

About Us

We provide specialist counselling services for individuals affected by domestic abuse in Safe Accommodation as well as offering a Gloucestershire-wide Helpline for any one impacted.

The service is provided by Family Action, which has a dedicated team that is specialised in working for those impacted by abuse.

About Family Action

Family Action works from the heart of local communities to support people through change, challenge and crisis. We protect children, support young people and offer direct, practical help to individuals and families.

family-action.org.uk

Helpline

0300 222 5735

Open Mondays (11-2pm), Tuesdays & Thursdays (4.30-8pm), Gloucestershire's Domestic Abuse Helpline offers emotional and listening support to any one that has experienced domestic abuse, either personally or through it happening to someone they know.

The Helpline also offers guidance, signposting and practical information. If you'd rather text, message us on 07860022932.



Healing and Empowerment in Gloucestershire



family-action.org.uk

What is the Healing and Empowerment service?

Our Domestic Abuse Healing and Empowerment Service provides a Helpline – open to anyone who is impacted by domestic abuse – as well as offering counselling and group work therapy to survivors of domestic abuse who are currently in Safe Accommodation.

Whilst the Helpline is open to anyone who may be impacted by domestic abuse, our counselling and group work is by referral only.

You have received this leaflet as you have been referred on for further therapy. It has been designed to help you to understand the different groups that we have and how each one may work to help support you and your situation.

Who we partner with

We work closely with a number of partners that you may recognise. These include: Places of Safety, GDASS, Stroud Beresford and Gloucestershire County Council

Working together means that we can offer you the best possible support.



Whilst some may start with pre-therapy work before moving on to 1-1 counselling, this is not always the case.

Someone from the team will discuss your situation with you, and help you to decide which is best suited for your needs.

What does the group work and counselling look like?

Our Helpline offers emotional and listening support to anyone that has experienced domestic abuse, and also offers guidance, signposting and practical information. Run by both staff and volunteers, all who have undergone quality training, our team create a safe space, ready to listen when you are ready to speak. This Helpline can be used at any time in your journey, whenever you want to talk.

Our pre-therapy work is run in small groups and hosted by an experienced facilitator. Completed over six 2-hour weekly sessions, this group is designed to help you to feel safe and supported.

Without looking at specific situations, our pre-therapy work gently invites you to share and learn together, alongside input from the facilitator. Including sessions on the impact of traumatic events on the brain, ways to manage triggers and developing positive coping mechanisms, the group looks to support the first steps in the journey of recovery.

Our 1-1 counselling looks to connect you with an experienced team member that has had specific training in domestic abuse. They will offer 10 50-minute sessions, that are tailored to you and your experience. These sessions may work on specific memories and situations, but will go at a pace that works for you.

The **post-therapy drop-in groups** offer indefinite support. With 2 groups, each offering 2-hour weekly sessions, the topics are typically led by the need of the group, and supported by a facilitator. One session a month is designed to provide a supportive activity, e.g., yoga, mindfulness or creative arts.