

Lighthouse

For a brighter future, free from domestic abuse



**Lighthouse Community
Women's Centre**

Programmes 2022

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 support to women to rebuild their lives after domestic abuse.

For confidential advice, call our advice line 01473 228270

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.

Support.

We offer a range of support services to help and advise you through any problem.

Please call 01473 228270 or speak to a member of staff to book an appointment.



Women's Centre.

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

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, empower themselves and raise their confidence.

Find us at

37 Berners Street Ipswich IP1 3LN

Contact

01473228 270

info@lighthousewa.org.uk



Programmes and Workshops.

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.

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 and therapeutic techniques that will have a positive impact on the family unit. These 6 weeks sessions will

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
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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 mindset**
 - **Understanding feelings and coping strategies**
 - **Celebration week**
(How to have fun together)
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Expect Respect

Expect Respect is a specially designed toolkit to 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 the PSHE curriculum.

Who's in Charge?

A programme for parents or carers 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**
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Escape the TRAP

A 9 week programme for girls 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



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 1/2 hour appointment.

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 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.

Money Advice Session

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

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



Cuppa & Craft

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

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

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



Women's Refuge.

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

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

**Help raise money for LIGHTHOUSE by
shopping on-line through:**



Find out more at:

[www.thegivingmachine.co.uk/ find-a-cause](http://www.thegivingmachine.co.uk/find-a-cause)

Or Text MORE to 61211

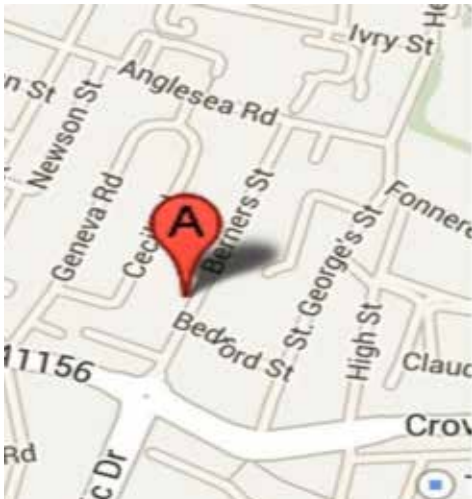
Lighthouse Women's Community Centre.

**37 Berners Street
Ipswich
Suffolk
IP1 3LN**

Tel [01473 228270](tel:01473228270)

Email info@lighthousewa.org.uk

Website www.lighthousewa.org.uk



Please be aware that there is no parking at the Centre, but there are several pay and display car parks close to the Centre:

Bedford Street Car Park, Ipswich, Suffolk, IP1 3LJ

South Street Car Park, Ipswich, Suffolk, IP1 3NU

Civic Drive Spiral Car Park, Ipswich, Suffolk, IP1 2DE

Lighthouse

lighthousewa.org.uk

**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.**

