

women's aid



change that lasts

the right response to domestic abuse



Could you be a Change that Lasts Community Ambassador?

Join a movement within your community (where you work, play, live, learn, worship, network) that breaks the silence about domestic abuse so that people experiencing it can get the help they need, when they need it.

What's involved?

1 Break the silence

You will attend a free training course and then talk to others about what you have learned. This could be over a coffee with a friend, at a work team meeting or posting on social media.

Ambassadors shed light on the issue of domestic abuse and help change attitudes and behaviours by having conversations with others about domestic abuse.

2 Raise awareness

? Answer questions



Increase understanding



— A community that better understands the barriers faced by survivors



3 Listen and believe, with compassion, without judgement

As we all talk more about domestic abuse our communities will become spaces where people experiencing domestic abuse feel able to speak out. When this does happen, you will be there to listen. If a person needs further support, you will know what services are out there that can help.

Sign up today to join our growing network of **Community Ambassadors**
www.womensaid.org.uk/changethatlasts

About **Change that Lasts** in your community

Learning about domestic abuse is a life skill that will empower you and your community to create spaces where domestic abuse survivors can feel heard and believed, and gain valuable information about what help is available.

We will provide you with the knowledge that you need to start a conversation and help raise awareness about abuse.

Following the course, time commitment for the role is as much or as little as you can give. We will send you a brief online survey each month so that you can tell us about the difference that you're making.

A **Community Ambassador**...

... believes in equality of all people, regardless of their gender, age, religion, ethnicity, sexual orientation, disability, marital status, cultural beliefs or circumstances.

... listens and believes others that share their personal experiences of domestic abuse.

... is non-judgmental and respectful.

... is passionate about ending domestic abuse.

There is a chance that we may decide that it isn't appropriate for a person to take on the role if they don't share these values and qualities. We will work with people to overcome any barriers wherever possible, or we will signpost you to a more suitable volunteering or training opportunity.



"This has been one of the best training events I have ever attended."

"I found the whole training brilliant."

"This has totally changed my attitude towards those suffering domestic abuse. I am so glad I signed up to this course."

"Amazing Facilitators. Such powerful training. Will be life-changing."

"Excellent, very informative. I am very interested to learn more."

For further information or to register your interest in the Ask Me Training programme, please contact

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