

To use the service

Download a referral form from our website at **www.splitz.org**, or

Phone us on **01225 775276**, or

Email **buddy@splitz.org**.

We can help you if you ...

- Have experienced domestic abuse
- Are no longer in the abusive relationship
- Are willing to work with your Buddy to make life changes
- Are living in Wiltshire
- Need to talk to someone about the abuse



Contact Us

Tel: **01225 775276**

Email: **buddy@splitz.org**

Splitz Support Service
Oak House
White Horse Business Park
Trowbridge
BA14 0XG

Charity no: 1064764

This document can be made available in other formats (eg large print, Braille, audio) and other languages if required.

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SPLITZ

Support Service

Buddy Scheme

A mentoring service for people who have experienced domestic abuse in the past



Our service is **free** and **confidential** and open to men and women

About Splitz

Since 1989 Splitz has been supporting lone parent families who have been experiencing difficulties such as divorce, separation and domestic abuse.

About the Buddy Scheme

Our Buddy Scheme volunteers are usually people who have experienced their own difficulties in the past and would now like to help others in a similar situation. All have been trained by us as mentors.

We aim to ...

- Listen
- Encourage and support
- Promote independence
- Reduce feelings of isolation
- Develop a sense of wellbeing
- Empower parents
- Enable a happy family life

How we work

- A fully trained volunteer will meet you weekly in your home
- The biggest part of what we do is listen to you
- We give you a chance to talk through your experiences and help you make sense of them
- Our volunteers are friendly, encouraging and non-judgemental
- We encourage you to achieve small, weekly goals

Want to volunteer?

We would be interested in hearing from you if you have good listening and communication skills and have plenty of life experience.

For more information have a look at the vacancies page on our website (www.splitz.org) or call us on 01225 777724.

We provide full training.

