

Threshold

Monthly Newsletter

October 2017



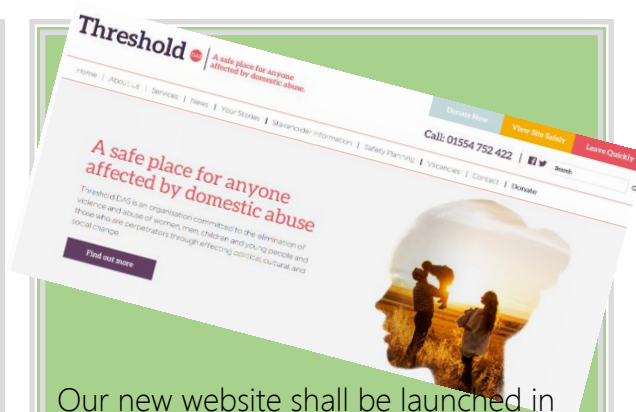
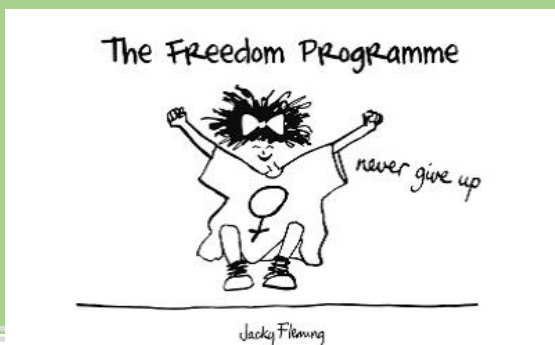
The Freedom Programme

Our Freedom Programme started back last week with great success! Over the next several weeks, we shall be covering a topic at a time in the following order:

- Sept. 26th "Bad Parent"
- Oct. 3rd "Effects of domestic abuse on Children"
- Oct. 10th "The Headworker"
- Oct. 17th "The Jailer"
- Oct. 24th "The Sexual Controller"
- Nov. 7th "King of the Castle"
- Nov. 14th "The Liar"
- Nov. 21st "The Persuader"
- Nov. 28th "Warning Signs"

These sessions are aimed at helping change beliefs and attitudes surrounding domestic abuse and they run each Tuesday morning in our Outreach Office on Station Road.

If you would like more information about the Freedom Programme then please contact Felicity:
FLewis-Warlow@Threshold-das.org.uk



Our new website shall be launched in the next few weeks!

Free Training

In Moose Hall, Caerphilly this October and November we shall be carrying out some free training, accredited by Agored Cymru! The training will take place on the following dates from 10.30 – 2.30 covering various topics:

- 5th October "Tai Chi" (Entry Level 2)
- 12th October "Career Planning" (Level 2)
- 19th October "Aromatherapy" (Level 1)
- 26th October "Writing for Personal Development" (Level 2)

Eligibility criteria includes living in a community's first area and you **must** book in order to attend these events.

If you are interested in these events, want to learn more or want to book a place please contact:

Mel at mhall@threshold-das.org.uk
Tania at tperkins@threshold-das.org.uk

To find out more about Threshold or to donate please visit our webpage for more information!

WEB

WOMEN EXPLORING BUSINESS

Day one of our WEB programme was a great success! Nine local women are participating in the 8-week course which promotes self-employment in a hands-on way. Day 1 involved learning about why self-employment can be a good career choice and what skills are required to become a successful entrepreneur! We also looked at ten successful Welsh entrepreneur to find out how they got started in business including: Michelle Beer, Rachael Flannigan, Georgina Jones and Abi Carter!

In addition to our WEB Programme in Llanelli, in November we shall be starting another WEB programme in Caerphilly! For more information, to check your eligibility or to book a place then please contact Tania (tperkins@threshold-das.org.uk) or Mel (mhall@theshold-das.org.uk).



Taster Days!

We have a range of taster days coming up soon in Llanelli and Caerphilly! The dates for these events are as follows:

Llanelli Office

October 25th, 2017

November 8th, 2017

December 6th, 2017

Caerphilly Office

October 31st, 2017

December 11th, 2017

We will continue to update this page as more taster days become available!

If you would like to attend any of these taster days or if you would like to find out more about them then please feel free to contact us on:

enquiries@threshold-das.org.uk

Coffee Mornings



Our weekly coffee mornings are proving popular at Threshold! The women attending have put forward several suggestions of activities they would like to see including: craft and textile workshops and speakers they would like to invite.

Our coffee mornings provide a relaxed atmosphere for all who attend and all the women welcome and support each other.

Our baker extraordinaire, Mavis, has created a wide range of delicious baked goods each weeks from large cakes to cupcakes and other goodies.

Our other volunteers, Alison and Amanda – along with Mavis – have been great hosts and made sure all mugs are kept topped up!

Should you wish to attend any of our coffee mornings they run each Wednesday from 10 – 12 in our Outreach Office on Station Road.

For more information contact Teresa:

tarmstrong@threshold-das.org.uk



Floating Support

In addition to our structured programmes and events we also offer floating support to anyone in the community experiencing domestic abuse who requires any assistance or support. For more information feel free to drop-in at our Station Road office or call 01554 752422.

Alternatively you can call the 'Live Fear Free Helpline' on 0808 8010 800.

Service-User Space

Someone somewhere help me, I've become pretty lost.
It's dark where I am, filled with things that hurt like thorns.
I can't walk around no more with sharp words pulling at me like a razor to my skin.
I can't pretend like someone somewhere hasn't ruined my sense of being.

Someone somewhere knows my mind like an unsolvable maze.
I let them visit once, let them know each stage.
Each level I let them cheat, let them climb each wall.
I let them fake their way through, knowing all along they never wanted my prizes, never wanted my hand, love or mind.
They just wanted me to stand there, broken, wasting my time.

See, there's someone somewhere who's taken pride in taking away who I am.
They've taken away my sense of being, my sense of home.
There's someone who's the reason I'm scared to sleep,
Scared of the darkness because I know it's where they still creep.

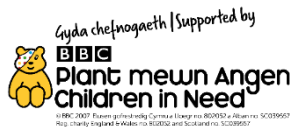
But I've loosened my shackles and I've shattered my chains.
I've lit a candle in the darkness and screamed out your name.
There's someone somewhere that's, that's taken who I am.
But you can have the girl I was, because I am much stronger now as I am.

I can breathe without pain
I breathe on my own
I can feel the breeze on my skin,
I'm no longer alone
There's someone somewhere who's made me this strong, made me almighty by breaking my bones.

There's someone somewhere that's now alone.
That will suffer for being a bully now I am gone
I'm happy now and the happiest I've ever been.
It's true what they say, when you're going through hell keep going

- Someone, Somewhere -
(A poem written by a service-user)

Thank you to our funders!



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