



Southern Domestic Abuse Service Newsletter

Winter 2017



WINTER NEWSLETTER

Welcome to our Winter Newsletter. I would like to wish all of our new readers and clients as well as those that have previously engaged a very Happy New Year.

I hope that you have been able to join us for the various trips, activities and Christmas parties that have been provided, I had the great pleasure of attending some of them myself and I do hope you enjoyed them as much as I did.

Southern Domestic Abuse Service has received tremendous support from our local communities in the run up to Christmas, and we would like to take this opportunity to say thank you to all the individuals, organisations, businesses and community groups that provided donations and gifts.

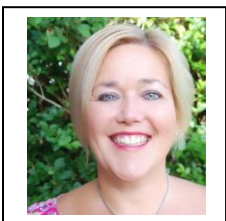
In November and December we marked White Ribbon Day, also known as the International Day for the Elimination of Violence Against Women, which starts 16 days of action against gender violence. We used the hash tag #stampitout and were joined by partner agencies including the Police and Fire Service making our pledges and stamping on (out-of-date) eggs to show that we will not tolerate violence against women.

All our group work will be starting again in January, please see page 3 for the dates and times of our Freedom and Who's in Charge Programmes.

We have a very active Facebook page, facebook.com/southerndas please do like the page and then you will be kept up to date on what we are doing and follow local, regional and national stories and information on domestic abuse.

I hope that you find this newsletter interesting and useful, please do let us know if you have any ideas for us to use in future editions.

Kind Regards
Claire Lambon
CEO





Courses and Workshops for Adults

Beat the “Winter Blues” and try out one of these **free** activities at a library near you!

Fareham & Gosport: Colouring for Grown-Ups at Fareham Library

Meet others who enjoy experimenting with colour, share tips and expertise. Our Creative Colouring for Grown-Ups group meets at Fareham Library every Tuesday between 10am and 11.30am.

All materials are provided. Why not drop in and join our friendly group!

East Hants:

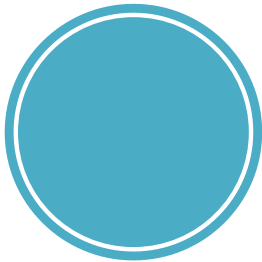
Family History at Alton Library

A member of the Alton Genealogical Society will be at the library on the 1st Saturday of each month from 10am to 12noon to offer help and advice on researching your family tree.

Havant:

Knit and Natter at Havant Library

Do you enjoy knitting and needlecrafts? Then come along and join our weekly club every Tuesday between 10am and 12noon. Bring your own wool, needles and patterns, share ideas. New and experienced knitters of all ages welcome. For more information please contact the library.



Spring Half Term Activities for Children

Havant:

Tuesday 13th February -

Havant Park, picnic and Valentines arts and crafts. Meeting at the park 10.30am

Thursday 15th February -

Horizon PlayZone. Meeting at the entrance 10.30am

East Hants:

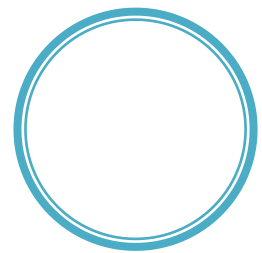
Monday 12th February - Kings Pond trip to do bird watching/duck feeding 1:30 pm

Wednesday 14th February - Alton Library trip 1.30pm

Thursday 15th February - Curtis Museum trip 2.00pm

Fareham:

Tuesday 13th February - Trip to cinema - time to be confirmed nearer date.



FREEDOM PROGRAMME

If you have not yet attended the Freedom Programme why not come along and see what it is all about? We look at the tactics used by the perpetrator and the impact this has on women and children. The groups are very well attended and the support from other women who have been in similar situations is immeasurable, crèche is provided.

Freedom will be starting back after the Christmas at the following venues from:

Monday 8th January

- Buckland Children's Centre, Portsmouth
9.30am - 11.30am
- Bushy Leaze Children's Centre, Alton
12.30pm - 2.30pm

WHO'S IN CHARGE?

This is a nine session programme for parents of a child who is behaving abusively towards them.

The main goal is to empower parents, reduce stress and guilt and give them concrete strategies to use with their children. The group will also:

- Reduce parents feelings of isolation and guilt
- Provide a supportive environment to share experiences and ideas

Tuesday 9th January

- Trospacc Children's Centre, Havant
12.30pm - 2.30pm

Wednesday 10th January

- St Michaels and All Angels Church, Havant
9.30am - 11.30am

Thursday 11th January

- Meltdowns and Marvels, St Vincent's College, Gosport
9.30am - 11.30am



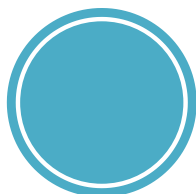
- Create belief in the possibility of Change
- Explore ways of increasing safety and wellbeing
- Help parents feel more in control
- Give parents confidence in establishing boundaries
- Explore self care and assertiveness.

Who's in Charge will be starting back after Christmas on:

Tuesday 9th January

- Sharps Copse Children's Centre
9.30am - 12.00pm

For more information please contact 07708111897 or alternatively email: info@southerndas.org



Children's Christmas Parties



This year we had 3 Children's Christmas Parties across East Hampshire, Fareham, Gosport and Havant. We had 23 adults and 40 children at East Hants, 14 adults and 34 children at Fareham and Gosport and a whopping 32 adults and 67 children at our Havant Christmas Party!!

Thanks to the hard work of all our staff and helpers a terrific time was had by all!



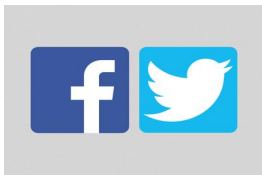
Santa with his "helpers"!

Donations

This Christmas we received an **overwhelming** amount of support from many local organisations who donated gifts and toys for the families we support. Space prevents us naming them all individually but here are just a few of our main benefactors:

Wave 105 fm
 The Inn Lodge and The Farmhouse
 Harris and Hoole
 Purbrook Park School
 Beacon Food Bank
 Local WI's
 Havant Borough Council
 Norse South East

Thank you all for your support!



Find us on [facebook.com/southerndas](https://www.facebook.com/southerndas) or follow us on twitter.com/southerndas

Contact Details:

East Hants: 01420 590109

Fareham & Gosport: 01329 285375

Havant: 023 92 480246

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