

Working in Partnership -

Sharing concerns for the safety of children and adults.

What women have said about the
Liberty group.....

‘I feel like a changed woman’

‘It’s a relief to come along and find someone else
just like me’

‘I realised I’m not to blame’

‘If I’d come to something like this before I’d never
have been with the other two’

‘I like the closeness and confidentiality of the group,
it’s somewhere safe to come to’

‘It’s helping me to become the person I want to be’

Help and support is available
through Goldington and
Putnoe Children’s Centre at
Goldington Family Centre.
30, Meadway, Bedford.
MK41 9HU



The Liberty Group



Professionals Guide

To support
women suffering
from domestic
abuse.



Goldington Family Centre

01234 341977 Registered Charity No 1108055

Women from the group have contributed
towards the design and wording of this leaflet

The Liberty Group is for women suffering from domestic abuse and who are not receiving group support elsewhere. Domestic abuse includes physical, emotional, mental and financial abuse

Background to the Group

The Liberty group is a group for women with children who have suffered or are still suffering from domestic abuse. The Liberty group is a small, supportive group with a maximum of 8 women attending at any one time, led by two experienced facilitators.

The group has been running since 2002 during which time the majority of the women have made significant changes in their lives and most of the women have left the abusive relationship. The women can attend the group for as short or long period of time as they find useful.

There is a 2 year rolling programme covering such issues as:

- *The effects of domestic abuse
- *Personal safety
- *Children and domestic abuse
- *Guilt
- *Relationships
- *Self Esteem
- *Fear
- *Moving on

The group meets weekly during term time with additional support at other times.

Children's Therapeutic Group for children under 5. Being part of a family where there is domestic abuse can have serious effects on children. The children of those attending the group meet separately with qualified and experienced infant workers who recognize the vulnerability of these young children. Appropriate play is provided to allow the children to express and explore the feelings caused by the impact of domestic abuse. Older children can also be referred to other services to help them.

Are you a professional working with families suffering domestic abuse in Bedford and surrounding villages?

Referring to The Liberty group

(Please note there is a separate leaflet for families)

- 1 If you think the group would be suitable for a family you are in contact with please feel free to call and discuss it with one of the facilitators .
- 2 The group referral form must be completed with the signed agreement of the woman.
- 3 A home visit is usually arranged. This can be made jointly with the referrer, if appropriate.
- 4 The group facilitators carry out an initial assessment and it may be agreed that counselling or individual support would be more appropriate. This may be provided either within the centre or referred to other services.
- 5 This service is free to the family and free transport to the group can be arranged.

We respect the confidentiality of those attending the Liberty group. However we work in partnership with other professionals by contributing written reports to core meetings or conferences and communicating concerns about children's safety. This will always be discussed with the family in line with Safeguarding Children's principles. As you will appreciate this is a highly sensitive group where personal safety is paramount.