

## What is New Beginnings?

The **New Beginnings** group programme is an important part of the pathway through our Eva Therapy Service. Women who take part in our group work find it a really useful experience.

After your initial assessment, you will usually be offered a place on a rolling programme of 4-week groups, to provide initial support and prepare for therapy. This can be followed by an optional extra 2 weeks to focus on Trauma Pain and Fatigue.

The groups are either in Person (groups of no more than 12 women) or via Zoom video call, and are run by 2 experienced facilitators from our Eva Therapy Service.



## Group Programme

This is a 4 week Programme  
with an optional extra  
2 weeks which looks at living with  
pain and fatigue and the  
connection with trauma  
You can either attend  
face to face or  
on Zoom [video call]

### Expectations

We will work together to make sure:

- groups are small and manageable
- we all support each other
- it is a confidential space
- it is a safe space to talk and learn

To make sure the programme  
is as helpful as possible  
we would ask that you:

- ◆ attend weekly
- ◆ try things out in the week
- ◆ keep group confidentiality
- ◆ give us feedback each week

### The group will cover:

*Understanding how domestic and sexual abuse and trauma affect our mental and physical health*

- ◆ *Our feelings and the ways we manage emotional distress*
- ◆ *Developing helpful coping strategies*
- ◆ *Looking ahead at what is important to us now*

### The optional extra 2 weeks will focus on:

- ◆ *Understanding Pain & Fatigue and the connection with trauma*
- ◆ *The Impacts of living Pain & Fatigue*
- ◆ *Developing helpful pain & fatigue management strategies, no matter the cause of the pain or fatigue*
- ◆ *What you can do next to access additional support for pain and fatigue*

## Feedback about Eva group work:

*“You can't really talk to anybody in your own environment about it, they don't understand, whereas the girls here know and they are actually someone who understands”*

*“I think it was a shock to realise there were other people in a similar situation and it was kind of reassuring that there were things we can do.”*

*“When someone has spoken up in the group I have thought, “Wow that really relates to me!”*

*“I enjoyed the group, it gave someone else's perspective and it was thought provoking”*



**Eva Therapy Service**  
**New Beginnings**  
**introduction to therapy group**

**vida**  
life without abuse

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funded through



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### Every little really does help...

All donations received through Vida's Localgiving page go directly to support our therapeutic work with women and girls, and we can claim an additional 25% Gift Aid on all donations from UK tax payers!  
*Monthly direct debits are even more helpful...*

<https://localgiving.org/charity/vidasheffield/>



# Eva

## Therapy Service

for women and girls affected by abuse and trauma



## New Beginnings

a 4 week

introduction to therapy programme

plus an optional 2 weeks on Trauma Pain and Fatigue

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