



Escaping
Victimhood

**Escaping
Victimhood is a
charity helping
people whose
lives have been
disrupted by
the trauma of
serious crime.**

*“I have found that inner strength
which I thought had gone for ever”*

Workshop participant.

What does Escaping Victimhood do?

The experience of crime can affect work, health and relationships. We therefore offer a unique residential programme that helps people traumatised by the past to reclaim their future.



At a workshop participants can:

- Learn more about the physical and emotional impact of trauma.
- Attend sessions on personal change to help put the traumatic event in the context of their whole lives - past and future.
- Experience relaxing therapies, such as massage and reflexology.
- Use painting, photography, or other creative activities to find new forms of expression.
- Spend time with people with a similar experience.
- Benefit from individual sessions.

"With all the treatments and care made available to us, we felt able to respond and open up, to unleash some of our pain that has been trapped within us for what seems like an eternity, in a safe and peaceful environment."

Workshop Participant.



What is the Workshop Programme?

We offer an interactive and participatory residential workshop programme for adults, for up to 12 participants, plus a follow-up day (non-residential) that takes place about 6 weeks later. Our venues provide comfortable accommodation, good food, lovely gardens and a relaxing atmosphere. The workshop sessions are run by skilled, supportive and professional facilitators.

Who should attend?

The Escaping Victimhood workshops are for adults affected by the trauma of serious crime. Recent workshops have been for people bereaved by murder or manslaughter.

We can also work with survivors of other serious crimes sexual assault or stalking. It is most helpful to attend a workshop some months after the traumatic event, for example, after any court proceedings are completed. However, there is no time limit - our workshops can help even if the crime took place over 20 years ago. Participation in the workshop does require a willingness to be open to the possibility of personal change.



Why should I attend a workshop?

Previous workshop participants believe that attending a workshop can bring substantial benefits. Prior to attending participants often describe themselves as feeling 'stuck'.

Afterwards many have returned to work for the first time since the traumatic event, others find it improves their personal relationships and enables them to mix again with others.

"Extremely informative, powerful, very reassuring, reaching you in a way that you could understand."

"The support of the team gave me hope, enabling me to move on and not be a victim."

"Encouraged me to find a new path in life and care more for myself. Look to the future with hope."

"I have realised that I need to take time for myself and to accept when people offer to help me that I should sit back and take the help."

"From everything I experienced I learned something. It was all positive."



When and where is the next workshop?

We try and deliver workshops in different geographical regions and we update the website with dates of these programmes www.escapingvictimhood.com, or contact us for further details.

What does it cost?

There is a fee for those able to pay. **However, Escaping Victimhood is committed to helping everyone in need, whether or not they can afford it.**

Are you interested in sponsoring a programme or paying for someone to attend?

Please contact us to discuss. We are keen to work in partnership with other organisations.

How do I get a place on a workshop?

Contact EV by phone or email and ask for an application form. Once someone has completed the form and returned it to us, we will keep your application until we can offer you a place on a workshop.

How are we funded?

We have been grateful for the financial support of many charitable trusts, including The Esmee Fairbairn Foundation and the Reaching Communities Fund from the Big Lottery, the Moira Fund, the Yew Tree Fund and the Rank Foundation. We have also received some support from the Ministry of Justice.

We are an Approved provider to the Homicide Service.

For more information, or for an application form, please visit

www.escapingvictimhood.com or contact:

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www.escapingvictimhood.com, see our DVD on YouTube - just type in Escaping Victimhood



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