

Freedom West Kingsdown.
 Completed: 10 Dec 2018
 Facilitators: Kelly and Peter

12 women started the programme; 11 completed.

	Agree Strongly	Agree Slightly	Neither Agree or Disagree	Disagree Slightly	Disagree Strongly
a. I feel confident.	5	4	1	1	
b. I understand myself and my feelings.	6	5			
c. I deserve to be respected in a relationship.	11				
d. I feel safe in my home environment.	8	1		1	1
e. I feel that my children are safe within our home environment.	9			1	1
f. I feel that I can identify and avoid abusive relationships.	6	3	1	1	
g. I feel hopeful for the future.	6	5			
h. I feel I am to blame for conflicts in my relationships.	1	4		1	5

The following are comments made by the women who completed the programme - West Kingsdown Freedom 17/09/18- 10/12/18

Expectations were they met & any other comments?

I didn't quite know what to expect other than to understand abuse and why and how it's happened to me. It has exceeded my expectations, given me knowledge and understanding, that simply can't be forgotten as well as personal insight as a mother.

The strength within this group between us women has helped as all feel so much stronger, braver and able to talk. We know it's not our fault now. I think we all arrived week one very scared and fragile. I am leaving this program far less scared and able to keep myself armed for the future and my friends and family should they need it should they need it.

I feel confident in my change of mind and understand the types of abuse.

The book was really useful. It will take time to clarify things. Kelly & Peter were great facilitator's, really enabled people to talk and share. I would recommend it.

The freedom program came into my life at just the right time. I was so low and didn't know what to do it has helped me to understand I was not to blame and to begin to start my life again

I feel it has helping me recognise certain things every day. It has helped me so much with a lot of things & progression & being more proactive.

I wouldn't have managed to leave (my perpetrator) without the course. Fabulous – so happy.

It has changed my way of thinking. It is a very powerful course. I have enjoyed completing it & would highly recommend it.

Kelly & Peter were amazing facilitators. There was a fantastic sense of being in a group & everyone was there for each other. I have made friends with ladies who I will stay in contact with for future support.

It was very helpful meeting other women who have been through similar abuse. I feel a lot more confident now to be able to recognise abusive men, early warning signs, etc.

My expectations were hugely exceeded. It has been amazing, truly life changing. So many people could benefit from this program. I think it should be made freely available to teenage boys & girls & it would be amazing if it could become compulsory part of the curriculum. **This course has changed my life.** 'Kelly & Peter are heaven sent.'

I didn't expect it to have been as helpful as it has. Having others there with similar experiences makes it even more poignant. I think Kelly & Peter create an open & supportive environment allowing people to speak up & talk about things normally embarrassing like rape.

Peter & Kelly's delivery of this course has helped me to gradually understand that there are people out there who prey on others insecurities & get satisfaction from it. Today was a very difficult day for me to attend the course as the person who has caused me all of this grief was in court. I was today with such overwhelming kindness & understanding in my distraught state by Kelly. I shall always be grateful for being able, at last to tell my story & being helped to put it into perspective & to know I am not to blame.