



KINGSTON
Women's Hub

Referral Pathways Booklet

About Us

Kingston Women's Hub is a partnership of organisations providing holistic support to enable women to thrive after experiencing domestic violence, abuse, and/or multiple disadvantages.

Summary of what we offer:

Crisis Support

- Specialist professional services to support women leaving domestic violence / the criminal justice system.

Individual Support

- Peer mentoring support from women who've experienced domestic violence and/or abuse to help women find new purpose and belonging within community; practical support to enable healthy living.
- Provision of childcare to make all sessions at the HUB accessible; supervised access, and parenting support.

Community Support

- Activities where women can relax, relate, grow and flourish. These are women-only groups and all have a focus of empowering women, within the context of community, in their self esteem, confidence, skills, hobbies and passions.
- Specialist courses to equip and empower women.

Crisis Support

One Stop Shop - Mon, 9.30am - 12.30pm - Kingsgate Church, KT1 1QT

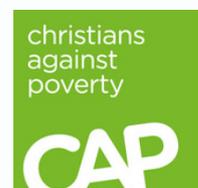
Contact: 020 8547 6046 or kingstondvhub@refuge.org.uk

- Supporting those who have experienced violence and abuse. Domestic violence, sexual violence, 'Honour' based violence, forced marriage, FGM, human trafficking or modern slavery.
- One-to-one confidential, non-judgmental, independent support
- Legal advice from a solicitor and a domestic advocate worker available to assist
- Emergency temporary accommodation for women and children fleeing domestic violence.
- Supporting women in their homes or a safe place within the community.
- One to one emotional and practical support, including safety plan, housing applications and financial empowerment.



Christians Against Poverty

Contact - 0800 328 0006 for free



- Help with money, whether that's help to get out of debt, find a job or gain vital life skills.
- Provides a range of free services across the UK through local churches. You do not have to be a Christian to access these services.

Childcare - Mon, 9.30am - 2.30pm, Tues, 11am - 2.30pm - Kingsgate Church, KT1 1QT

Contact - karen.reekie@voh.org.uk

- For those accessing the Hub services, childcare for 6 month - 4 year olds will be provided.
- Creating a space for mothers to access support where they might otherwise not be able to.
- See childcare referral process at the end of this document.



Individual Support

Charis Team - Drop in, Mon, 10am - 2.30pm - Kingsgate Church, KT1 1QT. Appointments also taken

Contact: charis.team@voh.org.uk

- One-to-one Peer Mentoring Support from women who have lived experience of domestic violence and abuse.
- Friendships and community. A place for women to grow in confidence, feel loved, supported and listened to.
- Reminding clients of appointments or helping them and empowering them in studies or work.



The Good Food Co-Op

Contact: info@goodfoodcoop.org.uk

- Fruit and veg provision so that people can afford to eat healthily and enjoy learning new recipes with great produce! Women can be referred in to the project and receive a box of spray-free, local fruit and veg.



WINGS Course - Mon afternoons, book on the course via email below

Contact: KingstonDVHub@refuge.org.uk

- Is a confidential, voluntary group session which works with victims and survivors of domestic abuse over the course of several weeks.
- Aims to explore the dynamics of domestic abuse, and empower women to process their experiences, identify their own needs, and set personal goals, in a safe and supportive space with other survivors as they move at their own pace.



Community Support

Sisterhood Sanctuary - Every Tues (term time), 12.30-2.30pm - Kingsgate Church, KT1 1QT

Contact: sisterhood.sanctuary@voh.org.uk

- The Sisterhood Sanctuary is open to all women, but is especially for those who are facing mental or physical health challenges, have been through domestic violence, assault, or abuse. They encourage women to rebuild their lives helping them gain confidence again, in friendships and activities.

Art Therapy Classes - During Sisterhood Sanctuary



Contact: sisterhood.art@voh.org.uk

- Within the Sanctuary there is an art area to be creative and explore different forms of expressions and communication.

Sisterhood Choir - Tues, 11am-12.30pm - Kingsgate Church, KT1 1QT

Contact: sisterhood.choir@voh.org.uk



- The Sisterhood Choir is open to all women, but is especially for those who have been through domestic violence, assault, abuse, and mental or physical health challenges. There is no audition or minimum standard requirement; the songs are accessible to all abilities and are a mix of musical styles and genres.

