



Community Ambassador Ask Me Scheme

Do you want to help make a difference to women in your local area?

People within a survivor's community are often the first to know that domestic abuse is happening. But lack of understanding and confidence can make people afraid to talk about it, and unsure of how to respond when someone speaks out. Survivors have told us they can feel judged, isolated or silenced by their community. We are changing that through the Change That Lasts Ask Me scheme.

The project equips everyday people with an understanding of domestic abuse and how to respond to survivors to enable the community to play an active role in ending domestic abuse. We offer free online or in person training courses to those from all backgrounds and identities where you will learn about domestic abuse, how to challenge the stereotypes surrounding it and how to listen to, believe and direct survivors to specialist support.

After the training, ambassadors are given resources and support to share what they have learned with those around them in ways that feel most comfortable to them. They are encouraged to start conversations about domestic abuse that will help others to better understand the barriers that survivors face in speaking out. An ambassador can commit as much or as little time as they can give. We'll keep in touch with new opportunities and events such as meet-ups, campaign involvement and volunteering.

The training we have available at present is as below

- Online 1st & 8th February 2022 (limited spaces left)
- Online 1st & 8th March 2022
- Face to Face 4th & 11th April

If you would like to discuss further or sign up please email me jessica.taylor@mysistersplace.co.uk

Thank you

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