

THE FREEDOM PROGRAMME FOR WOMEN 2018

Venue	Date	Time	Crèche
Derby Street Sure Start Children's Centre, Derby Street Heywood OL10 4QJ	10.09.18 Monday	1pm to 3pm	Yes
Howard Street Sure Start Children's Centre, Howard Street Rochdale OL12 0PP	10.09.18 Monday	1pm to 3pm	Yes
Sandbrook Sure Start Children's Centre Hartley Lane Kirkholt Rochdale OL11 2LR	06.09.18 Thursday	9:30am to 11:30am	Yes
Langley Sure Start Children's Centre Windermere Road Langley Middleton M24 4LA	05.09.18 Wednesday	9.30am to 11.30am	Yes
Rochdale Women's Welfare Association (Urdu Only) Trafalgar St	10.09.18 Monday	10am to 12pm	No
Newbold Children's Centre Moss Street Rochdale OL16 5NL	05.09.18 Wednesday	09:30am to 11:30am	Yes
Lowerplace Primary School, Kingsway OL16 4UU	14.09.18 Friday	10:00am To 12:00pm	

Who can attend?

The Freedom Programme in Rochdale is open to any women within the Borough and is free of charge. In some of our venues there will be crèche facilities which are provided for pre school aged children.

Please check the table to see if crèche facilities are available.



To book a place please email ...
freedomprogramme@rochdale.gov.uk

The Freedom Programme In Rochdale



An awareness raising and empowerment programme about domestic abuse, for women

Just two hours a week could change your life!

To book a place please email ...
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Please specify which venue you wish to attend and if crèche is required.



The Freedom Programme for Women



What happens in the groups?

- Open discussions & activities addressing domestic abuse
- You have the option to join in as much as you want
- You'll get lots of peer support
- You'll make friends
- You'll become more confident and assertive
- You will receive a book named 'The Dominator' which you can take home if appropriate for you

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The Friend

- Is Cheerful
- Consistent
- Supportive
- Compliments you
- Uses your name
- Trusts you
- Welcomes friends and family
- Admits being wrong
- Is an equal parent
- Accepts that you have a right to say NO
- Shares financial responsibility

The Dominator

- Shouts
- Sulks
- Smashes things
- Glares
- Calls you names
- Stops you working
- Never admits he's wrong
- Turns the children against you
- Expects sex on demand
- Blames you, drugs, drink, stress etc.
- Uses the children to control you
- Controls the money
- Threatens you to get his own way
- Seduces your friends/sister/anyone



The Freedom Programme is a rolling 12 week programme which runs 2 hours each week in various locations across Rochdale. Participants can join at any point.

Each group has 2 facilitators who are fully trained and have a deep understanding of the issues around domestic abuse. The Freedom Programme is free and confidential.

The aims of the Freedom Programme are to:

- Help Women to identify abusive behaviours and beliefs held by abusive men.
- Help women gain self-esteem and confidence to improve the quality of their lives.
- Show how domestic abuse affects children.
- Help Women to recognise future abusers and move onto free lives.