

WOMEN'S SUPPORT SERVICES PROGRAMME - AUTUMN 2020



Our award-winning
Supporting Sister volunteers
and support staff team are
here for you!

(Above: Merchai, below:
Margaret)



Social Groups (internet based via Zoom)

- **Mature Friends** – weekly friendship group for women over 50
- **Monday Social** – informal chat & networking group for all women
- **Positive Progress** – weekly structured peer support, sharing experiences and ways to cope with low mood and anxiety
- **(New) Positive Changes** – a safe space to discuss how we can manage and cope with changes brought about by Covid

Confidential Listening Service – talk things through with a trained listener in a safe and confidential environment (phone/face to face appointment)

Check In + Chat – telephone befriending offering you a regular catch up call

All About Online Drop-In – a safe space to talk with women who understand. Receive support and information relating to difficult areas:

- **Domestic Violence & Abuse** – facilitated by our trained volunteer DVA Champions
- **(New) Suicide & Self-Harm** – part of our upcoming 'Stay Safe, Feel Well' initiative facilitated by our trained volunteer Stay Safe Champions

Themed Essentials Packs – personal, household and store cupboard essentials to support the needs of women affected in any way by domestic violence and abuse (Aspire centre collection only)

We understand not everyone is familiar or comfortable with Zoom (video calls) so please contact us if you need any guidance or support. Zoom is compatible with most internet enabled devices including smart phones and tablets.

For more information please call:
0191 3891504 or email:
sisters@aspire-northeast.co.uk

Website: www.aspire-northeast.co.uk
Twitter: @AspireHouse + Facebook: /aspire.northeast



Supporting
sisters