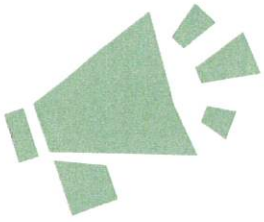




Step by Step

Supporting you to support them



Have Your Voice Heard

Experts by Experience Forum

We are inviting adults who have experienced domestic abuse or those who have supported someone through domestic abuse to join our **Experts by Experience Forum**.

The forum will bring together people with lived experience to share views, help shape services and improve support for others affected by domestic abuse by:

- Sharing feedback about our services
- Helping improve support for survivors and families
- Influencing future service development
- Contributing to training, policies and awareness activities
- Empowering others through lived experience
- Ensuring the voices of survivors remain at the heart of what we do

Use your voice and experiences to impact real change and make a positive difference to others.

We offer safe, supported and confidential discussions in a respectful and inclusive environment.

Your Experiences Matter. Your Voice Can Make A Difference.

Interested?

For more information or to join the forum, please contact:

**01245 821179, Scan the QR code below or
email stepbystepessex@barnardos.org**





Step by Step

Supporting you to support them

Are you worried about someone's relationship, for example:

- **their relationship doesn't feel safe or healthy?**
- **you've noticed changes in their behaviour?**
- **you've seen or heard things that don't feel right?**

Trust your instincts, support is available for you.

Supporting someone in an abusive relationship can feel overwhelming.

You might not know what to say or how to help and that's okay.

If you're worried about someone, please don't ignore it.

Talking, listening and staying alongside them can make a real difference.

You don't have to have all the answers, but we can help you think things through. Step by Step is here for you. We offer advice and support to help you understand what's happening and how you can help your friend or family member safely.

We're here to support you to support the person you're worried about.

Call one of our support advisors on 01245 821179

or for more information or to request a call back visit our website:

stepbystepessex@barnardos.org or scan the QR code below.



Essex County Council

