

Threshold

Monthly Newsletter



September 2017

Coffee Mornings



Freedom Program Restarts

From September 12th the Freedom Program shall be running out of our Outreach office on Station Road. The Freedom Program will help you understand the attitudes and beliefs behind domestic abuse.

For more information contact Felicity:

FLewis-Warlow@Threshold-das.org.uk

Recovery Toolkit

The Recovery Toolkit will be starting on September 19th in the Outreach Office. This Toolkit aims to help educate women to prevent domestic abuse reoccurring.

Again for more details contact Felicity:

FLewis-Warlow@Threshold-das.org.uk

We shall soon be starting frequent coffee mornings in our Outreach Office on Station Road! The first one shall be held on Wednesday 13th of September at 10.30! Please contact Alyson with any themes you wish to discuss during these mornings.

Alyson: *adavies@threshold-das.org.uk*

WEB

WOMEN EXPLORING BUSINESS

Are you female, aged 25+, currently unemployed and living in a Communities First area?

Would you like to find out more about the possibilities of self-employment?

This course will explore self-employment options, taking part in a small business event, gaining new skills and improving confidence and motivation. There is also the opportunity for earning three Level 2 Agored qualifications with more learning options available in the future.

WEB shall occur over an 8-week period, (starting Sept. 28th) fitting around school hours. If required, qualified childcare can be provided and transport costs shall be reimbursed. This course is designed to start from the very basics so no prior knowledge required!

For more information please contact Layla:

llucas@threshold-das.org.uk **OR** 01554752422

Active Inclusion

We currently have three new projects in this area, all supported by the European Social Fund and Welsh Government! These include: WISH, BELIEVE and ME&YOU!

So far attendees have achieved Agored accredited level's 1 & 2 in Freedom from Domestic Abuse, MARAC, Volunteering, Tai Chi and Salsa. Future topics include: Feminist Theory and Domestic Violence, Mindfulness and Resilience and Recovery from Domestic Abuse! Our ME&YOU Project has enabled us to offer paid work placements for several individuals too!

For more information about these projects and to see if you are eligible please contact one of the following:

Tania: TPerkins@threshold-das.org.uk

Felicity: FLewis-Warlow@threshold-das.org.uk

Hadeel: HDart@threshold-das.org.uk

Plastic Bag Knitting

We shall be continuing with our knitting of plastic bags during one of our coffee mornings! The first one will take place on September 27th! These bags shall be knitted together into blankets which shall then be sent onto third-world countries. For more information on the event or if you have any plastic bags to donate please contact Hadeel: HDart@threshold-das.org.uk



FAIRTRADE

Fairtrade Event and Open Day

In August we held a Fairtrade event as part of an Open Day which was enjoyed by many. One of our volunteers, Mavis, baked a selection of cakes

from Fairtrade products. Alongside this some attendees went to some training on Reflective Writing and signed up for upcoming courses and other events!

S.M.A.R.T.

Volunteering Program

Are you interested in meeting new people, learning new skills and supporting a great cause? Then the S.M.A.R.T Project is for you!

Volunteer roles include;

- Website & Social Media
- Refuge Support
- Education Support
- Befriending Service
- Publicity and Marketing Fundraising
- Newsletter Publication
- Outreach and Floating Support
- Children and Young People Support

Contact Alyson or Teresa for more details:

adavies@threshold-das.org.uk

OR

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.

E-FIP

E-FIP is our Early Family Intervention Project which helps the whole family unit and supports them through domestic abuse. The project offers early intervention through numerous ways which include our:

'Choices' programme which aims to help people, who have been abusive towards their partners or ex-partners, change their behaviour and develop respectful, non-abusive relationships.

Family Mediation - helps people with opposing opinions keep focused on finding solutions. The role of the mediator is to help the parties decide what kind of agreement they need, understand and outline the position of each side and to systematically discuss resolution on each point. The mediator is able to help families stay together safely where appropriate or help couples separate amicably.

Child Work- We offer counselling for children and young people and also have a specialist worker who supports children and young people with their mental wellbeing on a range of social and emotional issues.

For more information about this project please contact Dean: devans@threshold-das.org.uk

Taster Days!

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

Llanelli Office

September 27th, 2017

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

Thank you to our funders!



Threshold DAS, 32 Station Road, Llanelli, SA15 1AN
enquiries@threshold-das.org.uk
01554752422