

Home Start Lambeth Freedom Programme

Information for referrers

What is The Freedom Programme?

Freedom is a programme of information and education for anyone who does not identify as male who has experienced domestic abuse. It consists of 7 weekly sessions of 2 hours. The programme is currently running online.

How does The Freedom Programme help?

The Freedom Programme is a nationally recognised educational programme designed to provide a safe place for survivors of domestic abuse to explore their personal experiences in a safe, confidential, and supportive environment. Available to anyone who does not identify as male, the programme explores tactics used by perpetrators to maintain power and control in abusive relationships.

The programme also aims to:

- Help attendees understand common beliefs held by abusive men.
- Help attendees understand the effects of domestic abuse on their children.
- Help attendees gain self-esteem and confidence.
- Help attendees recognise future abusers.
- Help attendees learn what constitutes a healthy relationship.

How to refer?

For more information or to make a referral, please contact us on 020 7924 9292 or email info@homestartlambeth.co.uk.

Alternatively, you can make a referral online here: <https://forms.office.com/r/pYbGCcpNOV>

Please note that attendance on the programme is completely voluntary and no agency should try to persuade anyone to attend if they do not feel ready to do so or do not want to.