

# LOCATION

## Leicester Head Office

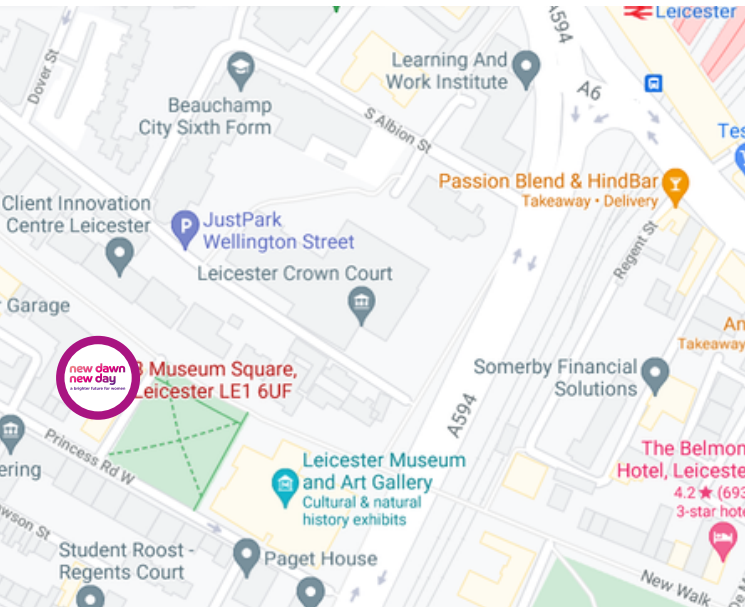
3 Museum Square  
Leicester LE1 6UF



## Contact

03333444304  
admin@ndnd.org.uk

Less than 10mins walk from Leicester train station  
20mins walk from Leicester City Centre



NDNDLeics



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NDNDLeics

## What women who use our service say

I'm so glad I made the first  
step and got support

I didn't realise so many  
other women had been through  
the same things

I feel like I'm finally being  
listened to

I'm taking control of my  
own life

I feel like me again



# new dawn new day

a brighter future for women



## WHAT SERVICES ARE AVAILABLE?

- In house IDVA (Independent Domestic Violence Advisor)
- Sessions focusing on difficult emotions, thoughts and feelings and how to cope
- Sessions focusing on low mood and anxiety
- Women only drug and alcohol support
- Women only sexual health advice sessions
- Debt, finances and career advice
- Legal advice
- Arts and crafts activities
- Wellbeing activity workshops
- Support from Peer Mentors



## GET IN TOUCH

### Women's Services Practitioners

#### IDVA Trudy Cluley

trudy.cluley@ndnd.org.uk  
07384895051

#### IDVA Jane Fortuin

jane.fortuin@ndnd.org.uk  
07522145757

#### General Enquiries

admin@ndnd.org.uk  
03333 444 304

Sessions take place in our safe, non judgemental, women only centre. Our highly trained team will facilitate one-on-one support and group sessions in an understanding and professional way. There is no pressure to share anything that you are not comfortable with, we always work at your own pace.

## ABOUT US

### OUR HISTORY

New Dawn New Day started as a community hub in the 1980s and was set up by local Braunstone women. We've grown and changed over the years, now we support women from a diverse range of backgrounds, who have been subjected to trauma, violence and abuse. We specialise in supporting women involved with the Police and Probation Service.

### OVERCOMING TRAUMA

Many of the women we work with have experienced trauma. Trauma refers to events that are very distressing and can include childhood abuse or neglect, domestic and sexual violence. We teach women how these experiences can impact our mental wellbeing. We share techniques that we can use to cope with difficult or frightening thoughts, feelings and emotions that can arise after being subjected to these types of experiences.