

## WHAT IS DOMESTIC ABUSE?

Domestic abuse is threats, violence, and coercive or controlling behaviour between people who have (or had) a relationship with each other. It can happen between partners, within families or shared homes. Both men and women can be victims. It happens with people of all cultures, religions, or social groups. It's about one person having power or control over another, and it often gets worse over time.

Domestic abuse takes many forms including (but not limited to) physical, sexual, emotional, financial, and digital abuse (using phones/social media).

## A FEW FACTS

One in four women and one in six men will experience domestic abuse during their lives. Victims are often made to feel that they won't be believed or are threatened with further abuse – either to them, their children or even family – if they tell anyone about what is happening.

Children are often present when a parent is being abused, either being directly harmed themselves or being witnesses to the abuse.

SoLDAS works with both male and female victims of domestic abuse.

## PREVENTING FUTURE ABUSE – WORK IN SCHOOLS

Thanks to funding from the Big Lottery's Reaching Communities fund, SoLDAS has developed interactive workshops for primary and secondary school pupils.

Delivered by our Child Support Worker, these help children understand the difference between healthy relationships and those that may lead to abuse.

Pupils who then disclose concerns following the workshop are then able to get one-to-one specialist support.

Feedback from participants and from school staff has been extremely positive.



To Donate to our charity please scan the QR Code.

## RURAL COMMUNITY HUBS

We are a local Domestic Abuse charity offering free, confidential support to men, women and children who are or have been affected by Domestic Abuse through our Rural Community Hubs, in Boston and South Holland. Details of our drop in locations can be found below.

## REFUGE – A SAFE PLACE

Sometimes, nothing has worked, and the time comes when the victim needs to find a place of safety for themselves and their children; this is known as refuge. Across England there is a network of domestic abuse refuges for victims and their children if they need to flee domestic abuse.

SoLDAS offers refuge for up to 15 families, and we can also search for appropriate refuges across the country for victims who need to flee.

It is vital that refuge is in an area where the victim is not known and where the perpetrator has no family or contacts, so we work with the victim to find suitable safe accommodation.

## THE FREEDOM PROGRAMME

SoLDAS Boston Women's Aid, funded by the Big Lottery, delivers the Freedom Programme for women who have suffered domestic abuse.

The Freedom Programme is nationally recognised; over 12 weeks it helps women victims understand the effects of attitudes/beliefs on the actions of abusive men and the responses of victims, helping them understand what has happened to them, how children are affected by this abuse, how lives improve when abuse is removed.

Women gain a greater understanding of what happened, that they shouldn't continue to feel guilty (which is common), and gain tools to work with their children to aid recovery.

One participant said: "It's opened my eyes up to so much; so, so much! I can't express how important you and all the others at BWA are to me and my boys."

*For more information about how to participate in the Freedom Programme, call 01205 311272 or email [admin@bostonwa.co.uk](mailto:admin@bostonwa.co.uk)*

Contact SoLDAS for help and advice. 01205 311272

In an emergency call the Police on 999



## RURAL COMMUNITY HUBS

**Spalding Tuesday 10am-2pm**  
**Holbeach Thursday 10am-12pm**  
**Boston Wednesday 10am-2pm**  
**Sutton Bridge Thursday 10am-12pm**  
**Long Sutton Thursday 12pm-2pm**

*SoLDAS Boston Women's Aid are grateful to Holbeach United Charity,  
The Grange Wind Farm Community Fund managed by Lincolnshire Community Foundation  
and Shine Lincolnshire for funding our South Holland Hubs.*

*Boston Women's Aid has been delivering domestic abuse services across South Lincolnshire for over 30 years; our staff are experienced practitioners and BWA is an active member of Lincolnshire Domestic Abuse Delivery Group and WAFE (Women's Aid Federation of England).*



*The charity is deeply embedded within the rural communities where it operates; support for our work is high from communities/groups who also support BWA through donations, in-kind and material support.*

*We have always delivered services WITH victims, not TO victims. BWA supports people to make their own choices, giving them the skills to have confidence in their own ability to do so, supporting them with advice when asked, accompanying to appointments, being there as long as the victims feels they need our support.*

*With no public funding, we rely heavily on grants and the support of our community.*

## FEEDBACK FROM VICTIMS

*"Thank you to everyone at Soldas for giving me the tools I need to face a brighter and happier future. I am determined to get the very best out of life now after facing the very worst. My confidence has soared and that's down to lovely people like you and the ladies I have met. One day very soon I hope to be able to do something similar and reach out to people who need help. You are my inspiration, and I am truly grateful to you both" Freedom Programme feedback.*

*"I feel so much more confident now I know what a healthy relationship is. Thank you for helping me understand where to go for support and for teaching us the warning signs of abuse" Work in schools feedback.*

*"I was so nervous when I was travelling to the Refuge but as soon as I arrived I felt warmth from the friendly faces that met me. I cannot thank you enough – I am a new person" Refuge feedback.*



## SUPPORTING VICTIMS OF DOMESTIC ABUSE AND THEIR FAMILIES SINCE 1987

- Providing refuge for families fleeing domestic abuse
- Preventing future domestic abuse in the next generation – our work in schools
- Rural Community Hubs – one to one direct support in Holbeach, Spalding, Boston, Long Sutton, Sutton Bridge and the surrounding villages
- The Freedom Programme – helping women victims understand the effects of domestic abuse and feel empowered to move on



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