

# WHAT IS A PEER SUPPORT GROUP?

Led by experienced domestic abuse support workers, and strengthened by survivors, the peer support group brings together up to 20 women and invites them to share their lived experiences of domestic abuse to help one another.

Sessions are informal and members are encouraged to take things at their own pace, sharing as much or as little as they feel comfortable with.

Getting creative (and having something to do with your hands!) is proven to be beneficial in peer support settings, sessions can include arts and craft activities such as painting, card-making, knitting and macrame.



# We rise by lifting others.

ROBERT INGERSOLL



**Interested to know more...**  
about our peer support group  
and how it could benefit you?

## CONTACT US

- ☎ 01325 364486
- ✉ [contactus@familyhelp.org.uk](mailto:contactus@familyhelp.org.uk)
- 🌐 [www.familyhelp.org.uk](http://www.familyhelp.org.uk)

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# WOMEN'S PEER SUPPORT GROUP



**FOR SURVIVORS OF DOMESTIC ABUSE**

First Monday of the month  
1-2.30pm

Newcastle Building Society  
7/8 Horsemarket  
Darlington  
DL1 5PW



Charity Reg No: 1150798



## THE PEER SUPPORT APPROACH

The peer support approach is based on the principle that having lived and coped with domestic abuse in their own lives, peer group members are uniquely qualified to support others who are struggling, and walk beside them in their journey of recovery.

Peer support is based on sharing ideas, offering hope and inspiration informed by life experiences and working with others to make a plan for a happier, healthier life.

## THE PEER SUPPORT PRINCIPLES

- Diversity and inclusion
- Empowerment
- Empathy
- Safety
- Solidarity
- Trust



## HOW CAN PEER SUPPORT HELP ME?

You will have a safe space to discuss any worries with others who understand what you are going through.

You may find that others will find your experiences valuable in managing their own relationship issues.

You will have the opportunity to share experiences and information.

You will be able to support/get support from other members and make friends.

You may discover activities in your local area. You will be able to share and learn new skills.

**#STRONGERTOGETHER**

## ABOUT US

For almost 50 years, Family Help has provided specialist domestic abuse support for women and children.

Our purpose-built refuge accommodates on average 50 women and 100 children from all over the UK every year.

We also provide advice and signposting via our telephone helpline, which is available to anyone affected, directly or indirectly, by domestic abuse. **Tel: 01325 364486**

Our central purpose is to **educate** all on the gendered issue of domestic abuse and **empower** women to live a life free from violence and abuse.



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