

# The Freedom Programme for Women

## What is the Freedom Programme and who is it for?

The Bradford Early Help Freedom Programme is for any woman with children, who has experienced or is affected by domestic abuse, including same sex relationships.

The course is also for women with children who just want to learn more about abusive and controlling relationships as well as healthy relationships, whether personal or professional.

The Freedom Programme runs for 2 hours each week for 12 weeks.

The Freedom Programme provides a safe and supportive environment. You do not have to speak about your experiences if you don't want to and you can do the course at your own pace.

## The aims of the Freedom Programme are to:

- Help women to identify abusive behaviours and beliefs held by abusive and controlling partners.
- Help women to gain confidence and improve the quality of their lives.
- Explore how domestic abuse affects children.
- Make new friends and meet other people in the same situation.
- Help women to recognise both abusive and healthy behaviours in future relationships.

## Where is the Freedom Programme Held?

The Bradford Early Help Freedom Programme is for women with children and is available in several locations across the Bradford district – see overleaf.

Prior to attending, women should contact the person named on this leaflet to find out the exact location of the programme.

## How Do I Book?

Choose the best location and then contact the named person overleaf to request a place and find out the exact location of the group.

## The Freedom Programme Bradford District

### Barkerend

Starting: 1<sup>st</sup> October 2019  
Times: Tuesday 9.30am-11.30am  
Contact: East 01274 437523  
Email: [familyhubeast@bradford.gov.uk](mailto:familyhubeast@bradford.gov.uk)

### Holmewood Children's Centre

Starting: Rolling Programme  
Times: Friday 9:30am – 11:30am  
Contact South Family Hub 01274 432639  
Email: [familyhubsouth@bradford.gov.uk](mailto:familyhubsouth@bradford.gov.uk)

### Reevy Hill

Starting: Rolling Programme  
Times: Tuesday 6.00-8.00pm  
Contact: Family Hub 01274 432639  
Email: [familyhubsouth@bradford.gov.uk](mailto:familyhubsouth@bradford.gov.uk)

### Woodroyd

Starting: 5<sup>th</sup> July 2019  
Times: Tuesday 10.00-11.30  
Contact: East 01274 437523  
Email: [familyhubeast@bradford.gov.uk](mailto:familyhubeast@bradford.gov.uk)

### Rainbow, Keighley

Starting: TBC  
Times: Tuesday 9.30am - 11.30am  
Contact: Keighley DVS 01535 210999  
Email: [referrals@domesticviolenceservices.org.uk](mailto:referrals@domesticviolenceservices.org.uk)

### Rainbow, Keighley

Starting: TBC  
Times: Thursday 9.30am - 11.30am  
Contact: Keighley DVS 01535 210999  
Email: [referrals@domesticviolenceservices.org.uk](mailto:referrals@domesticviolenceservices.org.uk)

### Farcliffe

Starting: 26<sup>th</sup> September 2019  
Times: Thursday 10am-12pm  
Contact: West Family Hub 01274 436700  
Email: [familyhubwest@bradford.gov.uk](mailto:familyhubwest@bradford.gov.uk)

### St Edmunds

Starting: October 2019  
Times: Thursday 9.30am-11.30am  
Contact: West Family Hub 01274 436700  
Email: [familyhubwest@bradford.gov.uk](mailto:familyhubwest@bradford.gov.uk)



### Owlet, Shipley

Starting: Rolling Programme  
Times: Thursday 1.00pm-3.00pm  
Contact: Keighley/Shipley Hub: 01535 618005  
Email: [familyhubkeighleyshipley@bradford.gov.uk](mailto:familyhubkeighleyshipley@bradford.gov.uk)

### Shipley Library

Starting: 17<sup>th</sup> September 2019  
Times: Tuesday 1.00pm-3.00pm  
Contact: Keighley/Shipley Hub: 01535 618005  
Email: [familyhubkeighleyshipley@bradford.gov.uk](mailto:familyhubkeighleyshipley@bradford.gov.uk)

[www.freedomprogramme.co.uk](http://www.freedomprogramme.co.uk)

# The Freedom Programme

An awareness raising  
programme about domestic  
abuse and healthy  
relationships for women

The Freedom  
Programme



[www.freedomprogramme.co.uk](http://www.freedomprogramme.co.uk)