



# Media Kit

# About Us

We're one of the leading domestic abuse recovery organisations in Devon and beyond.

Our journey started as a local federated branch of Women's Aid in 1974. Today, we're a nationally focussed charity reimaging approaches to trauma recover by investing in therapy, training and research. For five decades, we've been supporting women & girls who experience domestic abuse. We specialise in group therapy underpinned by the Felt trauma approach. Our therapeutic programmes sit alongside our training, research and systems change work.

SAFE Foundation is led by people with lived experience of trauma and a deep understanding of the capability to help people recover from its impact. The voice of survivors is at the centre of work, enabling reflection and shaping our delivery and approach.

# Mission and Vision

We're building a world free from the impact of trauma. Our mission is to:

- provide therapy and training to support families and individuals to break the cycle of abuse
- be a leading voice in trauma recovery through cutting edge research and innovation
- drive an ecosystem wide approach across communities and supporting agencies

We believe that it's time for a different conversation about trauma, a paradigm shift in how we deliver trauma recovery services. We invite you to join us.



# What we do

## Therapeutic Programmes

- We support adults and children experiencing domestic abuse and violence. Our community-based therapeutic programmes are delivered through a range of interventions from individual and group counselling and family-focussed programmes.

## Training for Professionals

- Bring Felt Trauma Therapy to your organisations. We offer a range of training programmes for professional therapists, counsellors and organisations – for example local government, NHS trusts.

## Research Collaborations

Learning is essential if we want to reimagine approaches to trauma recovery. As part of our work, we will:

- publish research papers about our approach and programming
- collaborate with partners to develop innovative toolkits, frameworks and research publications

## Influence

We need to change how we deliver services and identify people at risk. As part of our work, we will:

- work with community networks & professional platforms to explore best practice and to better understand gaps in services
- share our learning, research and policy recommendations with partners, commissioners and the government



SAFE

# Media enquiries

For media enquiries, including quotes, press releases, interview requests, research or podcasts, please email [info@safe-services.org.uk](mailto:info@safe-services.org.uk) with the following information:

- your name
- email address
- the name of your media outlet or organisation
- details about your request
- the deadline

A teal circular graphic in the bottom right corner of the page. The word "SAFE" is written in white, bold, uppercase letters across the bottom of the circle.

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