Fishponds Community Garden - First Wed of every month, 11am - 1pm

Contact: fishponds.garden@voh.org.uk

- The Garden hosts ladies gardening sessions at Fishponds park, using the space to come together, connect, have fun and garden! Runs @ Fishponds park, Mayberry Place entrance, KT5 9AL, left of the path as you go in.



Women's Coffee Club - Mon, 10 - 11.30am - Kingsgate Church, KT1 1QT

Contact: contact@truehonour.org.uk

- Ruth by True Honour, this is a place for all women to relate and chat in a relaxed environment, with the ability to access other aspects of the Women's HUB at the same time.



Directory of local & national services

Achieving For Children (Children's Services)

0208 547 6046

0208 547 5008 (Mon - Fri 8am - 5pm) kingstondvhub@refuge.org.uk

Adult Social Care

0208 547 5005 (Mon - Fri 9am - 5pm)

Kingston Foodbank

0208 391 1100

Complex Needs Service

Support for domestic abuse and additional needs

0208 943 8188

outreach.swlcn@refuge.org.uk

Kingston Hospital IDVA

Support for those in the hospital or with the midwifery team.

07342 065 820

Deafhope

Support for deaf survivors of abuse

0203 947 2601/07970 350 366

da@signhealth.org.uk

Kingston Housing Options Team

0208 547 5000 (Mon - Fri 9am - 5pm)

Kingston iCOPE

Mental Health Support

0203 317 7850

Each counselling

Offering therapeutic support

infoascent@eachcounselling.org.uk

Kingston Wellbeing Service

Drugs & Alcohol Support:

0203 317 7900

Galop LGBT+ Domestic Abuse

Helpline

0207 704 2040 or 0800 999 5428

Kingston Women's Centre

Women's counselling charity

kwcenquiries@kingstonwomenscentre.org.uk

Hourglass Helpline

Support around elder abuse

0808 808 8141

020 8541 1941

Kingston Advocacy Group

0208 549 1028

rights@kag.org.uk

LEAH - Learn English at Home

Supporting adults around Kingston

020 8255 6144

info@leah.org.uk



Directory of local & national services

Men's Advice Line

Support for Male Victims/Survivors
0808 801 0327

Mind in Kingston

020 8255 3939
info@mindinkingston.org.uk

National centre for domestic abuse

Provides a free, fast emergency injunction service for survivors regardless of their financial circumstances, race, gender or sexual orientation.
Tel- 0800 970 2070
Option 1- information on getting an injunction

National Domestic Abuse Helpline (24hrs)

0808 2000 247
www.nationaldahelpline.org.uk/

National Domestic Violence Helpline

Email- info@refuge.org.uk
Tel- 0800 2000 247

MARAC (to reduce the risk of serious harm and to increase safety)

MARAC@kingston.gov.uk
Tel- 07542 028 096

Respect

Support and advice for perpetrators of abuse 0808 802 4040

Safe Partnership

Extra security in your home referrals
-
sanctuarystaysafe@kingston.gov.uk

Suzy Lamplugh Trust

National Stalking Helpline and Stalking Advocacy Services
0808 802 0300

The Sharan Project

Support for South Asian Women
0844 504 3231

Women and Girls Network Advice Line

Counselling, advocacy and advice for women and girls
0808 801 0660

Women's Aid Live Chat

If it's unsafe or you're unable to speak on the phone
<https://chat.womensaid.org.uk/>

Wolverton Sexual Health Clinic

0208 974 9331
www.sexualhealthkingston.co.uk/



Referral Pathway for Childcare

If a woman coming to the sessions or hub has a child under 5, and no childcare available to them then they can be referred in for childcare.

Come to one of the Kingston Women's HUB services on a Monday and/or Tuesday through the relevant charity.



Let the team leader know that you have a child (6mth - 4yrs) who will need looking after during your time at the session(s). They will check if there is space at the session you're attending for your child. Please let them know if your child has any allergies.



Come to the session and drop your child off with the childcare team. They will be in the same building as you, and the team will fetch you if there are any issues or concerns. The childcare is only available during sessions you are attending. We ask that you don't leave the building at any time without your child.