

## WHAT IS DOMESTIC ABUSE?

Many people think that domestic abuse just means physical violence. This sometimes leads to victims not seeking help because "at least they don't hit me". But domestic abuse is about control – about how one person uses an intimate relationship to control another person, often their partner or former partner. The controlling behaviour forms a pattern, rather than being one-off incidents.

It can include a range of behaviour:

- Physical violence – slapping, burning, beating, kicking, biting, knife wounds often leading to permanent injuries and sometimes death.
- Sexual abuse – rape, forced sexual acts, sexual degradation
- Emotional abuse – intimidation, bullying, constant criticism, keeping someone locked up and isolated from family and friends.
- Threats – to harm your family, to take your children away, to put pictures on the internet, to kill you.

LWA defines domestic abuse as "a pattern of abusive and controlling behaviour in close or intimate relationships. It includes physical, emotional, financial sexual and mental abuse"

Anyone can experience domestic abuse regardless of race, age, ethnic or religious group, disability or lifestyle.

Domestic Abuse destroys both victims' and children's lives.

## LIVING WITHOUT ABUSE

Living Without Abuse (LWA)

believes that all people have the right to live safely and without fear of violence and abuse. We can provide shelter and support to any woman experiencing or fearing violence or abuse, and offer outreach support to women and men. We are committed to raising awareness of domestic abuse, working towards its prevention and eradication, and assisting those affected by this crime to determine their own lives.

Living Without Abuse has an equal opportunities policy.

### **CONTACT:**

**PO Box 16, Loughborough, Leicestershire.  
LE 11 3AX**

**For further information visit our website:**

[www.lwa.org.uk](http://www.lwa.org.uk)



**VOLUNTEERING**

**OPPORTUNITIES**

**Living Without Abuse aims to give volunteers the opportunity to gain skills, experience, knowledge, improved employability and to develop their civic participation.**

## **VOLUNTEERING WITH LIVING WITHOUT ABUSE**

Living Without Abuse is committed to using volunteers to support and enhance its work.

Volunteering should be a two-way relationship and should be enjoyable.

People volunteer for many reasons, for example, to build confidence, to contribute to the community, to meet like-minded people, to feel a sense of belonging or to explore a particular area of work.

We realise that volunteers can bring a wealth of knowledge, expertise, skills and enthusiasm to an organisation

We will help you to find the volunteering role which is right for you. We will encourage you to choose the role that best suits your skills and interests.

We will offer you support, training and supervision whilst you are a volunteer with LWA.

We will offer a six week training programme and induction so that when you start, you will feel confident in what you are doing.

Please note, we will need to carry out a Criminal Record Bureau (CRB) check on all volunteers due to the vulnerability of our client group.

## **OPPORTUNITIES**

### **VOLUNTEER BEFRIENDER**

As a befriender, you will have the opportunity to build a trusting relationship with a service user and to offer them support to help them to build their confidence and self esteem. We will take care when matching you to a service user to try to ensure that you are able to establish a positive relationship. You will have the opportunity to agree the activities they wish to undertake and to support them with these activities.

### **FREEDOM PROGRAMME VOLUNTEER**

The Freedom Programme is a twelve week rolling programme which explores the beliefs and behaviours of a perpetrator of domestic abuse. As a Freedom Programme Volunteer, you will have the opportunity to support our outreach staff to set up and co-ordinate the Freedom Programme. You will be able to help with practical tasks in preparation for the programme. You will also have the chance to support the Outreach Worker in the delivery of the Freedom Programme which can help to rebuild confidence and self esteem.

### **VOLUNTEER FUNDRAISER**

As a volunteer fundraiser, you will have the opportunity to bring your ideas for fundraising events. You will be able to promote events and to support our Fundraiser with the preparation and smooth running of the events, and to help to prepare evaluation forms and feedback..

**If you think you would like to volunteer for Living Without Abuse please fill in the registration of interest form and return it to the address overleaf.**

**Thankyou**

## **REGISTRATION OF INTEREST**

Name:.....

Address.....

Telephone Number:.....

Email Address.....

Which role are you particularly interested in?

Volunteer Befriender [ ]

Freedom Programme Volunteer [ ]

Volunteer Fundraiser [ ]

What skills can you bring to LWA?

Befriending [ ]

Presenting [ ]

Listening skills [ ]

Counselling [ ]

Languages [ ]

Fundraising [ ]

Administration [ ]

Other (please specify) [ ]

Many thanks for completing this form. We will be in touch shortly in order to have an informal discussion with you. You may be requested to provide details of someone who would be willing to supply us with a reference.