



Newsletter

SUMMER EDITION



We are finalists at the VAL Awards!

We are incredibly proud to announce that Freeva has been named a finalist in three categories at the Leicester VAL Awards 2026.

- 🏆 County Charity of the Year – Freeva
- 🏆 Trustee of the Year – Nicole Fayard
- 🏆 Inspiring Leader of the Year – Suki Kaur

Being recognised across these categories is a wonderful reflection of the dedication, compassion and commitment shown every day by our staff, volunteers, trustees and supporters. Together, we work to support people affected by domestic abuse, sexual violence and harmful behaviours across Leicester, Leicestershire and Rutland.

Congratulations to everyone shortlisted, and thank you to everyone who continues to support Freeva. We look forward to celebrating with the voluntary and community sector at the awards ceremony.



In this newsletter you will find:

Project Updates, Survivor Stories, free resources, and more.

Keep Reading!

Service Spotlights

Volunteering updates

Boosting our volunteer numbers

We've been busy recruiting and training volunteers to join the Freeva team. We now have 18 fantastic volunteers helping us across Helpline, the Jenkins Project, the Young Persons' Project, Office Management and Community Engagement Events.

We had a lovely afternoon celebrating National Volunteer Week with some of the incredible people who support Freeva

It was wonderful to see the event so well attended and to spend time together recognising the kindness, commitment and compassion our volunteers bring to the organisation every day.

If you are interested in joining Freeva as a volunteer, email volunteering@freeva.org.uk to arrange an informal chat.

Current volunteering opportunities

Young Persons' Workshop Facilitators

We are looking for energetic and passionate volunteers to facilitate workshops and assemblies in Harborough or City Centre schools alongside our Young Persons' team. Help young people to learn about healthy & respectful relationships as well as assertiveness, personal safety and gender equality.

If you have experience working with young people we'd love to hear from you. Full training provided.

Find out more and apply via our [website](https://www.freeva.org.uk) or email volunteering@freeva.org.uk





Helpline & Engagement Service

The Helpline & Engagement Service continues to go from strength to strength, providing a vital first point of contact for approx 13,000 survivors of domestic and sexual abuse across Leicester, Leicestershire and Rutland a year. The team continue to work closely with partners across Leicester, Leicestershire and Rutland, including safeguarding teams, Leicestershire Police, health services and other specialist organisations.

MARAC continues to be a key part of this work, and we are seeing more referrals coming through from Leicestershire Police. The team are supporting people identified as being at high risk, as well as making sure their children's needs and safety are considered too.

In October, the team will also be taking the Cut It Out training programme to Rutland. The training is aimed at hairdressers, barbers and beauty professionals, helping them recognise some of the signs of domestic abuse and understand what they can do if someone opens up to them. These are often trusted spaces where conversations happen naturally, so giving people the confidence to listen, respond and signpost to specialist support can make a real difference. freeva can offer to their clients.

Counselling Team Update

It's an exciting time for the Counselling Team as the service continues to grow and develop.

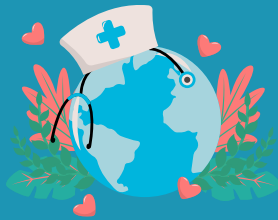
We're pleased to welcome our new Counselling Manager, Heather Bird, who has joined the team and is already helping to shape the next stage of the service.

We're also expanding our capacity by welcoming counselling placement students, helping us support the next generation of counsellors while increasing the support available to those who need us.

Alongside this growth, the team is exploring new opportunities and developments to strengthen the service and ensure we can continue providing high quality, compassionate support to people across Leicester, Leicestershire and Rutland.

Watch this space as we continue to grow and build on the support we offer.





Supporting the Next Generation of Healthcare Professionals

Jane, our Specialist DA Manager, recently delivered domestic abuse awareness training to first year maternity students at De Montfort University alongside Di Howarth, Domestic and Sexual Abuse Development Officer at Leicester City Council.

The session gave future midwives a greater understanding of domestic abuse, how to recognise the signs, respond safely and confidently, and ensure that those experiencing abuse receive the right support.

By equipping healthcare professionals early in their careers, we are helping to create safer opportunities for people affected by domestic abuse to be identified and supported when they need it most.

The Jenkins Project



Every day, the Jenkins Project has conversations that aren't always easy, but have the potential to change lives.

The team works with people who have recognised that something needs to change and who are ready to take that first step towards building healthier, safer and more respectful relationships. It takes patience, compassion and a huge amount of skill to support someone through that journey, and our Jenkins team does exactly that.

The work can be challenging, but it is also incredibly important. Behind every session is a team that believes people can learn, grow and make different choices, while never losing sight of the safety and wellbeing of those affected by abuse.

To everyone in the Jenkins Project, thank you for the care, dedication and professionalism you bring every day. Your work is helping to create safer futures.

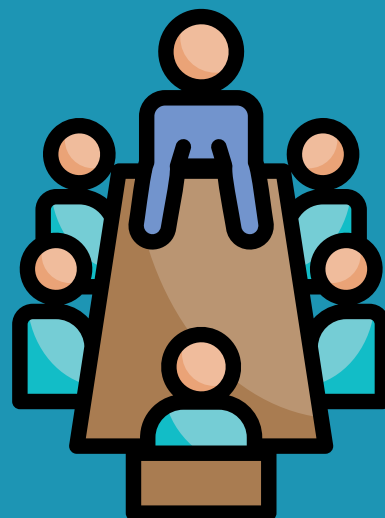
OUR TRUSTEES

August brings the anniversaries of three of our trustees, David Martin, Nicole Fayard and Perween Warsi CBE who joined Freeva as our Trustees, and since then their guidance, generosity and unwavering commitment have helped shape our organisation and strengthen our mission.

