



Lighthouse

For a brighter future, free from domestic abuse

**Lighthouse Community
Women's Centre**

Programmes 2015/16



About Lighthouse

Lighthouse Women's Aid is a charitable organisation based in Suffolk, providing support and advice to women and children experiencing domestic abuse in their personal or family relationships.

We have been providing safe and supportive refuge in Ipswich since 1976. We also offer a range of community services, courses and counselling to support women to rebuild their lives after domestic abuse.

For confidential 24hour advice, call our helpline

01473 745 111



Women's Centre

Lighthouse runs a Women and Children's Wellbeing Centre in central Ipswich.

This is a new service for Ipswich and is open to all women and children.

The Centre provides a one-stop shop of advice and information for women and children (particularly those who are suffering, or have suffered domestic abuse), whilst presenting an opportunity for all women across the county to develop new skills and come together within a safe and caring environment.

All women, children and young people are welcome within the centre and are encouraged to use the facilities to promote their independence and raise their confidence.

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Open Cafe
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Women's Refuge

Find us at:

**37 Berners Street
Ipswich IP1 3LN**

Contact the

Women's Centre

01473 228 270

info@lighthousewa.org.uk



Courses

We aim to offer a range of interesting , educational and supportive courses to women in the local community. If you are interested in one of these programmes, please register your interest with a member of staff or call **01473 228 270**.

Creative Coffee Mornings

Come along and learn some new crafty skills in good company!

Creative Crafts is a social drop-in and coffee morning, with craft workshops such as knitting, painting, jewellery-making, sewing, card making, crochet and lots more.

Beginners welcome - why not learn a new skill and make new friends.



Music Lessons

We are running some Keyboard Lessons from 28 January 2015 for 8 weeks. We are currently fully booked for this course, however if this is successful we may be running more later in the year.

We are also hoping to run Guitar Lessons for women and some Percussion Workshops for children.

Please ask a member of staff to register your interest in these lessons.

Well-Being Workshops

The Well-Being Workshops will provide ideas on how we can improve our sense of well being. The sessions will include:

- Healthy Living
- Relaxation
- Problem Solving
- Sleep
- Motivation
- Creative and Happiness Workshop.

Creative Writing

A therapeutic creative writing class for women who have experienced any form of abuse (domestic abuse, sexual abuse, abuse in childhood).

This is a 6-week course to help you explore your feelings and experiences through writing. No writing experience is necessary.

Two female facilitators will support you to be able to express yourself creatively through a variety of writing exercises, in a friendly and supportive group.

Healthy Relationship Programme

This is a free 4-week course for women run by The Terence Higgins Trust.

The sessions will include:

- What do we want?
- Saying *YES* to ourselves
- When is it O.K to say *NO* to others?
- Relationship Rights and Responsibilities
- Information about Sexual Health
- Tests for HIV and Chlamydia for those who want it.



Drumming Workshop

A fun and therapeutic drumming workshop supporting women to express themselves and restore inner balance.

Lorna Wernham has been guiding women for over 11 years in how to access their own deep wisdom and inner truth. Using the drum as a sacred tool, you will be able to quiet your mind and re-balance yourselves through the sound currents created. You will also learn how to tap into your own inner power through tribal voice work and vocal toning .

Come and learn some new skills in a friendly and relaxed group. No previous experience is necessary.





Freedom Programme

The Freedom Programme is a nationally- established support group run by trained female facilitators.

The free course offers women an opportunity to share their experiences of domestic abuse in confidence and without judgement, and helps them to make positive choices to protect themselves and their children.

The Freedom Programme examines the Dominator (an abusive person) and the tactics they use to manipulate and control. It also looks at healthy relationships, and how a non-abusive person behaves.



Debt Advice Sessions

A Money Adviser from Ipswich Housing Action Group will be available for one-to-one advice on debt and other money related issues.

Please speak to a member of staff to book an appointment.



Stronger Families

Stronger Families is a therapeutic programme for children and young persons aged 5 to 16 years of age and their mothers who have experienced domestic abuse/violence in their families.

The weekly sessions offer an opportunity to rebuild trust in children and young people, encourage communication between family members, process and understand the hurting that happened in their families and for mothers to explore and reflect how to support their children's healing.

Who's in Charge?

A programme for parents or carers who have children that use violent behaviour towards them or currently appear to be beyond parental control.

