

## Important Contact Details

For enquiries please call:

Hampshire	0800 916 9878
Dorset	0800 032 5204
Isle of Wight	0800 234 6266

Other resources:

The National DV Helpline	0808 2000 247
The Survivors Trust	0808 801 0818
Rape Crisis Helpline	0808 802 9999
Respect Perpetrators	0808 802 4040
Respect Men's Advice	0808 801 0327
Galop LGBT Domestic Abuse Helpline	0800 9995428

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## Who We Are

Since 1985, YOU provides people with the help they need to realise their dreams of independence, security, stability, happiness, and freedom.

We help people in our communities who need care, support, and advice due to poverty, homelessness, disability, age, ill health or abuse to have the life they want.



The YOU Trust is registered in England no 1898188 and is a registered charity no 291489.

The YOU logo is a registered trade mark.



**Registered Address:**

South Wing, Admiral House, 43 High Street  
Fareham, Hants PO16 7BQ  
[www.theyoutrust.org.uk](http://www.theyoutrust.org.uk)



**Isolated Community  
Engagement**

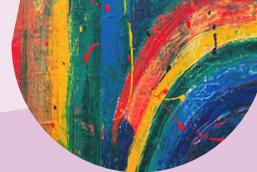
**South Coast of England**

**You First**

**Safety, Empowerment, Education**

**Domestic Abuse/Sexual Violence/Stalking/Training**

# What is the Dragonfly Project



The Dragonfly Project started in 2016 with delivery across Dorset to identify victims of domestic violence and abuse (DVA) who are isolated within their own communities. We know that some people are not able to access services, or are not even aware that these services exist and we wanted to do something different.

What we do:-

- Train Champions living and working in our communities so they are able to receive and respond to disclosures of DVA
- Work together to end misplaced stigma to enable people in our communities to access support and help for themselves if they are experiencing DVA
- Empowering communities to support and help those who are being affected by DVA
- Educating communities to work together to raise awareness of DVA
- Make support easily accessible in isolated areas
- Increase early identification and intervention to prevent any long term adverse effects of DVA
- Offer ongoing links for all Champions to a specialist DVA Worker

# How you can get involved?

DVA Champions are members of our communities who offer a supportive, confidential and non-judgemental listening ear.

You can become a Champion and attend our DVA Workshop sessions covering:-

- DVA Awareness
- Signs and Symptoms
- Do's and Don'ts
- Safeguarding
- Signposting to services

*This brochure can be produced in a number of different formats and languages. If you would like to receive this brochure in another format, please speak to a member of staff.*

You First are a team of passionate people, working in domestic and sexual violence and abuse and stalking services. Some of us are experts by lived experience as victims and survivors and some are experts by their worked experience and knowledge.

We believe there is no 'you and us' at You First—only us, and we work together with you, using our combined experiences and knowledge to keep you safe to live a life free from violence and abuse.

## Who are You First?