

**“MOVING FORWARD”**  
**COMMUNITY SUPPORT GROUP**

This is a new support group for men and women who have experienced or are experiencing domestic abuse. (This can be physical, emotional, financial, psychological or sexual)

The group will meet on Thursdays between 10.30 and 11.45 at St. Christopher’s Church, Cove. Free crèche facilities will be available but please could you advise us in advance if you would like to use this facility.

If you would like to attend, or for more information about the group, please contact Nina Thomas  
Tel: (07725) 958219  
E-mail: [nina.thomas@homegroup.org.uk](mailto:nina.thomas@homegroup.org.uk)

Supported by  
 Hampshire  
County Council

The Moving Forward community support group aims to be a friendly and informal group, helping to reduce the feelings of isolation and helplessness, which a lot of people who have been affected by domestic violence feel. The group will develop to meet the needs of the group members and will be facilitated by the outreach worker from the local women’s refuge.

The meetings will be a mixture of fun activities and opportunities to seek practical and emotional support and help, if and when you feel that you would like to.

By sharing experiences in a safe environment the group aims to help rebuild confidence and self esteem. We will also learn more about abuse and it’s effects on those affected, including the children in the household.

The group will support you in your decisions and choices, ensuring that you have the information you need to make the right choices for you.