



Turning the Tide

ENGAGE | EDUCATE | EMPOWER



A tailored support programme created for those that have experienced domestic abuse at some point in their life. Support is focused on healing, learning, personal growth and regaining independence to move forward



LEARNING MODULES

Clients can work independently through our 'Breaking the Cycle' learning programme and/or attend our weekly online Peer Support Session to work through the content.



PEER SUPPORT SESSIONS

Clients can attend our weekly online Peer Support Sessions which focuses on elements of the learning modules, wellbeing, employment and life skills.



ADVOCACY

This service offers valuable 1:1 Caseworker support. This can include navigating through various agencies, services, criminal justice system, family court, whilst also offering support for finding and maintaining employment.

PROGRAMME ELIGIBILITY

- Clients will need to be currently living in Essex.
- Client will need to be referred through an existing agency, service, employer or job centre. This referral pathway ensures appropriate safeguarding measures are in place and that clients have access to ongoing support alongside the programme if necessary.
- Clients should now be safe and ready to engage in recovery-focused learning.
- Clients will need to be able to access the programme from a safe and secure location using their phone or another suitable device.

We will reach out to the client to provide a more detailed explanation of the programme. A needs assessment will be conducted to determine if this programme is suitable for them at this time, while also exploring other support services they may be interested in engaging with.

Referral enquiries can be made to:
breakingthecycle@alphavesta.com



Scan the QR code to access our website and support information: