### Education & Awareness Raising

<table>
<thead>
<tr>
<th>Program</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Survivors Storie DVD</td>
<td>A collection of interviews with survivors of domestic abuse - a national training tool</td>
</tr>
<tr>
<td>Teenage Relationship Abuse Commercial</td>
<td>A series of six commercials for young people about teenage relationship abuse</td>
</tr>
<tr>
<td>White Ribbon Campaign</td>
<td>An international campaign held annually to raise awareness about domestic violence &amp; abuse</td>
</tr>
</tbody>
</table>

### Programmes to look out for:

<table>
<thead>
<tr>
<th>Programme</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>Caring Dads</td>
<td>A seventeen week programme supporting fathers to develop more child-centred fathering and take responsibility for ending their abusive behaviour towards their children and their children's mother.</td>
</tr>
<tr>
<td>Who's in Charge?</td>
<td>An eight week programme for parents and carers experiencing child to parent violence &amp; abuse</td>
</tr>
<tr>
<td>Escape the Trap</td>
<td>An eight week programme for young people vulnerable to teenage relationship abuse. This programme can be run in schools, youth clubs and other settings with young people.</td>
</tr>
</tbody>
</table>

**Compassion**

Compassion is a small voluntary organisation that has worked for over twelve years to promote awareness and understanding about all aspects of domestic violence & abuse both nationally and locally, supporting the Babergh community with the:

- **DV Befriending Service**
- **Freedom Programme**
- **Stronger Families Programme**
- **Who's in Charge? Programme**
- **Support Groups**
- **One to One Support**

Compassion works to raise awareness about domestic abuse in our community, bringing new initiatives to those who need such specialized support, for as long as is needed.

For further information or to make referrals to the Freedom Programme, Stronger Families Community Group Programme, Caring Dads, Who's in Charge? & Escape the Trap programmes contact our Domestic Abuse Co-ordinator

**Maria Currie**  
E: maria@compass-ion.org  
M: 07597 337831

For information on One to One Support, Support Groups & Befriending Service contact our Senior Volunteer

**Caroline Duffy**  
E: caroline@compass-ion.org  
M: 07581 288595

For further information on Compassion please contact Maria Currie or Cathy Press, Chair, Compassion

**Cathy Press**  
E: cathy@compass-ion.org  
M: 07966 592632

We welcome enquiries from those interested in volunteering with Compassion in any capacity. All volunteers receive thorough training in domestic abuse related issues.
What Compassion can do for you...

**The Freedom Programme**
The twelve week Freedom Programme is open to any women who wish to learn more about the reality of domestic violence and abuse. It is open to those who are affected by the impact of and abusive relationship partner or have left their relationship. It will assist women to:

- Identify and understand the tactics, behaviours and beliefs of abusive partners and, in doing so, recognise which of these beliefs they have shared.
- To identify the effect and impact of domestic violence on themselves and their children.
- To assist women to recognise potential future abusers.

**Support Groups**
Our friendly and informal support groups are run by people who have suffered domestic violence and abuse themselves and are there to offer first-hand experience and support. If you have experienced domestic abuse you can just turn up. Everyone's experience is important to us.

**Domestic Abuse Befriending Service**
We can provide one to one support for those who are unable to access support groups. Our befrienders can provide ongoing support when you need it most, for as long as it is needed.

**Therapeutic Groups for Children & Mothers Who Have Experienced Domestic Abuse & Violence**
The aim of the programme is to create a safe space for children and provide them with the opportunity to disclose, process and understand the abuse and violence that they have witnessed.

The Children’s Group Groups are offered to children between the ages of four and sixteen.

Mothers participate in an adult group during the same time frame as their child’s participation in the children’s group. This is to ensure that mothers are supported, and are the best prepared to facilitate their children’s process of healing.

Working to develop and promote good practice to make domestic abuse legally, socially, morally and culturally unacceptable.