

Why do we do what we do?

Here at Fylde Coast Women's Aid we think that everyone has the right to live happy lives and form happy, safe and positive relationships.



What will I gain by attending the LINKS programme?

By the end of the course you will:

- * Have a greater understanding of the role that boundaries play in keeping you safe.
- * Understand the impact of childhood experiences and outside influences on your self-esteem and confidence.
- * Be able to define your relationship expectations.
- * Be able to recognise risk and possible outcomes of risk taking behaviour.
- * Feel able to make positive decisions about your future relationships.

How to make a referral or request further information

Internet: www.fcwa.co.uk Go to the 'LINKS referral tab'

E-mail: cyp@fcwa.co.uk or idva@fcwa.co.uk

Telephone: office 01253-752014

Alternatively you can contact a worker on 07595-202548 or 07894-395122.



Fylde Coast Women's Aid

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The LINKS Programme



Promoting mutual respect in relationships

Have you ever been in a relationship where you felt afraid of your partner, unsafe or pressured to do things?

If so, you are not alone. Many young women will experience some form of abuse during their life, and are more likely to do so between the ages of 16-24.

The LINKS programme has been specifically designed for young women aged 18-25 who have experienced abuse and want to move forward in their lives.

How do I know if I have been in an abusive relationship?

Will this support help me?



Many people often associate domestic abuse with physical abuse. However not all abuse is physical and there are many ways in which an abusive partner may attempt to control you.

Do you feel able to express yourself and say how you feel with your partner without being worried about their reaction?

Have you ever felt that you have been manipulated to stay in a relationship, but know that this is not what you truly want?

What kind of things do we do on the LINKS course?

We look at a range of different topics each week. Below is a sample of what we cover:

Week 1: My relationship expectations

During this session we explore what is important to you when looking for a new relationship. Do you look for specific qualities or characteristics in a partner? More importantly, do you ever stop to think about what they might expect from you?

Week 4: Creating my positive self-image

Understanding how we feel about ourselves can and does have a massive impact on how we behave. During this session we look at self-esteem and how both positive and negative beliefs can affect our overall health and well-being.

Week 5: Striving for a sense of security

What are the things that keep you safe and make you feel secure? During this session we will look at the role that friends, family members and your wider social networks can and do play in protecting you.

What have other young women said about the course?

We have supported a number of young women through the LINKS programme, this is what they have said about it:

"Talking in a group environment was excellent as you got feedback on everything you said whereas with one-to-ones, it's the person (usually the counsellor) just giving you one perspective ...and I trust group talking"

"I thought the sessions were very eye opening, it has taught me a lot about trust and being with somebody that you can't trust. I have really enjoyed coming".

"Attending the course has really helped me understand the awareness of the effects of domestic abuse on my baby and the mental impact that it has had on me. I have realised that I need to think about myself before others and feel that my own self confidence has improved."