



JEWISH WOMEN'S AID

*We're here
to help*



0808 801 0500



jwa.org.uk/webchat



advice@jwa.org.uk

IN AN EMERGENCY ALWAYS CALL 999

Ways to get in touch

There are different ways you can seek support from Jewish Women's Aid. Remember that we are here to help you and you don't need to be nervous or embarrassed to contact us.

We support Jewish women and girls aged 16+ who have experienced domestic abuse and sexual violence.

HELPLINE

0808 801 0500

A free phone line

Monday - Thursday 9.30am-9.30pm

Outside these hours you may leave us a voicemail.

We support Jewish women and girls aged 16+ and have a full-time support worker dedicated to working with young women aged 14-24.

WEB CHAT

This is a free, confidential advice and emotional support service for women and girls who have experienced domestic abuse and sexual violence.

You can also phone our head office on **020 8445 8060** and select Option 1 for support.

www.jwa.org.uk/webchat

Monday & Wednesday: 3pm-5pm

Tuesday & Thursday: 10am-12pm

IN AN EMERGENCY ALWAYS CALL 999

EMAIL

You can send an email to **advice@jwa.org.uk**.

Your message will go straight to someone in our specialist support team.

OTHER SERVICES

If Jewish Women's Aid is closed, including over Shabbat or Jewish Holidays, here are some national services you can contact:

0808 2000 2472

24 hours National Domestic
Abuse Helpline

0808 802 9999

Rape Crisis Helpline



jwa.org.uk




ADVOCACY SERVICES

Our national free and confidential advocacy service aims to enable and empower women to take back control of their lives by providing relevant information, advice and support. All staff are professionally trained and qualified to support women impacted by domestic abuse and sexual violence.

This includes:

- Meetings in person, by video link or telephone
- Safety planning and risk reduction
- Emotional support
- Advocacy on behalf of clients, including court proceedings support
- Exploring options around civil and criminal justice
- Support for clients requiring religious or Rabbinic advice
- Referrals to other agencies
- Advice and support with finance, welfare, housing and legal options
- Support with grant applications
- Group programmes



Jewish Women's Aid is the only specialist organisation in the UK supporting Jewish women and children affected by domestic abuse & sexual violence.

COUNSELLING SERVICES

We offer free counselling with a trained counsellor face to face, over the phone or via video link.

Counselling sessions offer an opportunity to explore feelings and talk openly about difficulties in a safe, confidential and non-judgmental environment.

We also have a range of counselling groups including confidence building and stress management groups.

All groups are facilitated by two qualified counsellors and enable clients to support one another, share their experiences and learn new coping skills.

CHILDREN'S SERVICES

Jewish Women's Aid's specialist children's workers provide support to children of women accessing our services.

Their work involves:

- One to one sessions to support children affected by domestic abuse
- Parenting support, advice and workshops for mothers which explore the impact of domestic violence on children
- Activities and outings for mothers and children to attend together in the school holidays
- Support and advice to school staff who work with children affected by domestic abuse



What we do...

We support and empower Jewish women and girls who are experiencing domestic abuse and sexual violence, in a culturally sensitive way.

We provide:

- Immediate practical and emotional support to Jewish women through our advocacy services
- Flexible counselling for up to a year
- Children's therapy
- Parenting guidance
- Community awareness-raising, including campaigns, resources and training for rabbis and community professionals
- Healthy relationship workshops in Jewish secondary schools

No Jewish woman affected by domestic abuse or sexual violence should have to face this alone. We are here to help.

WHAT IS DOMESTIC ABUSE?

