

About West Mercia Women's Aid

West Mercia Women's Aid is the leading regional organisation providing specialist emotional and practical services for those whose lives have been affected by domestic abuse. We ensure that victims are safe, have information and choice in how they can live their lives, and feel supported in their recovery from abuse. We actively challenge gender bullying and the social acceptance of the abuse of women and girls.

WMWA can help you to see that his violence is his choice, his decision, and his behaviour and that you are in no way to blame. It is his responsibility to change and his responsibility to end his abuse.

- You do not have to suffer in silence
- You have the right to be listened to
- No-one should be frightened in their own home
- You have every right to your anger
- You have every right to be believed
- You should be able to parent in peace
- You have the right to your freedom
- To make your own choices
- And to feel loved & supported not diminished and afraid

Contact us

We will initially try and get in contact with you by phone ourselves – but you can call us anytime on our 24hr Helplines:

Worcestershire - **0800 980 3331**
Herefordshire – **0800 783 1359**

We can't change the past, but we hope our support will help you feel empowered to make clearer, safer, and more conscious choices as you move forward with your life.

West Mercia

Women's Aid



Support, empowerment & safety for partners and ex-partners of men attending a domestic abuse intervention.

Why am I receiving this?

Your (ex) partner has been referred to a programme we run called the 'men and masculinities programme'. This programme is for men who have been made aware that their relationships have become damaged by their substance misuse and their abusive, violent and controlling behaviour.

The fact that he has been referred or made contact with this programme means that someone has recognised that his behaviour is unacceptable and he needs to change.

That's all well and good but our main concern is your safety and support.

You are the one who has suffered at his hands – and you are the one whose voice needs to be listened too.



What does the support service provide?

We will initially try and get in touch with you by phone and introduce ourselves – we will give you the chance to talk through your experiences, plan for your safety and keep you updated on his attendance on the programme.

We are linked into the local domestic abuse support services and can help you get a referral to any service you need.

Your contact with us is completely confidential from him and our aim with this service is to support you in any way we can.

It is right that the abuser gets sent on a programme to help him take responsibility for his behaviour – the programme could work – but we know from long experience that the programme may well not work as well and we want to make sure your voice is heard and your decisions supported.

Domestic abuse is **always unacceptable** and **always the responsibility of the abuser**. Our support workers can help you think through your experiences and feelings.

What will I gain?

What we hope for most of all is a life free from violence and abuse for you – our workers will help you in whatever way they can. This includes:

- Emotional support
- Understanding of domestic violence
- Chance to share your experiences
- Offer support to others
- Empower you to be able to make choices about your future
- Increase you and your children's safety
- Information on other supporting agencies
- Explore the impact of domestic violence in your current and past relationships
- Safety planning

