

## GET INVOLVED

With your support, we can ensure anyone, no matter the age, gender, or sexuality, who is experiencing abuse, sexual violence, or stalking, can access safety and rebuild their life free from fear.

## HOW YOU CAN SUPPORT US:

### DONATE - HOW YOUR MONEY COULD HELP:

- **£5** could buy a mobile phone top up for a person fleeing abuse.
- **£15** could buy a gas/electric top up card for a family.
- **£50** could buy a week's worth of food for an adult and their children.
- **£100** could fund a hotel room for a victim and their children to get them to safety



Your donation can help someone have a life free from fear and abuse. Donate now on our website: [www.fearfree.org.uk/support-us/donate](http://www.fearfree.org.uk/support-us/donate) or scan here

### FUNDRAISE

Every pound you raise goes towards helping to change lives, provide hope for the future and give people the opportunity to flourish in their future relationships. There are lots of ways you can help to break the cycle of abuse. From a pub quiz to a hike, find the activity that is right for you.



Visit [www.fearfree.org.uk/support-us/fundraise](http://www.fearfree.org.uk/support-us/fundraise) or scan here for more information and to view our fundraising toolkit.

### VOLUNTEER

We offer excellent opportunities to harness your time and skills to best support our organisation, as well as offering opportunity to develop your own skills and experience with excellent training and support.

Please contact our Volunteer Manager at [volunteer@fearfree.org.uk](mailto:volunteer@fearfree.org.uk) or call 07525 803 354.

To view our volunteering openings, visit [www.fearfree.org.uk/support-us/volunteer](http://www.fearfree.org.uk/support-us/volunteer) or scan here to view our volunteering roles.



## CONTACT US

### Wiltshire – Domestic Abuse, Sexual Violence, Support for Children and Young People and Behaviour Change.

Oak House, Epsom Square, White Horse Business Park, Trowbridge, BA14 0XG  
Support Tel: 01225 775276  
Enquiries and referrals: [spa@fearfree.org.uk](mailto:spa@fearfree.org.uk)

### Devon - Domestic Abuse, Support for Children and Young People and Behaviour Change.

1st Floor Buckland House, Pavilion 3, Park 5 Business Centre, Harrier Way, Exeter, EX2 7HU.  
Tel: 0345 155 1074 (landline call rate)

For professionals using a secure email address: [referrals.devon@fearfree.org.uk.cjsm.net](mailto:referrals.devon@fearfree.org.uk.cjsm.net)  
For clients or those who do not use secure emails: [admin.devon@fearfree.org.uk](mailto:admin.devon@fearfree.org.uk)

### Gloucestershire - Positive Relationships Gloucestershire (PRG) Behaviour Change Service and Stalking

PRG  
Tel: 01452 529866  
Enquiries: [PRGgloucester@fearfree.org.uk](mailto:PRGgloucester@fearfree.org.uk)

### Stalking

ISAC: [isac@fearfree.org.uk](mailto:isac@fearfree.org.uk)  
Tel: 08088 020300

For advice and support contact the National Stalking Helpline. The helpline will operate a triage service for local support and make referral.

Enquiries: [advice@stalkinghelpline.org](mailto:advice@stalkinghelpline.org)

### Reprovide, Bristol and Wiltshire – Behaviour Change in partnership with Bristol University

Reprovide, The Park Centre, Daventry Road, Knowle, Bristol, BS4 1DQ

Enquiries: [reprovide.bristol@fearfree.org.uk](mailto:reprovide.bristol@fearfree.org.uk)

FearFree Charity is a registered charity (No: 1064764) and a company limited by guarantee in England and Wales (No: 3360057). Registered address: Oak House, Epsom Square, White Horse Business Park, Trowbridge BA14 0XG



Working for a future where those trapped in a cycle of domestic abuse and sexual violence can break free and live a life free from fear.

**WE KEEP PEOPLE SAFE AND HELP REBUILD THEIR LIVES FREE FROM FEAR.**



FearFree helps over 10,000 adults and children every year who have experienced or witnessed domestic abuse, sexual violence, or stalking. From the first point of contact, we are there to help our clients. Our support is tailored to the person's needs and experiences, helping them right from crisis intervention, through to 1-to-1 or group work recovery sessions, to specialised employment and education programmes.

On average, 80% of perpetrators have experienced a form of abuse themselves. We run programmes for people who have behaved in a harmful way, helping them learn new strategies and techniques to stop it happening again. By supporting people to parent in a non-abusive way, we help break the cycle of abuse.

We change lives, provide hope for the future, and give people the opportunity and skills to flourish in their future relationships. No matter the gender, race, sexual orientation, religion, or age, our services are inclusive and offer no bounds.

**NOT JUST FOR THE SHORT TERM, NOT JUST UNTIL THE NEXT TIME. BUT PERMANENTLY.**

## WHAT WE DO

### DOMESTIC ABUSE

People often believe domestic abuse must only involve physical violence; however, it can incorporate a range of behaviours that can be just as frightening and isolating as physical harm. Domestic abuse can be present in any intimate or familial relationship. 1 in 3 women and 1 in 6 men will experience domestic abuse in their lifetime.



Domestic abuse falls under 4 main strands:

- **Physical Abuse** - Pushing, shoving, or restraining you as well as punching, kicking and strangulation.
- **Emotional/Coercive Abuse** - Belittling or humiliating behaviour, undermining your self-esteem, monitoring your movements, or controlling your freedom or ability to make decisions. Blaming you for any disagreements or violence (gas-lighting), threatening or manipulating behaviour.
- **Economic Abuse** - Controlling your access to money or ability to earn money.
- **Sexual Abuse** - Manipulating you or forcing you to do anything sexually you don't feel comfortable doing or have not given consent for.

### SEXUAL VIOLENCE

When we hear the word 'violence', we think of a physical act of aggression, but sexual violence doesn't always include this. We use the term sexual violence to indicate the lasting effects that non-consensual acts can have on a survivor. Any type of sexual activity, including online, that is unwanted or without consent is classed as sexual violence. This act of abuse can happen to anyone, regardless of age, gender, sexual orientation, race, or background.



It is important to recognise that sexual violence does not have to involve physical contact and may involve non-contact incidents such as verbal sexual harassment, threats of sexual violence, grooming, unwanted sexual communications, and illicit images.

FearFree is a service available to all, regardless of when the incident took place, or whether you decide to report to the Police. Our ISVAs can provide support to any victim of sexual violence, alongside advocacy through the Criminal Justice System.

### STALKING

With the advancements of technology and social media, the likelihood of stalking is higher than ever before. Stalking is a repeated pattern of behaviour that causes a person to feel frightened, nervous or in danger. The behaviour can include unwanted contact by phone, social media or email, or unwanted visits to your workplace, home address or other places you regularly frequent. Stalking behaviour can be perpetrated by a stranger, someone you know or a previous partner.



Some key signs of stalking include:

- **Obtaining details before you provide them**
- **Monitoring you constantly**
- **Showing up, out of the blue**

### CHILDREN AND YOUNG PEOPLE

FearFree are seeing more and more children and young people experiencing or witnessing domestic abuse and sexual violence, which can be very traumatic and damaging. FearFree provides support to children of all ages, in partnership with the non-abusing parent or carer, alongside other professionals. The service will improve safety and promote recovery. Support can be offered to children and young people who have witnessed domestic abuse, or those who are experiencing domestic abuse in an intimate relationship.

Child victims of sexual violence will be allocated a CHISVA (Children & Young People's Independent SV Advisor).

If you know a child that has experienced or witnessed domestic abuse or sexual violence, get in touch now.

