

change that lasts

the right response to domestic abuse



Could you be a Change that Lasts Community Ambassador?

Join a movement within your community (where you work, play, live, learn, worship, network) that breaks the silence about domestic abuse so that people experiencing it can get the help they need, when they need it.

What's involved?

1 Break the silence

You will attend a free training course and then talk to others about what you have learned. This could be over a coffee with a friend, at a work team meeting or posting on social media.

Ambassadors shed light on the issue of domestic abuse and help change attitudes and behaviours by having conversations with others about domestic abuse.

2 Raise awareness

? Answer questions

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Increase understanding



— A community that better understands the barriers faced by survivors



3 Listen and believe, with compassion, without judgement

As we all talk more about domestic abuse our communities will become spaces where people experiencing domestic abuse feel able to speak out. When this does happen, you will be there to listen. If a person needs further support, you will know what services are out there that can help.

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For more information or to find out when our next course is contact the project co-ordinator Jessica Taylor on jessica.taylor@mysistersplace.co.uk or 07925648089