

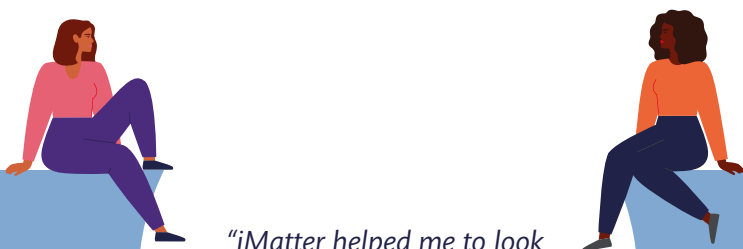
## Taking part in iMatter

Individuals will be assessed for suitability to attend the ten week iMatter programme by Victim Support. You will need to meet the following criteria:

- Be at risk of violence and/or abuse or have experienced conflict
- Identify as female and be aged 16 or over
- Be aware that your self-esteem and confidence may need developing to recover from your experience
- Be willing to participate in group sessions.

If iMatter is not suitable, with your agreement, we can refer you on to a more appropriate service.

**Domestic abuse is a crime.  
If you are in any danger please call 999.**



*"iMatter helped me to look after myself, changed my understanding of relationships and was so informative, life changing and brilliant!"*

**Former participant**

This leaflet was co-produced in conjunction with the Our Journey Survivors' Forum

## Where to go for support:

Ask any professional working with you to refer you into the programme.

Alternatively, contact the iMatter team on **0300 303 5881** or you can self-refer by completing our secure online form: **[www.victimsupport.org.uk/imatter](http://www.victimsupport.org.uk/imatter)**

We are an independent charity offering free, confidential support to people affected by crime and traumatic incidents.

For information and support, contact us by:

- calling: Supportline **08 08 16 89 111**
- using Next Generation Text (add **18001** before any of our phone numbers)
- Online: **[victimsupport.org.uk](http://victimsupport.org.uk)**

To find out how you can help us, visit **[victimsupport.org.uk/get-involved](http://victimsupport.org.uk/get-involved)**

**[victimsupport.org.uk](http://victimsupport.org.uk)**

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## iMatter

Online group-based programme for women who have been victims of domestic abuse



Supported by the insurance and long-term savings industry

**[victimsupport.org.uk](http://victimsupport.org.uk)**

## What is domestic abuse?

Domestic abuse is never acceptable. It takes many forms, including psychological, emotional, physical, economic and sexual abuse and it also includes 'honour'-based abuse and forced marriage. If you're suffering domestic abuse you may feel isolated, hurt, upset and scared.

Domestic abuse includes any incident or pattern of incidents of controlling, coercive or threatening behaviour, violence or abuse between those aged 16 or over who are, or have been, intimate partners or family members regardless of gender or sexuality.

Coercive control is now recognised as the behaviour that underpins domestic abuse.

It's a pattern of behaviour which seeks to take away the victim's sense of self, minimising their freedom and violating their human rights. Here are some examples of how coercion works:

- Creating isolation
- Restricting your everyday activities
- Degrading you
- Controlling where you go
- Destroying your things
- Holding the purse strings
- Making unreasonable demands
- Excessive jealousy.

## Course content

The iMatter course creates a safe, informal and supportive environment in which you can learn and develop with others.



## Overview

The iMatter group programme is for women aged 16 and over, who have experienced conflict and abuse.

The sessions will be facilitated by two specially trained female Victim Support staff.

The programme is also available in Bengali, Gujarati, Polish, Urdu and Welsh.



*"Domestic abuse doesn't have to be the ending of our journey, it can be the start to get our power back."*

**Former iMatter participant**