

"I found out a lot through this course, but what I found out the most was my own value as a woman, my rights and what others are going through. The best thing about this course is I learnt a lot about things I thought I knew about, it brought a new understanding of others' opinions, thoughts and experiences."

"From the moment I received the call from you I felt like I had someone on my side that understood what I was going through. I wouldn't have come this far without you, I am now so much stronger emotionally and have all the advice and procedures in place to live happy and most importantly safely at home."

"Family? Forget it. Friends? They didn't understand. I needed someone to get it, to get my situation – to understand it; to understand me. You were able to help. Made me not feel stupid, that I wasn't stupid for asking questions, made me feel alright – listened to. I finally felt like I had a voice."

**nia** has been delivering services for women, girls and children who have experienced sexual and domestic violence since 1975.

The organisation has three main aims

- to provide services for women, girls and children who have experienced men's violence
- to contribute to ending male violence against women and girls
- to inform and influence policy and public awareness

**nia** is run for women and children by women, providing services developed in consultation with women who have experienced men's violence, and from a proudly feminist perspective.



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# Who are we and what do we do?



## nia aims to prevent and reduce men's violence against women, girls and children, through:

- Providing high quality services for women, girls and children and young people who have experienced or are at risk of male violence
- Increasing awareness of male violence and developing services, contributing to research, debate and policy initiatives to prevent it
- Challenging inequality and discrimination and celebrating diversity
- Empowering and supporting women and children
- Increasing and developing the effectiveness of resources through partnership, collaboration and multi-agency action.

**"When I was overwhelmed and about to be drowned with problems one after another, nia took me to the shore. I owe my present confidence to you and I owe my willpower towards my aspirations, to you. You gave my lost self-confidence back to me."**

## Our services

**Our services are continually evolving in order to respond to women's needs, they currently include:**

### The Emma Project

A pioneering refuge and outreach services for women who have experienced domestic and sexual violence and who also use substances problematically.

### East London Rape Crisis Service

For women and girls who have experienced any form of sexual violence, including rape, sexual assault and child sexual abuse, regardless of when it occurred, who it was perpetrated by and whether or not it was reported to the police.

### IDVAs

Provides a quality accredited Independent Domestic Violence Advocacy Service supporting women who have been identified as being at the highest risk of murder or serious injury through domestic violence.

### The IRIS Project

Improves the quality of care given by GP surgeries to women experiencing domestic violence and abuse through a national implementation programme and local delivery in Hackney and Haringey.

### The LEA Project

The LEA (London Exiting and Advocacy) Project is for women in prostitution in any part of London through a non-judgemental service giving advocacy and support towards exiting.

### Daria House

A refuge for women to escape sexual exploitation including prostitution.

### Huggett Women's Centre

A women-only space for all women and girls, located in Dagenham, East London providing a range of services including groupwork and specialist support and advocacy. (Opening late 2016).

## Training & groupwork

**We can provide training and groupwork to agencies, professionals, women's groups and young women.**

Areas we specialise in include:

- Sexual violence
- Improving healthcare responses to domestic violence and abuse
- Substance use and violence against women
- Prostitution and sexual exploitation
- Working with young women
- Feminist approaches to men's violence against women and girls