



UK  
Foundation



## Angel of Hope

Acts of kindness come in all forms. Here's some good news from our "Angel of Hope" for all victims of domestic abuse. Together we are stronger.



### Early Help Service

S was recently referred to our women's centre in Eccles by Salford's Early Help service due to concerns about her personal safety and the safeguarding of her young son. Her ex-partner has tracked her down on social media this means that S and her son are now at risk of domestic abuse. S's Early Help Worker has provided ongoing emotional support, practical advice and agreed a safety plan including:

- staying safe online
- keeping her phone charged
- having credit on her phone for emergencies
- keeping her front door locked and windows secured
- making sure her son is supervised and in sight at all times
- avoiding contact with her ex-partner and his family members
- not disclosing her location to anyone
- phoning the police if her ex-partner turns up at her property



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### **Women's Centre Support**

Although our women's centre is closed due to coronavirus, our staff continue to support vulnerable women remotely from their home. They contact service users by telephone to offer advice, connect to both local services and our peer support. S was referred to and accepted by the women's centre and allocated a Key Worker for follow-up support. The Key Worker liaises with the Early Help Worker to safeguard S and her son.

### **Peer Support**

S has recently joined the Evolve project WhatsApp group and is receiving advice and support from other women to help her through this difficult time. Her Key Worker uses WhatsApp to send out voice clips on meditation and relaxation techniques as S is experiencing anxiety and has thoughts of self-harm. Peer support is vital at the moment during self-isolation and the country's lock down. The women offer this type of support as a 'lifeline' and have said that Salford Foundation staff are 'Angels'.

### **Evolve Project**

The Evolve project is kindly part-funded by the **BUPA UK Foundation**. The project is delivered by Salford Foundation and aims to support women aged 30-50 who are facing crisis or transition in their lives. The Key Worker provides mental health and wellbeing support as well as recovery planning for 50 women in Salford a year. Support lasts for at least 12 weeks and is often longer due to the level of need. Demand for the Evolve project is particularly high at the moment. Since the project started in January 2020, we have supported 17 women. We aim to help women in whatever way we can and to stay in touch while a place becomes free.

### **Support Our Work**

We are currently seeking match funding for this vital project. If you would like to support our work, please make a donation on our JustGiving Page:

<https://www.justgiving.com/salfordfoundationltd>

Thank You.