



## How to support Fortalice



You can support us in a variety of ways by either:

Becoming a volunteer to help us with:

- Supporting women and children in the refuge
- Helping with general admin work
- Supporting women with filling in forms
- Taking women to appointments
- Equipping women to develop their skills such as sewing and cooking
- Assisting with gardening projects.
- Assisting women with general tasks to enable them to rebuild their lives

Help us with funding to support women and children:

- Hold fundraising events
- Gift aiding money to us

Please donate through the following websites:

Just Giving [www.justgiving.com/fortalice](http://www.justgiving.com/fortalice)

The Big Give [www.thebiggive.org.uk](http://www.thebiggive.org.uk)

BT MyDonate [www.btplc.com/mydonate](http://www.btplc.com/mydonate)

Or to discuss how you can help please ring

01204 365 677 or 01204 701 846

## What is Fortalice?

Fortalice is a Bolton organisation which provides both a refuge offering emergency accommodation for women and children escaping domestic abuse, and a support centre with a range of services.

These services are to assist women, children and young people who have experienced, or are experiencing, domestic abuse. They are there to help them cope, improve their lives and move on. Fortalice is also dedicated to raising personal and public awareness of the issues relating to domestic abuse and its impact on society.

## What does the refuge offer?

It provides warm, safe accommodation for women and children in a large, modern building with 22 self-contained flats. Each flat is fully furnished and families are supported by staff 24 hours a day.

## What help is available?

There's support and advice for residents with ongoing housing needs, applying for benefits, counselling, attending appointments and going to court.

There are educational sessions including personal development, college courses and recreational sessions such as get-togethers, sewing and cookery sessions karaoke and quizzes as well as family sessions. And there's always someone just to talk to.

## How can I get help?

We may be able to give advice over the phone or we'll make an appointment for you to discuss what services you need as an individual. Counselling gives you the chance to talk to someone about the problems you're experiencing, look at the issues and your own feelings, and help you find your own best way forward.

# Children's Service

Ofsted Registered

Fortalice provides refuge accommodation, support and front-line services for women and children fleeing domestic abuse.

There are also education programmes for women and children trying to break the cycle of abuse, training for professionals, one-to-one sessions and access to experienced experts.



## 01204 701 846

A service for women & children affected by domestic abuse

[www.fortalice.org.uk](http://www.fortalice.org.uk)

Registered Charity No. 1124031

Company Reg. No. 6517841

(Registered in England and Wales)



## Seeing domestic violence from a child's point of view



Children are often the forgotten victims in domestic violence, at Lewis House our aim is to make their voices and their experiences heard.

Children are often faced with many different emotions: Anger Confusion, Scared, Uncertainty, Sadness, Loneliness

At Lewis House we have understanding and experienced workers who work with the children through this difficult time, providing the opportunity to speak out. Domestic violence no longer needs to stay a "secret".

The children are encouraged to deal with their emotions and experiences positively through therapeutic and cognitive behaviour therapy, group work, and creative writing.

### What we do:

Children's Services are registered with OFSTED and received the Bolton Mark ensuring our service provision is a high standard and quality. We have a purpose built playroom and offer a variety of sessions and activities designed to meet the individual needs of children:



- **Playroom sessions** – offering educational and nurturing sessions for pre-school age young children
- **After school club** – fun activities provided for primary school age children
- **Youth Club** – available for older children. Providing an opportunity to make new friends and develop personal and social skills
- **Computer club** – our I.T. suite provides seven computers with internet access allowing children to complete course work, school projects and play games.
- **Just for you sessions** – one to one sessions for children to work through any problems or issues they may be facing
- **Family activities** – a time for families to get together and engage in positive activities
- **Parenting programmes** – domestic abuse can impact upon relationships between mothers and their children. We can offer individual support ranging from behaviour management strategies and support, Triple P and solution focused brief therapy.
- **Educational packages** – providing preventative and early intervention work focused on healthy relationships
- **Professionals training** – offering short courses focused on domestic abuse and the effects on children