

“Sonas’s outreach Service was literally a lifeline for me. I never considered myself as experiencing domestic violence. To be honest, I thought I wasn’t one of those women... I have a nice home, I work, my kids go to school. It sounds stupid now... I don’t know, maybe I was ashamed to say it to anyone even though my kids and I were living in absolute terror.

When I met Mary in the café – we had arranged to meet there at lunchtime from work so it wouldn’t arouse suspicions – she was able to safety plan with me and helped me find the courage to apply for a barring order. I don’t think I would have done that without the Sonas outreach Service.”

Carol, a client who engaged with Sonas’s Outreach Service