

The Bridges Partnership and Greater Manchester Women's Support Alliance are working together to deliver a programme of groups, courses and drop ins for women in need of support in Tameside at our:

**TAMESIDE WOMEN AND FAMILIES CENTRE**

**41-46 CAVENDISH MILL, BANK STREET, ASHTON UNDER LYNE OL6 7DN**

Our primary focus is supporting women who are or have experienced domestic abuse and women involved in the criminal justice system.

We support women with the following areas of need:

[Domestic Abuse support](#)

[Support with finances](#)

[Support with parenting](#)

[Support with mental health and wellbeing](#)

[Employability support](#)

[Support with anger management](#)

[Substance Misuse support](#)

Please see below for a list of our current activities. In addition to this we run a coffee morning, every Tuesday and Friday 9.30 – 11.30 where women, open to our services, can drop in to find out more and book onto sessions

Partner agencies can refer domestic abuse clients into service by completing the Bridges referral form and emailing to:

[bridges@jigsawhomes.org.uk](mailto:bridges@jigsawhomes.org.uk)

Women must be registered to the centre in order to attend.

Referrals for women in the criminal justice system are only accepted from probation.

Other women, in need of support can call us on 0161 331 2552 to arrange an assessment.

## **Domestic Abuse support**

### **VOICE (VICTIMS OF INTIMATE COERCIVE AND CONTROLLING BEHAVIOUR)**

#### **Who is it for?**

Victim/survivors of domestic abuse

#### **What is it?**

Delivered by Bridge, the VOICE Programme is a twelve-week domestic abuse programme for adults addressing domestic violence, coercive control and the behaviours that create the dynamic of intimate partner relationship abuse. With a part-knowledge based and part-therapeutic approach the programme supports victims to identify the broad spectrum of abusive behaviours, the process of dismantling that a victim goes through and the significant impact of such traumatic experiences.

The main aims of the programme are to address the various behaviours of a controlling partner both in situ and post-separation offer relatable psychoeducation on trauma and normal stress responses, enable victims to learn more about the impact of traumatic experiences and build their capacity for self-regulation and their commitment to self-care.

The programme is committed to weaving in the themes of intersectionality and the additional barriers this presents to victims, recognition of abusive and coercive behaviours, theoretic models which help victims to identify where they are at in the cycle or stage of domestic abuse both pre and post-separation and the use of digital technology to further compound abusive dynamics.

The programme is interactive and draws on a variety of different learning styles using discussion, self-reflective exercises, visual media and active participation to generate learning for all participants in a supportive, regulated and trauma informed framework.

#### **When is it?**

Waitlist applies. Courses are offered at different times in the year. We will call and invite you to the course and advise of times then.

### **LAVA (Life after violence and abuse)**

#### **Who is it for?**

Female survivors of domestic abuse who want to support and be supported by peers, who have been through similar experiences.

#### **What is it?**

Supported by Bridges staff, a peer support group for women to share experiences and offer one another support. An opportunity to build a support network with other women who understand.

**When is it?**

Every Monday 11 – 12. You can attend at any point as this is a rolling course.

**VR Flourish**

**Who is it for?**

Women who have experienced domestic abuse

A health and safety assessment will be completed to check suitability

**What is it?**

Delivered by Bridges, 4 sessions of a virtual reality experience using a headset, which includes inspirational interviews with survivors and experts, animations, mindfulness meditations and life coaching, and aims to promote resilience and recovery for people affected by gender-based violence.

**When is it?**

Courses will be run on Tuesdays 1 – 3. Waitlist applies.

**CHIDVA Groups**

**Who is it for?**

Delivered by Bridges for children who have been impacted by the affects of domestic abuse. We have 2 courses:

**Time 4 You**

Delivered over 8 weeks for 3 different age groups: 6-8, 9-11, 12-14, it explores feelings in an artistic way, educating children about domestic abuse and keeping safe.

**Managing Emotions**

For children aged 9-11 and 12-14 years, this 6-week course is designed to help young people who are exhibiting harmful behaviours or beliefs because of their experiences of domestic abuse.

**When is it?**

Courses will be run on Thursdays and Fridays 3:30 - 5. Waitlist applies.

Additional referral required.

**Civil legal drop in****Who is it for?**

Women experiencing domestic abuse who wish to access some free legal advice in relation to protective orders, court proceedings relating to children and other civil legal matters.

**What is it?**

Bromley's solicitors, a local firm, who work closely with Bridges and specialise in domestic abuse cases, are available for free advice.

**When is it?**

From 12.30 on the second Thursday of every month

**Support with finances****CITIZEN'S ADVICE DROP IN****Who is it for?**

Women who need advice around debts and benefits

**When is it?**

Every Monday between 9 and 12.

This is in high demand so we recommend getting here as early as possible.

**Support with parenting****DAISY CHAIN****Who is it for?**

Women with children who are or have experienced domestic abuse

**What is it?**

This group is delivered by Leap. The aim of the group is to help Mum's to see and understand the impact of domestic abuse through a child's eye.

