



## **SERVICE USER COMMENTS IN SUPPORT OF THE 'KEEP ON SUPPORTING PEOPLE' CAMPAIGN**

*'Without the help of Women's Aid after 50 years of abuse, I don't think I would be alive today, or want to be alive. Got my self-esteem back but a long way to go yet.'*

*'The group has helped me to realise that I am not responsible for the abuse I experienced. I have achieved a lot since I left my relationship and know that I am loved by my brothers and sister for what I have done with my life so far.'*

*'The groups I have attended in Women's Aid have helped me immensely with learning how to deal with things and I'm never alone. It's confidential, understood by others and I will help someone else if I can.'*

*'I don't know what I would have done without Women's Aid, as I was in a very bad time. With the help of the groups I am trying to come to terms with it and knowing I am not the only one in this position.'*

*'The group is a life saver for me. I thought I deserved everything that (abuse) my husband give me for years and in the group I realised I wasn't on my own and the women I meet really make me feel good about myself. I love the group. I don't think I could do without it.'*

*'Group has been a big help to me for everything. I love it. I hope it doesn't stop. Meeting everyone are the same and different thing for me. I wish it was Monday every day. I look forward to it.'*

*'The group has meant a lot to me. I don't feel I am on my own anymore and it gives me great support mentally and emotionally.'*

*'Total lifeline of support – could not have coped without my support worker, group and all services provided. The one place that listened and believed.'*

*'I thought I was alone...how wrong was !! Women's Aid 'One-Stop Shop' helped, supported and gave me knowledge and confidence to move on to be happy and safe.'*

*'I can't stress enough how Women's Aid have helped, supported and counselled me through.'*

*'Women's Aid helped me when I was going through the hardest time in my life. They guided the way and made me stronger. I couldn't have carried on without them so thank you.'*

*'Women's Aid was recommended to me by a housing officer in NIHE. It has been invaluable, building you up when you have felt broken. Also, the physical support of having a support worker attending at court with you is so comforting and strengthening at such a daunting time. I don't think I could've coped with all the physical and emotional support of the workers and the other women – knowing you are not alone.'*

*'Women's Aid offer people hope and enlightenment and enable us to face the future:*

- *Women's Aid is the love of my life.*
- *Women's Aid gives me love, support, healing and laughter.*
- *Women's Aid is my joy every Friday and takes me home in a positive way.*
- *Women's Aid is my hope of better things to come.'*

*'Women's Aid has made me a stronger person & has helped me accept the past & prepared myself for a better future.'*

*'I now know that what happened wasn't my fault.'*

*'Without Women's Aid I don't think I would be here today, meeting other women in similar situations as myself has been very helpful.'*

*'I found great support & guidance, learning how to protect both my children and myself from physical and emotional abuse.'*

*'Guidance on how to move on after many years of abuse, help with Housing matters, case conferences, court and support on being an equal within society.'*

*'Women's Aid is my lifeline and helps me get through the week.'*

*'It has changed my thinking, my mind set. I am now looking at my life and relationships in a different way (thoughts, feelings, behaviour). All young girls should be taught this at school.'*

*'Finally – someone who acknowledges and gets emotional abuse. It has been a lifeline for me and each week helps me to accept what I cannot change and develop good habits and positive thinking. Hope for the hopeless.'*

*'Women's Aid has really helped me to turn my life around for the better. It has made me a stronger, happier person. The support I have received has been so amazing, I have never had support like it in my life; so strong and caring.'*

*'Women's Aid helped me regain my worth as a person and confidence to leave the house to make my own life. It helped me overcome depression and suicidal thoughts of which I would never be able to do without the support of the groups and the workers of Women's Aid.'*

*'Women's Aid gives me a place to go where I feel safe and can get support from people who already understand what I'm going through which is unique to them and can't be accessed in other well-meaning conversations.'*

*'Women's Aid has helped me a lot to deal with all sorts of pain and heartaches that I am going through which is by far a lot better than tablets/medication and painkillers. I feel a lot*

*better now, being able to handle my life issues in a much healthier way. Thanks so much to Women's Aid workers and the group.'*

*'I found great support and guidance, learning how to protect both my children and myself from physical and emotional abuse; guidance on how to move on after many years of abuse; help with housing matters, case conferences, court and support on being an equal within society.'*