

Threshold

Monthly Newsletter

DECEMBER

DAS



OPEN DAY!

On December 6th we will be running an open day in our Outreach Office!

The open day will include the opportunity to learn festive nail art, get a head massage and to do some arts and craft! In addition to this, one of our volunteers is also baking some cakes!

The session will run from our Station Road address but if you would like to attend please book ahead of time as slots will fill up quickly! The nail art session in particular is quite popular as you can learn new techniques and have your own nails painted too!

This event will be open to all and will include a Christmas stall to help fundraise for the organisation! We will also be making personalised Santa plates in Llanelli, and in Caerphilly on December 13th!

For more information or to book a place please contact Layla (llucas@threshold-das.org.uk), Hadeel (hdart@threshold-das.org.uk) or give our office a call (01554 752422)!

For more information on the Santa plates or to book a slot please contact Teresa on tarmstrong@threshold-das.org.uk.

FREEDOM PROGRAM

The Freedom Program is running out of our Station Road address and this December we shall be covering the following topics:

- Tuesday 5th – Effects of Domestic Abuse on Children
- Tuesday 12th – The Bully
- Tuesday 19th – The Bad Parent

These sessions start at 10am in the office and are helpful in understanding domestic abuse.

Additionally, starting in January we will begin our Recovery Toolkit which aims to help women re-evaluate their thinking and behaving following the end of a domestic abuse relationship. This is a 12-week program and attendees must book in advance.

To find out more/book a slot please contact Felicity at flewis-warlow@threshold-das.org.uk

White Ribbon Day

Last month included White Ribbon Day which co-occurs with the UN's Day for the Elimination of Violence Against Women. Ahead of the event we prepared a stall asking people to wear white ribbons as a sign of support for ending violence against women. Along with white ribbons, we also provided a range of other items including personal alarms, post-it notes and stress cubes for the public.



Coffee Mornings

In the next couple of Coffee Mornings we will be having a few guest speakers coming along to talk to attendees about a range of topics. The one is Karen Rowe coming in on December 6th to talk about MIND and the work they do as well as volunteering opportunities! Come along and enjoy some great cake and coffee whilst listening to Karen!

To find out more about Threshold or to donate please visit our webpage for more information!
<http://threshold-das.org.uk>





MARKET DAY

WEB

WOMEN EXPLORING BUSINESS

The eight ladies from the Women Exploring Business were invited to have a stall on Llanelli Outdoor Market to gain some valuable business experience. The ladies handmade various Christmas themed items including canvases, felt decorations, lavender bags sweet bags. The whole day was a great success, despite an hour of torrential rain! We had £180 worth of sales, and raised almost £20 in donations from passers-by. Everyone thoroughly enjoyed the day and felt like they had learnt a lot from taking part.

Everyone from the WEB team would like to say a big thank you to Amanda at Llanelli Market for donating the stall space and for her support.

Our second session of WEB has just started with more women exploring their business options. If you would like to take part in the next WEB please contact Layla on llucas@threshold-das.org.uk

Furthermore, on the 21st of December the current cohort of WEB women will be helping wrap presents for a donation to Threshold DAS and selling some more items at the Llanelli Market so please come along and support us at this event!



In other WEB news, the current programme has been so successful that in the early part of 2018 we shall be starting the course again, this time branching out into Blaenau Gwent, Bridgend and Merthyr Tydfil!

If you would like to join in and take part in our next course then please contact Layla or Tania at 01554 752422, alternatively you can email them at: llucas@threshold-das.org.uk or tperkins@threshold-das.org.uk



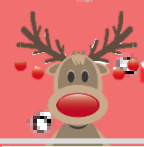
We need YOU!



In the next couple of weeks we will be needing some volunteers to help wrap some presents on a Christmas stall!

If you are interested in volunteering then please contact Alyson before December 10th! Contact via;

adavies@threshold-das.org.uk or 01554 752422



Thank you!

In November we received a wonderful donation of some handmade quilts for the women and children down in our refuge!

These were donated by Julie from the Linus Project who hand make blankets of various sizes.

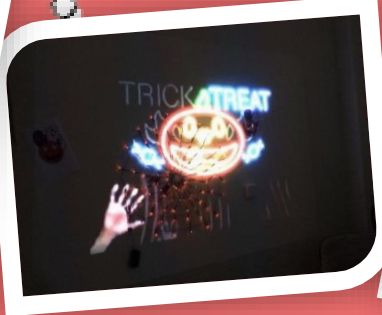
The women and children in our refuge were very grateful for the blankets!

Below is a photo of Julie with one of the beautifully crafted blankets!



Service-User Space

Down in refuge one of our counsellors has been working with the young people in more creative ways. This week they've made beautiful dreamcatchers which are now hanging in the play room for all to see!



In October the Children & Young People team held a Halloween party for the children on support. Ten children attended all dressed in impressive costumes. There was face painting, apple bobbing, pumpkin carving, pin the nose on the pumpkin and spooky food. The team are currently planning the Christmas Party with a special guest appearance!



Thank you to our funders!