The aims is to provide:

- A supportive environment to share experiences and ideas
- Reduce the guilt and shame which most parents feel
- Offer ideas to help develop individual strategies for managing your child's behaviour
- Explore ways of increasing safety and well-being
- Help parents feel more in control and less stressed

Self Esteem

A free course for women to help develop and improve self esteem, confidence and assertiveness.

Topics covered include: • Feelings
• Awareness • Dealing with anger
• Personal Boundaries • Saying NO
• Positive Thinking.

Escape the TRAP

Escape the Trap is an exciting new programme designed to inform young people about teenage relationship abuse. The aim is to learn about the dynamics of power and control at a much earlier stage in their experience of intimate relationships.

Lighthouse will be running an 8 week programme just for teenage girls vulnerable to relationship abuse.



Support

We offer a wide range of support services to help and advise you through any problem. Please call 01473 228 270 or speak to a member of staff to make an appointment.

One-Stop Advice

We're able to offer advice and support on any issue.

Appointments are available with one of our trained advisors to discuss your issue in confidence and without judgement.

If we can't help, we can get you in touch with someone who can.



*Advice and support
on any issue...*

Court-based IDVA (Independent Domestic Violence Advisor)

A Court-based IDVA is a trained domestic abuse advisor who can work with you one-on-one, to support you through the justice system.

We provide confidential advice and support to women who have experienced, or who are experiencing domestic violence and abuse, and who have ongoing court proceedings.

Going to court can be an intimidating experience. Our purpose is to help you with your safety, to offer a listening ear, to act as a point of contact, to be your advocate/advisor and to prepare you and support you during court.

We also have a team of trained Legal Support Volunteers who will attend court with you so you do not have to go alone.

Open Cafe

Our Open Café is an informal drop-in providing an opportunity to meet new people and make new friends whilst being part of a supportive network.

Two members of staff/volunteers run the session and are happy to listen and provide emotional support.

There are plenty of toys and games to play with for young children. The Open Café also provides snacks, tea and coffee.



Legal Advice

For women experiencing domestic abuse, we can offer the opportunity to discuss any legal issues, worries or questions you may have.

We offer free and confidential legal consultations with a solicitor. Please call the office to book a ½ hour appointment.

Counselling

Counselling is an opportunity for you to talk privately and confidentially about your feelings and experiences in a way that might not be possible with other people.

You can go at your own pace and talk about things if and when you feel ready.

Each counselling session lasts for one hour.

The first session allows both you and the counsellor to find out whether you can work together. It normally takes a little while to build up the necessary trust, which is important for any of us to feel able to share our feelings. Your counsellor will understand this.

Initially we will offer you six counselling sessions. These will take place on a weekly basis. Your counsellor will review with you the duration of counselling—it is possible to offer you additional sessions if this is beneficial.

Counsellors at Lighthouse Women's Aid work in a safe and supportive way. They are bound by a strict Code of Ethics and Practice.

They undertake regular supervision, which is for your safety and protection.



Women's Refuge

We offer temporary accommodation in safe and supportive refuges where women and their children can recover from the traumatic effects of domestic violence and make informed choices.

To make a referral to refuge, please call **01473 745 111**.



COMING SOON
YOGA CLASSES
please call
01473 228 270 or speak
to a member of staff to
register your interest.

Course and Events Diary

| Course/Events | Dates | Times |
|---|---|----------------------------------|
| Open Café | Every Monday | 11am to 1pm |
| Creative Coffee Mornings | Every Wednesday | 10am to 12pm |
| Advice Appointments <i>(Please call to book a slot)</i> | Tuesday to Friday | 9am to 4pm |
| Freedom Programme | 05/01/15 to 23/03/15 (Mon) 06/01/15 to 24/03/15 (Tue) | 6pm to 7.30pm 10am to 11.30am |
| Legal Surgeries <i>(Please call office to make an appointment)</i> | Three times a month (Mon, Thur & Fri) | 10am to 12pm |
| Self Esteem | 30/01/15 to 27/03/15 (Fri) Evening Sessions to be confirmed | 10am to 11.30am |
| Music Lessons | 28/01/15 to 25/03/15 (Wed) | 12.30pm to 1.30pm |
| Preparing for Work with Confidence | 26/2/15 and 05/03/15 (Thur) | 9.30am to 2.30pm |
| Yoga Classes | 17/04/15 to 22/05/15 (Fri) Meet at centre for smoothies at 10am to 11am | 10am to 1pm |

Lighthouse Women's Aid is affiliated to Women's Aid Federation England

Registered Charity No: 1069296

Our registered company name is Lighthouse Women's Aid.

Registered Company No: 3532428.

Registered in England.

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