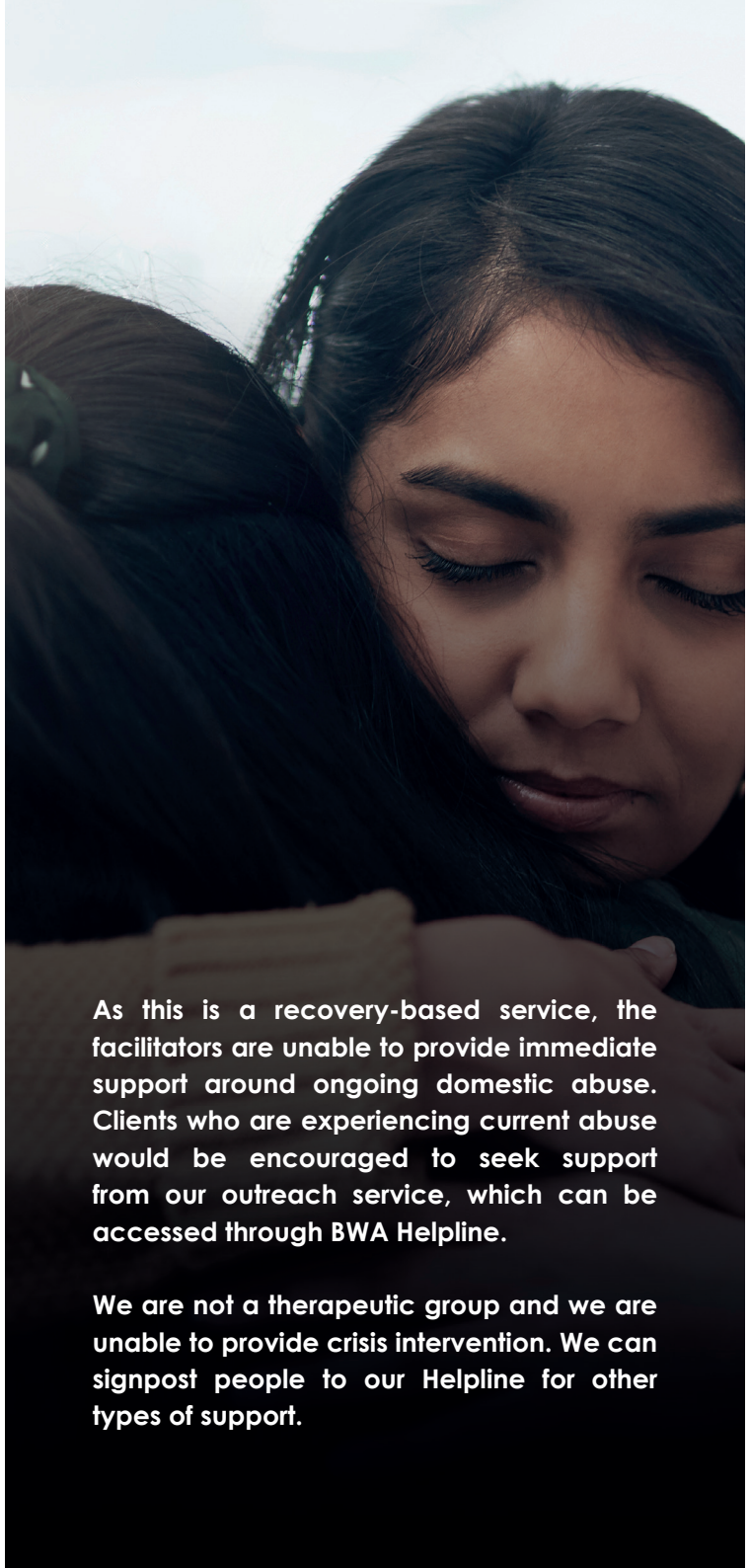
The BWA Peer Support group is an ongoing recovery service provided via regular group work for survivors of domestic abuse.



AIMS OF THE GROUP:

- The main aim of the group is to provide a safe space for clients to explore their feelings following their experiences of domestic abuse and discuss ways to overcome difficulties that they may have experienced or are experiencing as a result of domestic abuse.
- It works to build connections with other people who have had similar experiences and live in the same community.
- Creating a space where there is free exchange of appropriate knowledge and advice between survivors – understanding how they have come to know what they know and encouraging others to learn from this.
- Re-defining help as a co-learning and growing process (mutuality).
- Working together to find solutions and options that can empower survivors and build self-esteem and confidence.





As this is a recovery-based service, the facilitators are unable to provide immediate support around ongoing domestic abuse. Clients who are experiencing current abuse would be encouraged to seek support from our outreach service, which can be accessed through BWA Helpline.

We are not a therapeutic group and we are unable to provide crisis intervention. We can signpost people to our Helpline for other types of support.



ELIGIBILITY CRITERIA:

The group is open to women, including transwomen, who are survivors of domestic abuse and have accessed BWA services.

Referrals can be made internally by a BWA Worker. We also accept self-referrals made via our Helpline for individuals who have accessed BWA's services in the past.

To ensure the group runs safely, following the receipt of a referral, the survivor will be contacted and a risk assessment and confidentiality agreement will be completed as part of the group assessment process.