

04/05/2017

Volume 1, Issue 1

*Freedom from Abuse*

UPDATES

**Information**

**& Support Services from a town centre base:**

The Liberty Centre Ormskirk,

5 Church House,

Park Road,

Ormskirk, L39 3AJ

e-mail: liberty@wlwref.org.uk

 Phone: 01695 50600

Services offered by The Liberty Centre

 Support for Female victims of Domestic Violence/Abuse

 Support for Male victims of Domestic Violence/Abuse

 Support service for children and young people those 8-25 yrs. of age who may have witnessed or experienced Domestic Violence/Abuse themselves.

 We provide a recovery programme that will ensure you are able to make informed choices in the future.

 Confidential Counselling.

 Domestic Violence Abuse awareness courses for both the voluntary sector & statutory agencies.

 Coffee morning for survivors to meet others who have experienced Domestic Violence/Abuse (crèche available).

 Short term temporary emergency accommodation for women & their children who have suffered from Domestic Violence/Abuse.

 Children & Young People Support while living in refuge.

 Outreach and Re-Settlement for those families who are being rehoused.

You do not have to report your experience to the police to receive support from ‘The Liberty Centre’

 EMERGENCY NUMBER:

0808 100 3062

“The boys had always been her reason to stay, but now for the first time they were her reason to leave. She'd allowed violence to become a normal part of their life.” [Liane Moriarty](https://www.goodreads.com/author/show/322069.Liane_Moriarty), [Big Little Lies](https://www.goodreads.com/work/quotes/27570886)



**If you witness an assault call the police Dial 999**

I am worried, what do I need to know?

 Offer to listen and support them no matter what they decide

 You can’t ‘rescue’ them-they have to be the one to decide it’s time to get help.

 Don’t judge them– they know their partner/family member and the risks involved.

 They need to know they are believed and are not to blame

 Let them know you’re there for them and they have nothing to be ashamed about

 Let them know that you will always be there not matter what

**Perpetrators Programme**

[Domestic Violence Intervention Project](http://www.dvip.org/)Provides a violence prevention programme for men and a woman’s support service for their partners and ex-partners. <http://www.dvip.org/about-us.htm>

[Respect](http://www.respect.uk.net/)
A registered charity and national membership organisation promoting best practice for domestic violence perpetrator programmes and associated support services in the UK[. http://respect.uk.net/](file:///C%3A%5CUsers%5CPadiA%5CAppData%5CLocal%5CMicrosoft%5CWindows%5CTemporary%20Internet%20Files%5CContent.Outlook%5CPDMQY4RE%5C.%20http%3A%5Crespect.uk.net%5C)

[Supportline](http://www.supportline.org.uk/)
Provides emotional support and details of counsellors and agencies throughout the UK. Their helpline number is 0208 554 9004 and their email address is info@supportline.org.uk.

Relate

Relate Lancashire offers over 8,000 hours of counselling per year to individuals, couples and families from a number of offices across Lancashire. Webpage: <http://www.relatelancs.org.uk/>

Enquiries number:          01772 717597

<http://www.endthefear.co.uk/help-if-you-are-hurting-someone/>