As we celebrate Freeva's 20th anniversary this year, it's only fitting that we also recognise the people who have helped us along the way. Trustees often work quietly behind the scenes, but their leadership and support make a lasting difference.

Thank you for your years of championing Freeva, believing in our vision, and helping us continue to support people affected by domestic abuse, sexual violence and harmful practices across Leicester, Leicestershire and Rutland.

Your dedication is deeply appreciated by all of us.



20 FOR THE SKIES!



Charity Skydive - We now have a fantastic group of participants signed up for our charity skydive on 28th August & fundraising is well underway. We still have a few places left, so contact hannah@freeva.org.uk if you fancy taking the leap!

Run Leicester October 11th 2026



Run like someone's future depends on it, because with Freeva, every mile really does matter.

Run Leicester registration will be opening shortly. Watch our social channels for updates!

London to Brighton Bike Ride



Claudia's London to Brighton Cycle Ride - Our trustee, Claudia, is taking on the London to Brighton cycle ride in September in support of Freeva. She has already smashed her original £1,000 fundraising target & is now closing in on an incredible £2,000! If you would like to support her, click

<https://app.givematch.com/fr/l682FSFD>





OLD PHONE. NEW LIFELINE.

Our Old Phone. New Lifeline. campaign has gone from strength to strength, and we want to say a huge thank you to everyone who has helped make that possible.

From businesses and community organisations hosting collection points, to individuals donating phones and sharing the campaign, every bit of support is helping us provide safe, secure mobile phones to people experiencing domestic abuse.

For someone rebuilding their life after abuse, a phone can be so much more than a device. It can provide a safe way to contact support services, speak to loved ones, manage essential appointments and begin rebuilding independence.

Thanks to the incredible response from our community, we now have donation points across Leicester and Leicestershire, including Leicester City Council leisure centres, with more organisations continuing to join the campaign.

Every phone donated has the potential to become someone's connection to safety and support.

If you have an unused phone at home, or would like to find your nearest donation point, we'd love to hear from you.

Find out more about donating a phone or our collection points
👉 [Get involved with the campaign](#)

Thank you to every person and organisation who has donated, shared, collected and supported. Together, we're turning old phones into new lifelines.



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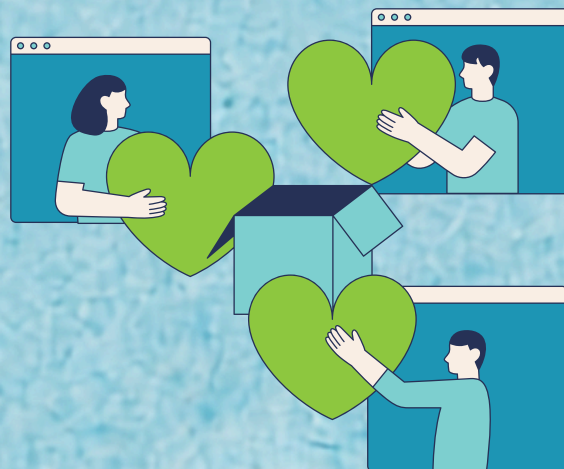
“My counselling sessions with my counsellor have helped me so much. She helped open my eyes and realise a lot. She’s taught me new ways of coping, different way of thinking, how to put myself first instead of abandoning myself. she made me realise my feelings are valid and matter there’s loads more too. I know I still have a very long way to go and I am still learning but I know with all the tools and advice I have received, I will be able to carry on this journey I have ahead of me and if I do fall along the way then that’s ok because I can take a breath, get back up and try again. I am definitely more confident, I don’t really abandon myself anymore, I put myself, my health and mental health first. I’m not so much of a people pleaser. I make more time for me and the things I enjoy even on the days I don’t really feeling like it even if it’s only 5 minutes.”

“I love my caseworker, she helped me with everything and more in school life, everything got to a point In life where I didn’t want to be here anymore, without her I’m not sure If I would be”.

“We wanted to take this time to thank you for so much support that you give to us as a family. This has been a tough year and it’s not easy to bond with people but you have been a great consistence and trusted support and we are so grateful. We would not have got through this year without you. Never underestimate the way you are transforming lives”.

Join our team

Our latest vacancies can be found on our website: <https://freeva.org.uk/join-our-team/>



Volunteer with us!

Would you like to support Freeva in our mission to support victims-survivors and break the cycle of abuse? We would love to have you on our volunteer team! If you are interested, you can read more about the roles [here](#).

FIND OUT MORE ABOUT
FREEVA



RESOURCES

Our website has a growing library of free resources, including posters, information leaflets, guidance for friends and family, and information about our specialist services.

Whether you're looking for support for yourself, trying to help someone you care about, or need information to share within your workplace or community, our resources are there to help.

Explore and download our free resources:

Visit the Freeva Resource Library
<https://freeva.org.uk/resources/>

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