

Phenomenal Futures

Newsletter

Spring 2024



Testimonial



‘ Now who do you say you are?’

A SERVICE USERS EXPERIENCE OF OUR SELF ESTEEM COURSE



“My previous experiences of courses that focus on life after an abusive relationship, have not tended to be positive for me. I have sat on an online call, with a booklet and trainer, doing what feels like going through the motions. I've never found that there was space for my voice and being separated by a screen left me feeling disconnected. There was simply a rigid programme with an itinerary to get through.

I found that I was coming away from the courses often feeling more triggered and distressed. I was being re exposed to the traumatic situations I have lived through and this would ultimately result in me suffering from sleep paralysis.

Determined to heal, I continued to attend support services that would help me to rebuild my strength and improve my wellbeing.

I was excited to attend the ‘Now who do you say you are?’ course. Unlike other groups, it was immediately visible that this was about community. We were able to build a rapport with the therapists facilitating the course, which gave me a sense of security. We were given time to go at our own pace and really build up trust.

The course demonstrated a real understanding of the sensitivity that needs to be shown when dealing with such a delicate topic. The activities were so beautifully thought out, meeting the needs of us all individually. Although there were activities in place each week, we would often end up going with the flow.

We were all able to explore our emotions in a safe space and it was so reassuring having people around to comfort me when we touched on sensitive areas. Particularly people who truly understood.

Throughout the 8 weeks, I never felt the rushed sense that there was a tick-list to get through. The therapists were able to discern the atmosphere within the group, paying close attention to the emotions in the room. This led to us forming trusting and positive relationships. Ultimately, we all knew why we were there - and it wasn't just to eat chocolate biscuits, but the flexible approach helped break down barriers.

Although we have all experienced domestic abuse, our experiences are not the same. The course has enabled me to lay strong foundations and I am comforted knowing that the support doesn't end here. I am now part of a community and can continue navigating my journey of healing with a support system by my side.

Now who do I say I am?

I am Powerful and Vulnerable

I am Learning and Wise

I am Changing and Evolving

I am now writing my own story.”

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Phenomenal Supporters



SAMWORTH FOUNDATION

In April we were thrilled to receive an incredibly generous donation of £10,000 from The Samworth Foundation, which will enable us to profoundly impact the lives of our beneficiaries by providing high quality, trauma informed therapeutic services.

We are incredibly grateful and honoured to have received this invaluable donation in support of our organization.



ROTARY CLUB OF CARLTON

Our friends from The Rotary Club of Carlton were so kind in providing a fantastic donation of £300 to Phenomenal Futures when we requested their support in helping a beneficiary of ours purchase beds for their new home.

NOTTINGHAM SOROPTIMISTS

We would like to say a huge thank you to our wonderful supporters at the Nottingham Soroptimists for their Grant of £1200. With the donation we received, we were able to fully fund our 'Now who do you say you are?' self esteem course.

The feedback we have received from the course has been a joy to read and this invaluable support is what enables us to continue making a difference.



A message from our Service Lead



The first term of the year has been really exciting with our 'Now who do you say you are?' Self Esteem group completing the first course of the year. Our Phenomenal Women have also been meeting together, creating a beautiful piece of artwork for International Women's Day which enabled us to share the voice of survivors of Domestic Abuse on this very special day. They continue to build a supportive and vibrant community of survivors.

Thank you to everyone who has supported our work during this period.

We are excited that our beneficiaries are taking every opportunity they have to embrace their own Phenomenal Futures , and your support enables us to continue providing these activities and therapies.

Service Lead