



Do you want to help create a safe space in the workplace?

Employers play a huge role in supporting victims of domestic abuse, by creating a safe space in the workplace.

The workplace could be one of the few places where victims feel safe to speak out about what is happening to them.

Through our work with victims and survivors of domestic abuse we know the difference it makes to victims when employers offer a safe and supportive environment.

Join our Domestic Abuse Awareness workshop to grow a safe and supportive workplace for staff and clients.

Stand out as an employer who will not tolerate abuse!



Scan code or visit oneymca.org/safe-space-in-the-workplace

Feedback from our service users

Women said.....

“I was isolated before starting the women’s group but now I don’t feel alone”

“After completing the self-esteem workshops I feel I have the confidence to start rebuilding our lives”

Children said.....

“Today’s session was exciting and fun”

“I felt open today and very calm and now feel better than before my 1-1”

Men said.....

“its great to meet with other men who have shared experiences, this is not the kind of conversation I can have with my friends”

03003 230 245
horizons@ecpbedford.org
oneymca.org/ecp



Domestic Abuse Support Services

03003 230 245



Here for young people
Here for communities
Here for you

YMCA enables people to develop their full potential in mind, body and spirit. Inspired by, and faithful to, our Christian values, we create supportive, inclusive and energising communities, where young people can truly belong, contribute and thrive.

FAMILY & YOUTH WORK HEALTH & WELLBEING HOUSING TRAINING & EDUCATION SUPPORT & ADVICE

FAMILY & YOUTH WORK HEALTH & WELLBEING HOUSING TRAINING & EDUCATION SUPPORT & ADVICE

Horizons

Horizons is a project for women and their children, living in Bedford who have experienced Domestic Abuse.

We support families through a range of interventions

- Group based programmes such as Liberty and Self-Esteem
- Linking and working with other agencies to provide a holistic package of support
- Bespoke 1:1 support programmes
- Counselling Service
- Play therapy for children

Referral criteria

Self or professional referrals welcome. Must be from Bedford Borough and have children under 18.

horizons@ecpbedford.org
0300 323 0245



TALK:4M offers tailored support for male victims of Domestic Abuse. We deliver this service across Bedfordshire.

We offer

- Group based support programmes
- Linking in with other agencies and professionals where needed

Referral criteria

Self or professional referrals welcome. Can be from Bedford Borough, Central Bedfordshire or Luton.

Our staff are confident in rebuilding self-esteem and improving emotional and physical wellbeing.

We work closely with schools, health services, police and social services ensuring our support is relevant and timely.

horizons@ecpbedford.org
0300 323 0245



A specialised project aimed at the perpetrator of domestic abuse to provide knowledge and understanding around the impact of perpetrating behaviours on their loved ones.

The BRIDGE Project is open to male and females, aged 16 plus and not in criminal or private law proceedings.

Clients need to have some ownership of their abusive behaviour, the desire to address that behaviour and be willing to attend all the weekly sessions of the 33-week programme

We offer

- Group based support
- 1:1 support

Referral criteria

Self or professional referrals welcome. Men and Women that live in Bedford Borough, Central Bedfordshire or Luton.

Bedford and Central Beds
bridgeproject@ecpbedford.org
0300 323 0245

Luton
bridgeproject@oneymca.org