

# Freedom & Own My Life



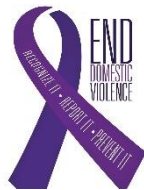
## Positive Relationship Support Programmes

We deliver The Freedom programme (11 week rolling programme) and Own My Life ( a 12 week structured intervention) which both educate women on positive relationships and moving on after abusive and controlling relationships.

We accept referrals from professionals for female clients who live in Bedford Borough and the surrounding villages. These women can still be in the relationship, recently left or the abuse can be historic. The abuse can be from an intimate partner or wider family.

Women are given a one to one assessment to decide the best pathway for them and supported to engage with the programmes and other local support organisations who can aid them on their journey from abuse.

We have 3 trained group facilitator working within the centre working alongside carefully chosen volunteers some with lived experiences.



Feedback from service user:

*'being around women who have been through similar situations really helped'*

*'When I started I was scared, emotional, I felt alone... ..now here, today, I am a much stronger braver me, no longer alone, no longer a victim.'*



For more information contact:

Bedford Women's Centre

Raleigh Centre

Amphill Road

Bedford

MK42 9HE

Phone: 01234 316801

Email: [admin@bedfordwomenscentre.org.uk](mailto:admin@bedfordwomenscentre.org.uk)

Open: Monday to Thursday 9:00- 4:00

Friday 9:00- 1:00



**Bedford Women's Centre  
provides a safe nurturing space  
for women, to promote and  
protect their health, mental  
wellbeing, to enhance  
confidence, resilience and the  
benefits of healthy relationships.**

*Bedford women's centre is run by: Family Groups (Bedford)*

*A Company Limited by Guarantee No 2948661*

*Charity Registration No 1045275*



## Trauma & Wellbeing Services

### Healing Trauma



This internationally recognised programme helps women to recognise the effects of trauma and gives coping strategies to help them as the first step to moving on.

Women say *'I now do more selfcare and feel more on my way to healing' 'I feel more able to cope'*

It is delivered in the centre by our Mental health coordinator who is a trained trauma therapist and Mental Health professional.

### Mindfulness & Wellbeing

We work with a fantastic wellbeing coach and counsellor to deliver sessions to help with grounding techniques, positivity and motivation.

Women say *'Mindfulness helped me relax and unwind' 'it helped me cope with my mental health.'*

## Legal Clinics at the Women's Centre

Book a **FREE** 20-minute legal assessment appointment with a Family Law specialist

The first Wednesday of each month

Hayley or Octavia

DA and custody issues a specialty.

Book through our office.



## Outreach Groups



Our groups provide a weekly opportunity to be with other ladies and enjoy good company and try new activities.

We deliver a range of **Life skills and creative activities** throughout the year to help women gain valuable skills.

These include:

- *Money Matters*
- *Creative skills (jewellery design/pottery/ sewing)*
- *Customer service*
- *Art therapy*
- *Cookery*
- *Celebrating diversity*
- *Team building*
- *Communication skills*
- *Yoga*



Women say *'lovely to have peaceful time to myself'*

Held in Queens Park, Kingsbrook and at the women's centre (term time). There are limited places so may need to be pre booked.

For more information contact us:



Phone: **01234 316801**

or Email:

[admin@bedfordwomenscentre.org.uk](mailto:admin@bedfordwomenscentre.org.uk)



## Creche Provision

We also provide crèche services in an on-site crèche at our Centre where children under the age of 5 can play, explore, develop and learn. Our crèche team are dedicated to ensuring that both parents/carers and the children have a positive experience and any additional support they may need.

Our team of staff have experience in planning and organising appropriate activities, completing risk assessments, recording accidents, Incidents, registers and supporting carers and centre staff.



## Support for Professionals

We deliver half day training for professionals so you can learn about the content of the Programmes and referral process. If you would like more information, please contact us.



Feedback from attendees:  
*'This is a powerful and effective way to raise awareness and provide support.'* Social Worker, Family Intervention Service, Bedford Borough Council.

*'This session has been very beneficial and will enable Bedfordshire Police to improve the services we provide' –* Detective Inspector, Personal Protection Unit, Bedfordshire Police.