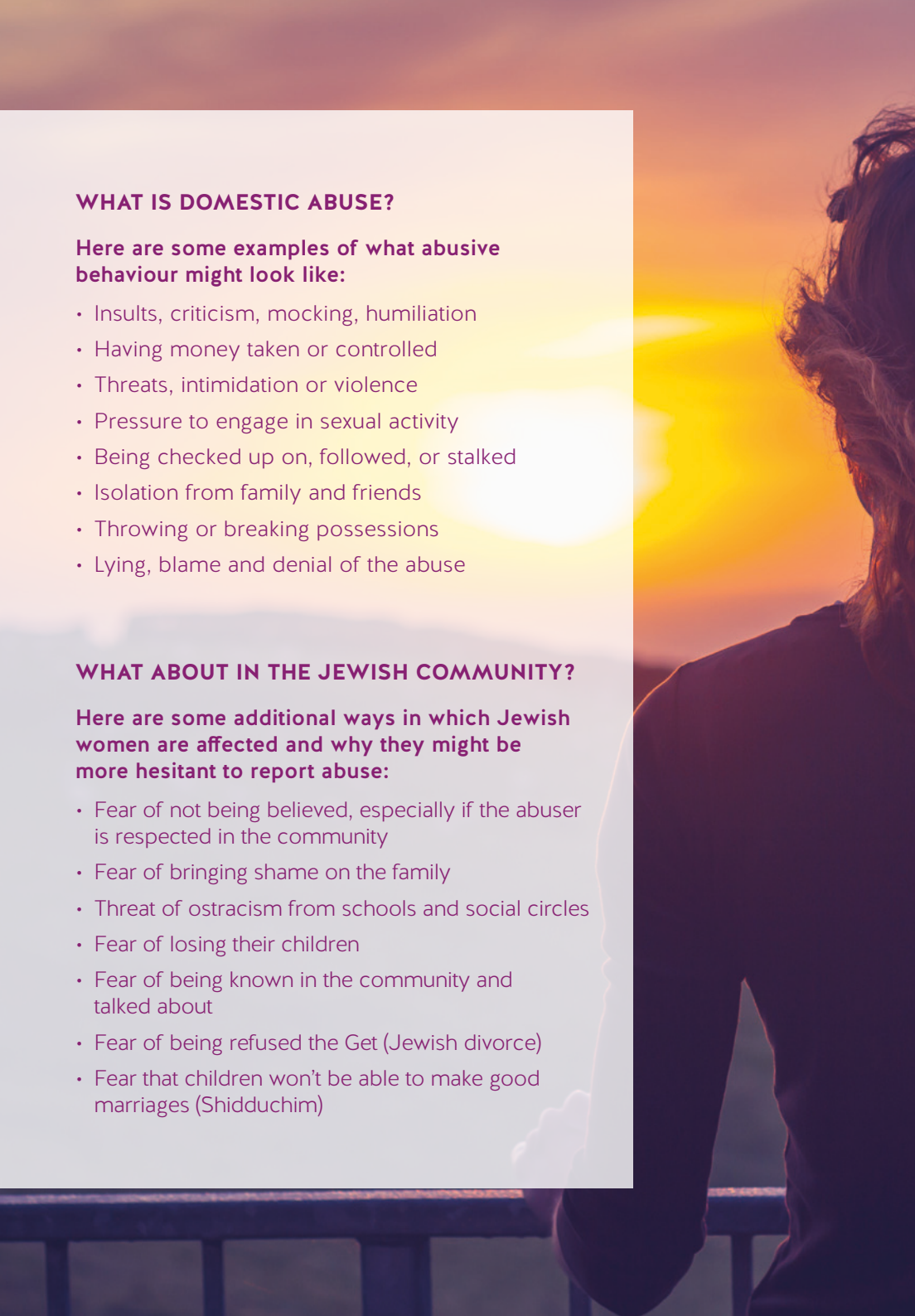
Here are some examples of what abusive behaviour might look like:

- Insults, criticism, mocking, humiliation
- Having money taken or controlled
- Threats, intimidation or violence
- Pressure to engage in sexual activity
- Being checked up on, followed, or stalked
- Isolation from family and friends
- Throwing or breaking possessions
- Lying, blame and denial of the abuse

WHAT ABOUT IN THE JEWISH COMMUNITY?

Here are some additional ways in which Jewish women are affected and why they might be more hesitant to report abuse:

- Fear of not being believed, especially if the abuser is respected in the community
- Fear of bringing shame on the family
- Threat of ostracism from schools and social circles
- Fear of losing their children
- Fear of being known in the community and talked about
- Fear of being refused the Get (Jewish divorce)
- Fear that children won't be able to make good marriages (Shidduchim)



“Thank you does not seem enough. Thank you for being there in a very dark period of my life. You have given me back myself. The greatest gift I could ever have received.

Thank you.”

‘SARAH’, 37

For general enquiries contact
020 445 8060 Option 2 / info@jwa.org.uk

Donate to support our work
at www.jwa.org.uk/donate

Support us by volunteering
at www.jwa.org.uk/volunteer

Book outreach and education
at outreach@jwa.org.uk

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