**When is it?**

Courses will be run on Mondays 9.30 – 12. Waitlist applies.

Creche provided

External referral required in addition to being registered with the centre.

**BLOSSOM****Who is it for?**

Women with children

**What is it?**

A 6 week parenting course, delivered by Bridges.

It is based on the 'Good Enough' parenting model and will include wellbeing activities such as grounding and mindfulness, aromatherapy oils and calming music. Also looking at Vagus nerve and how this controls parasympathetic nervous system-we will explore exercises and play ideas to stimulate Vagus nerve and regulate emotions in both mum and child. We will also look at rupture and repair in the context of the 'good enough' parent.

**When is it?**

Courses will be run on Wednesdays 10 – 12. Waitlist applies.

Creche provided

**Support with mental health and wellbeing****Craft for calm****Who is it for?**

Women who struggle to relax, who enjoy crafts.

**What is it?**

A group ran in a peaceful and relaxing environment, where women can chat, whilst taking part in a variety of craft activities, supported by staff.

**When is it?**

Every Monday 12.30 – 1.30

You can attend at any point as this is a rolling course.

**Pink**

**Who is it for?**

Women struggling with confidence and self-esteem.

**What is it?**

This 8 week course is about confidence and self-esteem also looking at resilience and what it means to be resilient.

We will look at who we are and the varying roles we have through our lives, so daughter, sister, mum, grandma etc and what it means to us. We will also explore worry and stress and the impact on our mental health and physical bodies. We will look at goal setting and stepping out of our comfort zone.

Also will look at our wellbeing and self-care.

**When is it?**

Every Wednesday 1 - 2

You can attend at any point as this is a rolling course.

**Counselling**

**Who is it for?**

Women who are working with Bridges or the Women's Alliance, struggling with their mental health and wellbeing, possibly having experienced loss or trauma, who are not in crisis or having suicidal thoughts.

**What is it?**

One to one, regular person-centred counselling sessions with a student counsellor.

**When is it?**

Morning and afternoon appointments available Monday – Friday.

Additional referral required in addition to being registered with the centre

## **Employability support**

### **Support To Succeed Course**

#### **Who is it for?**

Women working with Bridges or the Women's Alliance who are interested in support to progress into education, training or employment.

#### **What is it?**

A drop in with Jigsaw Support's 'Support to succeed' team for advice and support with education, training and employment – referrals into the support to succeed team can be taken and women will be allocated a one-to-one worker.

#### **When is it?**

Courses will be run on Thursdays 10 – 12.

External referral required in addition to being registered with the centre.

## **Support with anger management**

### **Mending Mindsets**

#### **Who is it for?**

Women, struggling to manage their emotions, experiencing outbursts of anger, which they are struggling to control – who want to access support to manage this.

#### **What is it?**

Delivered by the Women's Alliance, this is an 8 week course. We will be looking at Anger Awareness and how anger affects our mental health and physical bodies the impact it can also have on our behaviours.

We will look at our thoughts and thinking errors using the ABC model and also incorporate boundaries.

We will look at emotional regulation and do exercises for relaxation and reducing the intensity of anger.

At the end you receive a certificate if completed the course.

We will also look at case studies.

**When is it?**

Courses will be run on Fridays 1-2 .

Waitlist applies.

## **Substance Misuse support**

### **RAMP (Reduction and Motivation Programme)**

**Who is it for?**

Women who are drinking and/or using drugs who wish to start their recovery journey.

**What is it?**

Delivered by Acorn, The Reduction and Motivation Programme provides a safe environment for those in active addiction to explore their problems, the impact on them and others, and the life changes they need to make to achieve real, lifelong recovery.

**When is it?**

Every Thursday 12:30-14:30

You can attend at any point as this is a rolling course.

### **CGL drop in**

**Who is it for?**

Women who are concerned about their drinking or drug use, who want to discuss accessing support. Or women, who are impacted by the drinking or drug use of a loved one.

**What is it?**

An opportunity to meet with a specialist substance misuse worker from Change, Grow, Live to discuss what support is available and potentially complete a referral into service for support.

**When is it?**

All day, every Wednesday.



## **Coffee Morning**

### **Who is it for?**

All women.

### **What is it?**

A safe space to have a brew, toast/crumpets and a chat. Women are invited to come as often as they like. It's a safe space to relax and socialise but also to learn more about the centre and what we have on offer. Women can also come and ask our friendly team for advice whilst here.

### **When is it?**

Every Tuesday 9:30 – 11:30.

## **Tea And Toast**

### **Who is it for?**

All women.

### **What is it?**

A safe space to have a brew, toast/crumpets and a chat. Women are invited to come as often as they like. It's a safe space to relax and socialise but also to learn more about the centre and what we have on offer. Women can also come and ask our friendly team for advice whilst here.

### **When is it?**

Every Friday 9:30 – 11:30.