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Knowle House
4 Norfolk Park Road
Sheffield S2 3QE
t: (0114) 275 0101
f: (0114) 278 1308
e: admin@vidasheffield.org.uk

Sheffield women's charity makes urgent appeal to save therapy service

A pioneering Sheffield women's charity has launched an urgent fundraising appeal after cuts put it at risk of closure.

Vida Sheffield has spent 30 years coordinating local community work against domestic abuse and now offers a specialist therapeutic service for women recovering from trauma caused by domestic abuse.

The charity needs to raise £54,000 before the end of January next year to secure the charity's future. It has just launched an urgent crowdfunder to raise part of the funds from local donations.

Local Vida service user Janice said "the therapy I got at Vida saved my life. When I came to therapy on day one, I felt awful as I was not able to find other services to support my long-term recovery. Now I feel happier, safer and I understand what I deserve in a healthy relationship. There are too many women that are still living with the effects of domestic abuse that happened in their past. I'm supporting the campaign to save Vida so they can help women in Sheffield who were traumatised like me"

Women who experience abuse can suffer symptoms of severe anxiety, depression, PTSD and report that they feel suicidal. Vida helps on average 250 women and girls per year with free therapy by expert trauma-informed therapists to help them deal with these impacts and move forward with their lives after abuse. The service is always over-subscribed and the charity has innovated to offer group and online therapy while women wait for individual therapy. 95% of women who go through Vida's service report a reduction in their trauma symptoms with 83% improving their wellbeing.

Clinical Manager Jane McLaren explained: "I've worked with an incredible team of trauma-informed therapists to develop this pathway of therapy over the past 15 years, and there's nothing else quite like it locally. I've seen such huge improvements in self-esteem and wellbeing alongside a reduction in trauma symptoms in so many of the women we support. Given that *1 in 4 women experience domestic abuse on average, and Vida receives 62% referrals via the NHS e.g, MAPPS, GP's & Talking Therapies, the services will be needed for many years to come. It is heart-breaking that according to the **Sheffield Report it is expected that there will be an increase in abuse and Vida's closure would put significant added pressure on the NHS. I do feel hopeful that our partners and the people of Sheffield, who have always been so generous, will rally to save our service."

Our service costs around £15-20k per month (*some volunteer therapist hours are used*)
We provide around 216 therapy sessions a month – [Vida Pathway](#)
We save the NHS around £50k per month - *based on published NHS data for specialist mental health services.*



Donations to the charity's crowdfunder using the QR code:
Or website: www.localgiving.org/charity/vidasheffield/

Contact for more information: Karen Hague MBE: k.hague@vidasheffield.org.uk m.07490 199643

References:

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