

# The Freedom Programme Support Group for Women



## What is it?

The Freedom Programme is a 6 week support group for women.

## Who is it for?

The Freedom Programme is open to any woman who wishes to learn more about the reality of domestic abuse.

## What are its aims?

- To help women to understand the beliefs held by abusive men and in so doing, recognise which of these beliefs they have shared.
- To help women to gain self esteem and the confidence to improve the quality of their lives.
- To show the effects of domestic abuse on children.

- To help women to recognise potential future abusers.
- To introduce women to community resources such as the police Domestic Abuse Unit and Women's Aid.

## Where is it?

The Freedom Programme is now being run in venues across the areas of Chesterfield Borough, North East Derbyshire and Bolsover District.

- All courses are open to women from any area.
- All programmes are free.
- Free creche for pre-school age children (subject to availability).

[www.freedomprogramme.co.uk](http://www.freedomprogramme.co.uk)



## Mr. Right - a non-abusive man:

- ✓ Is cheerful
- ✓ Consistent
- ✓ Supportive
- ✓ Tells you you look good
- ✓ Tells you you're competent
- ✓ Uses your name
- ✓ Trusts your judgement
- ✓ Welcomes your friends and family
- ✓ Encourages you to be independent
- ✓ Supports your learning, career etc.
- ✓ Admits to being wrong
- ✓ Is a responsible parent
- ✓ Is an equal parent
- ✓ Does his share of the housework
- ✓ Shares financial responsibility
- ✓ Accepts that you have a right to say 'no' to sex
- ✓ Takes responsibility for his own wellbeing and happiness
- ✓ Behaves like a reasonable human being
- ✓ Trusts you

## Mr. Wrong - an abusive man:

- ✗ Shouts
- ✗ Sulks
- ✗ Smashes things
- ✗ Glares
- ✗ Makes you feel ugly and useless
- ✗ Cuts you off from your friends
- ✗ Stops you working
- ✗ Never admits he is wrong
- ✗ Turns the children against you
- ✗ Uses the children to control you
- ✗ Never does his share of the housework
- ✗ Never looks after the children
- ✗ Expects sex on demand
- ✗ Controls the money
- ✗ Threatens or wheedles you to get his own way
- ✗ Seduces your friends/sister/ anyone
- ✗ Expects you to be responsible for his wellbeing
- ✗ Blames you, drink, drugs etc.
- ✗ Calls you names

## Other Useful Telephone Numbers:

### 24hr Domestic Violence Helpline:

0808 2000 247

### Alcohol Advice:

0845 3084010

### Derbyshire Domestic Abuse Helpline:

0800 0198 668

### Derbyshire Domestic Violence and Sexual Abuse Service (DDVSAS):

01246 540444

### Frank(drugs advice Line):

0300 123 6600

### Men's Advice Line:

0808 801 0327

### Samaritans:

01246 270000

### SV2 (Supporting Victims of Sexual Violence 24hr helpline):

01773 746115

For more information on the Freedom Programme (including dates, times and venues) or to find out more about the outreach service and IDVA service provided by Bolsover District Council in partnership with the Bolsover Community Safety Partnership please contact Sharon at Bolsover District Council on **01246 593063** or mobile **07852 111268**



**We speak your language**

**Polish**

**Mówimy Twoim językiem**

**Slovak**

**Rozprávame Vaším jazykom**

**Chinese**

**我们会说你的语言**

If you require this publication in **large print** or another format please call us on **01246 242424**

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open the door...



...just an hour and a half a week could change your life.

**Bolsover**  
District Council

**Bolsover**  
Community Safety Partnership