

## **Survivor voices from Freedom Programme September – December 2024**

### **Start of programme -**

“apprehensive”

“I hope it will help me to build meaningful relationships in the future”

“Nervous and anxious”.

“Feeling anxious”

“Feel positive to attend, learning about strategies to disconnect from psychological hold”

“I feel positive to start my healing journey, learning how to get myself worth back and being able to recognise the red flags before starting another relationship”

“I just need confidence back and more of an insight of domestic knowing what's right and what's wrong”

### **Middle of Programme -**

“It’s what I expected and been helpful”

“I find it helpful interacting with people who have been through similar things”

It’s been very helpful

“Exactly what I needed! It's perfect”

“Yes, it's a safe environment to explore our experiences, looking at theories behind behaviours”

“I didn't expect anything. But it's quite pleasant”.

“It has been good to have a reason to get out and also meeting other people”

### **End of Programme -**

“I'm glad I joined the programme. It wasn't as heavy going as I expected and the ladies who took it were very supportive and helpful.”

“it was very interesting and enlightening I’m glad I did it”

“Yes, very well informed. Enlightenment about my own situation. Helpful to share and hear from other ladies with similar experiences.”

"The freedom programme was very informative, and Becca and Nat were so supportive. It wasn't what I expected but using the guidance will be helpful"

### **Comments around facilitator support in FP -**

"The support has been fantastic"

"Facilitators are excellent, welcoming, honest, open, help group members to feel at ease"

"Becca and Nat are lovely"

"Just wanted to say how lovely Becca and Nat are. Both fantastic with all their knowledge and charisma"

"I don't see how they can improve it; Becca and Nat are amazing people to be delivering this course to women that really need them".

"Thank you Becca and Nat for your hard work, sharing experience, facilitating an excellent group".

"Becca and Nat are great and have made the programme more bearable in the very tough days".

## **Survivor voices from Recovery Toolkit January – April 2025**

### **Start of the programme -**

“Anxious but optimistic, looking forward to having the tools to move on with my life”

“Anxious but looking forward to seeing how it can help”

“Excited and looking forward to the course to empower me more”.

“Nervous but optimistic”.

“Anxious! Unsure what to expect”.

“Feel good about starting”

“Anxious”

“The Freedom Programme has been a lifesaver, and I am hopeful that the recovery toolkit will be just as helpful”

### **Middle of the programme -**

“Great. Better than I expected”.

“It's not great I'm in the situation I need to go to the group but it is a good group  
It's, not what I expected.”

“Grateful. Not sure what I expected but I feel very safe and welcome in the group”

“Good to be getting support, it's a nice group of ladies”

“Need the help and advice ,it helps address the ongoing issues I'm suffering”.

“Very supportive”

### **Comments around facilitator support in Recovery Toolkit -**

“Becca is excellent”

“Thank you for running these schemes, they do make a difference.”

“Thank you for being amazing and showing us what the future is for relationship.  
Given us tools and thank you again”.

“Becca is a fantastic facilitator. She made me feel safe and had a good balance of humour and compassion. She was so supportive and very quick to action any requests for support outside the course. She helped me when I was distressed about my housing situation and put me in contact with relevant people to help me”.

### **Survivor voice from 1 to 1 work**

“Thank you once again for your support on Monday. This is all very scary and you make it much easier”.

“I want to thank you for all your help with my situation. I am a few weeks into a new relationship, and I can see it going well.”

“You’ve been fab, thank you for everything”.

“You've made it all make sense; it's not in my head”

“I feel believed”

### **White Ribbon Event November 2024 – Feedback**

“The display put together by the survivor's and the wonderful conversations I had with them”

“Seeing Familiar organisations and being able catch up and seeing new to services”.

“It was well attended with a range of support services and enabled networking opportunities”.

“Thank you all, a well organised event with a really supportive atmosphere”.

“Links made with Womens Aid for possible partnership work”.

“Thanks to everyone who organised and attended a very useful event”.

“Great piece of partnership work”.

“Speaking to the survivors of DA”.

### **Survivor voice for Target Hardening.**

“Hazel has made me feel heard and very supported”

“Thank you for your help”