



The Freedom Programme

- ? **Feeling isolated or unsure if your relationship is healthy?**
- ? **Ready to break free from fear and rebuild your confidence?**
- ? **Concerned about how domestic abuse is affecting your children?**

Then this programme is for you...

Eligibility

For women aged 18+ who are/have been affected by domestic abuse

(Access to a creche facility for children 5 years old and under - limited availability)

Venue

New Woods Family Hub,
Barker Avenue, Skegby,
NG17 3FQ

When

10-weeks, every Thursday
9:30 a.m. - 11:30 a.m.

Starting on 11th Sept 2025 until
20th Nov 2025

(2 weeks break during school holidays)

BOOK YOUR PLACE

Self-referrals: contact 01623 683 250

Professional referrals: contact us for a referral form on 01623 683 250 or email referrals@nidas.org.uk

In collaboration with
Nottinghamshire
**Family Hub
Network**

f nidas.org.uk | X nidas_org_uk | @ nidas.org.uk | in nidas-org-uk

To contact us please call: 01623 683 250 or visit nidas.org.uk