



Blackburn & Darwen
District Without Abuse

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The Wish Centre



Our purpose

The Wish Centre is often the first point of contact for people in Blackburn with Darwen who are experiencing abuse.

Our purpose is to support and protect women, men and children affected by domestic abuse.



Specialist support available to victims of Honour Based Abuse, Forced Marriage and Female Genital Mutilation.

Specialist support available for young people via the Young People's Advocate.

Domestic Abuse may involve

Physical Abuse

Hitting, spitting, choking, pinching, restraining.

Emotional & Psychological Abuse

Name calling, mind games, isolation from family & friends, coercive control.

Financial Abuse

Withholding & controlling money, not giving enough money for day to day expenditure, checking everything victim spends.

Sexual Abuse

Unwanted touching or fondling, sexual advances.

Stalking & Harrassment

Including cyber bullying, persistent contact, threats of violence and intimidation.

Refuge Accommodation

Safe, emergency accommodation for women and children fleeing domestic abuse. We can also support men in finding refuge accommodation.

Our purpose built supported accommodation consists of both self-contained flats and houses.

what do we offer?

- A safe environment for women & children.
- Action planning, support & goal setting
- Aid & empower independent living.
- Weekly house meetings & breakfast support groups.
- Regular coffee mornings.
- BME support.
- Counselling.
- Support to access independent housing.
- Support to access welfare.
- Support through the criminal/civil justice system.
- Advocacy & liaison with other agencies.
- Support with children and parenting issues.
- Enclosed outdoor play area.

Floating Support

The floating support service is for people in the community who have experienced domestic abuse in the past and are now living independently.

Ways the Floating Support Service Could Help:

- helps people to understand the effects of domestic abuse and offer emotional support
- offers access to our other services & specialist health services
- support with welfare benefits and financial issues
- helps to pursue ambitions, career and education
- support through the civil and criminal justice system
- establish and maintain tenancies
- making sure people and children are safe

IDVA

Independent Domestic Violence Advocates (IDVAs) support victims of domestic abuse who are at the highest risk of serious injury.

Our IDVAs help to keep clients safe whilst also acting as advocates for the clients.

An IDVA can help with the following:

- Creating safety plans and undertaking risk assessments.
- Accompanying clients to court.
- Supporting clients to give evidence and write victim impact statements.
- Specialist substance misuse IDVA.
- Assisting clients in increasing security in their property.
- Providing emotional support to clients and referring them to counselling or mental health services.
- working with social care on child protection issues.

ISVA

An Independent Sexual Violence Advocate (ISVA) is trained to look after clients needs.

ISVAs will also explain the process of reporting to the police and also the importance of forensic DNA retrieval.

An ISVA can help with the following:

- Provide emotional support
- Help clients to communicate with the police
- Help clients develop coping strategies and support networks.
- Provide support through the court process
- Help clients to get specialist support such as counselling.
- Help clients consider their options and provide them with information and support on the Criminal Justice System.

Therapeutic programmes

We offer a range of programmes to victims and their families to increase self-confidence and enhance their understanding of the effects of domestic abuse.

Free from Abuse

The Free from Abuse programme is a 12 week support group for women. It is open to any woman who wants to learn more about the reality of domestic abuse.

The Recovery Toolkit

The Recovery Toolkit is a 12 week group programme for women who have experienced and are recovering from domestic abuse.

Making the Change

'Make the Change' is a voluntary perpetrator programme based on the theory that violence and abuse are used to control people's behaviour.

It is a behavioural change programme, as opposed to anger management, for men who recognise that they are or have been using power and control to abuse their female partner or ex partner, and want to address this behaviour. This abuse is more widely known as domestic abuse.

Whilst we acknowledge that some women may also be abusers this programme is specifically for men who abuse women.

The key principles and aims of the programme are to:

- Promote the safety of women and children and prevent abuse.
- To work collaboratively with other agencies to manage risk constructively.

Young People's programmes

Helping Hands is a fun packed programme for children. Three themes, called the Protective Behaviours, are reinforced throughout the programme.

You & Me Mum is a programme for Mums, which will empower, support and develop understanding of a woman's role as a mother.

Young People's Recovery Toolkit

YPRT is a course for children who have witnessed or experienced domestic abuse/violence. The overall aims of the group are to develop positive lifestyle and coping strategies.

Expect Respect is a programme aimed at empowering young women, aged 11-18.

Changing Places is a programme for people aged 11-18 who are identified as needing help in managing conflict in their relationships.

Information for schools, colleges & youth workers

We offer a range of services to schools and colleges within Blackburn and Darwen with the aims of:

- Raising awareness of domestic abuse and the effects of domestic abuse
- Providing information about available support services
- Educating about non-violent strategies to resolve conflict
- Educating about healthy relationships

We deliver assembly presentations, workshops and programmes of work, which can be tailored to the needs of individual organisations and students.

Our work can include many issues related to domestic abuse for example forced marriage, coercive control, healthy relationships, body image and cyber safety.

Looking for help?

**Want to find out more
information on
domestic violence?**

call us on: 01254 260465



www.bddwa.org.uk

Email: info@bddwa.org.uk

**National Domestic Violence
Helpline**

24 hour/7 Days - 0808 2000 247

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Blackburn & Darwen
District Without Abuse
43 King St.
Blackburn BB2 2DH

Opening times

9am to 5pm - Monday to Thursday

9am to 4pm - Friday

**COMIC
RELIEF**



Registered Charity No. 1061953
Designed by Kiran K



**INVESTORS
IN PEOPLE**