



Lighthouse

For a brighter future, free from domestic abuse

Lighthouse Women's Centre



About Lighthouse

Lighthouse Women's Aid is a charitable organisation based in Suffolk, providing support and advice to adults, young people and children affected by 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 therapeutic courses and services to support women, young people and children to rebuild their lives free from domestic abuse.

Lighthouse also provides training services to businesses, agencies and charities around domestic abuse awareness as well as healthy relationship education in schools/colleges.

For confidential advice, call our advice line 01473 228270

We offer a range of support services to help and advise you through domestic abuse.

Please call 01473 228270 or speak to a member of staff to book an appointment or find out what we can offer.

Appointments are available with one of our trained advisors to discuss your concerns without judgement, part of this could involve signposting you to other services for support.

Women's Centre

Lighthouse runs a Women's Centre focusing on the needs of women, young people and children who are or have been affected by Domestic Abuse throughout Suffolk.

Whilst we are based in Ipswich, we can offer support face to face or over the phone.

The Centre also offers a range of programmes both face to face and online, this is also a chance to meet new people and learn new things.

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Programmes

- Freedom Programme
- Power to Change
- Re-Connect & Play
- Re-Connect Together
- Who's in Charge
- Escape the Trap
- Expect Respect

Support

- Domestic Abuse Advice appointments.
- 1-2-1 work with Children who have been affected by Domestic Abuse
- Emotional Literacy Support for Children (ELSA)
- Drop In Sessions
- Online sessions
- Legal Advice
- Wellness Workshops



Find us at:

238 Felixstowe Road

Ipswich IP3 9AD

Contact the

Women's Centre

01473 228 270

info@lighthousewa.org.uk

Programmes and Workshops

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

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.

Re-Connect & Play

This group is for mums and children aged between 5 and 11 to come together for some quality time to play. It aims to develop relationships using fun , creative activities that will have a positive impact on the family unit.

Power to Change

The Power to Change course is offered to women that are no longer in an abusive relationship. The first 4 weeks of the 12 week course looks at different types of abusive behaviour, how it can affect women and children and some of the barriers to leaving an abusive relationship. The other 8 weeks of the programme looks at and helps develop and improve self esteem, confidence and assertiveness

The course offers the opportunity to learn new skills in a safe and supportive group.

Topics include:

- Understanding self worth
- Learning to say NO
- Raising self awareness
- Developing positive thinking
- Identifying your strengths
- Dealing with strong emotions
- Setting personal boundaries
- Assertiveness techniques
- Developing and recognising your potential



Re-Connect Together

Re-Connect Together is a 6 week course for children aged between 7 - 13 years old and their Mums.

The course aims to improve the attachment between mother and child.

This is done by exploring:

- This is me (The personality of the child)
- Our rights
- Listening and communicating
- Having a positive mind-set
- Understanding feelings and coping strategies
- Celebration week (How to have fun together)



Expect Respect

Expect Respect is a specially designed toolkit for use in schools from ages 5 to 18 years.

It is split into age appropriate fun and interactive lesson plans that challenge assumptions about gender, highlight the difference between healthy and abusive relationships and promotes the message that abuse is not acceptable.

Lighthouse will be approaching schools in Suffolk to run this programme as part of their PSHE curriculum.

Who's in Charge?

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

The aim is to provide:

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

Escape the TRAP

A 9 week programme for young people aged between 13 – 16, that have experienced or are vulnerable to relationship abuse.

The programme is designed to inform young people about teenage relationship abuse, healthy relationships and what these look and feel like.

The aim is for them to learn about the dynamics of power and control at a much earlier stage within their intimate relationships.

Empower Me

Our Empower Me sessions provides an opportunity for our clients to drop in, take part in an activity and chat with other clients that have experienced Domestic Abuse.

Empower Me will also provide snacks, tea and coffee and a warm space to just be.

Emotional Literacy Support (ELSA)

An ELSA can support a child or young person with:

- Being aware of the emotions they are experiencing
- Understanding why they might be feeling that way
- Knowing the most effective way for expressing their feelings and being able to put it into action
- Understanding and taking into account the feelings of others, then adjusting their response accordingly



Wellness Sessions

We offer a session based very broadly around wellness online each month.

A range of activities are offered online, these have included crafts, cooking, wellbeing and parenting.

Guest speakers also attend to talk about extra support that could be offered.

Sign Posting

For women experiencing domestic abuse, we can offer the opportunity to sign post to other organisation for further support.

Legal Advice - discuss any legal issues, worries or questions you may have

Legal Housing Surgery - discuss any issues that you may have in regards to housing

Debt Advice - discuss any financial difficulties you may be experiencing

For the above sign posting, we can offer a free 30 minute confidential legal consultation with a solicitor / advisor following your advice appointment with us.



Women's Refuge

We offer emergency temporary accommodation in a safe and supportive refuge where women and their children can recover from the traumatic effects of domestic abuse and violence.

The refuge allows them the time and space to make informed choices.

To make a referral to the refuge, please call:

01473 745 111.

For more information or to find out how to support Lighthouse please scan the QR Code below.



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Ipswich

Suffolk

IP3 9AD

Tel: 01473 228270

Email: info@lighthousewa.org.uk

Website: www.lighthousewa.org.uk

**Please be aware that
there is no parking at
the Centre.**



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.

Lighthouse



Making Suffolk a safer place to live, work, travel and invest