



Training & Consultancy

Creating safer communities,
stronger organisations.

Training & consultancy to help organisations respond to domestic and sexual abuse with confidence, compassion, and impact.

freeva.org.uk





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Introduction

At Freeva, we believe everyone has a role to play in ending domestic and sexual abuse.

For 20 years, we've supported thousands of survivors across Leicestershire and Rutland, and we've seen first-hand how much difference it makes when organisations respond with care, understanding, and confidence.

But we don't just stand alongside survivors.

We partner with professionals, teams, and leaders to build safer organisations and stronger communities through expert-led training and values-driven consultancy.

**1 in 4
women**

will experience
domestic abuse
**in their
lifetime**



Our mission:

To equip organisations with the knowledge, skills, and strategies to prevent violence and abuse, respond effectively, and embed trauma-informed practice at every level.

Our values:

- Survivor-centred
- Compassionate
- Trauma-informed
- Practical & impactful

The Challenge

Every day, professionals across all sectors encounter people affected by domestic and sexual abuse.

Yet too often, responses fall short – not because of lack of care, but because of lack of confidence, knowledge, or support.

The challenge for organisations:

- Gaps in safeguarding and wellbeing practice.
- Rising demand for specialist services.
- Pressure on leaders to respond ethically, sustainably, and strategically.
- The need for trauma-informed practice that prioritises safety and dignity.

Freeva's training and consultancy are designed to close these gaps – giving you the confidence, clarity, and practical tools to respond well.

A poor response:

"I didn't know what to say, so I avoided conversations about it."

- Leaves survivors feeling unseen and unsupported.
- Risks worsening harm and missing safeguarding duties.

A strong response:

"I recognised the signs, listened with compassion, and connected them to the right support."

- Validates survivors.
- Builds trust.
- Strengthens safeguarding and community safety.

“

The support was both strategic and practical. It's rare to find external consultancy that truly understands the realities of leading a small sexual violence charity.

”

Caroline Fotheringham, Acting CEO
SARAC.

Our Training

Practical, expert-led training that increases confidence and drives change.

Delivered by experienced practitioners, our training combines real-world insight with practical skills you can apply immediately. Whether you're new to this area or building advanced expertise, we tailor every session to your team, your sector, and your goals.

We offer:

- **Bespoke training for teams** – tailored to your needs.
- **Specialist workshops** – including coercive control, supporting survivors, stalking & harassment, trauma-informed practice, engaging perpetrators, and more.
- **Introductory to advanced levels** – ensuring learning meets your team where they are.

Benefits for your organisation:

- Greater confidence in responding to disclosures.
- Stronger safeguarding and wellbeing practice.
- Survivor-centred, values-led culture.
- Practical strategies you can use immediately.



Coaching with Suki provided a safe, supportive space to reflect, grow, and consider my leadership.



Amy E Davies, CEO
Helping Hands Community Trust.

Our Consultancy

Specialist consultancy that strengthens leadership, strategy, and sustainability.

Leading services in the domestic and sexual violence sector is complex. With pressures high and resources stretched, strong leadership and strategy are vital.

Our consultancy provides:

- **Executive coaching and mentoring** for CEOs and senior leaders.
- **Strategic advice for Boards** on governance and direction.
- **Service development** – shaping, strengthening, and scaling provision.
- **Safeguarding and trauma-informed practice guidance.**
- **Funding and sustainability planning.**
- **Accreditation standards and compliance.**



Every consultancy partnership is bespoke. We listen, we understand your context, and we provide practical solutions grounded in decades of frontline and leadership experience.

Benefits for your organisation:

- Stronger leadership capacity.
- Sustainable services and funding strategies.
- Confidence in safeguarding and compliance.
- Clearer, values-driven decision-making.

“

*It's been a truly
empowering experience
that I'd recommend to
any charity leader.*

”

Amy E Davies, CEO
Helping Hands Community Trust.

Case Study – sarac we're here to listen

Strengthening Leadership at SARAC (Sexual Abuse Rape Advice Centre).

When SARAC faced a leadership transition, we provided executive coaching and strategic guidance to stabilise the charity, strengthen leadership capacity, and support future sustainability.

Our support included:

- Weekly coaching sessions for the Acting CEO.
- Financial analysis to clarify risks and sustainability.
- Funding strategy development and bid support.

Impact:

- Improved leadership confidence and clarity.
- Greater financial oversight and informed decision-making.
- Stronger foundation for long-term sustainability.

“*Suki’s support was values-led, trauma-informed, and survivor-centred.*”

Caroline Fotheringham, Acting CEO
SARAC





Why Work with Freeeva?

Ready to build confident managers and stronger, survivor-centred practice?

Whether you're looking for bespoke training, specialist consultancy, or a long-term partnership, we can help your organisation respond with confidence, compassion, and impact.

[Click to enquire about training](#)

We offer:

- **Frontline expertise** – built on years of supporting survivors and working across sectors.
- **Tailored to you** – from awareness-raising to advanced practice.
- **Values-led** – centring survivors, equity, and sustainable impact.
- **Practical & actionable** – giving you tools and strategies you can use right away.