

## To Refer

For more information about staying in Lighthouse refuge, confidential advice or how to make a referral, please call our 24 hour helpline 01473 745111



## About Lighthouse

Lighthouse Women's Aid is a charitable organisation based in Suffolk, providing support and advice to women and children experiencing domestic abuse in their personal or family relationships.

We have been providing safe and supportive refuge in Ipswich since 1976. We also offer an Independent Domestic Violence Advisor service, a range of community services and courses to support women and children to rebuild their lives after domestic abuse.



**Lighthouse**  
For a brighter future, free from domestic abuse

**Lighthouse Women's Aid  
Refuge Services**

**Helpline 24 hrs:  
01473 745111**  
For confidential advice

If you are in immediate danger,  
please call Police on 999

2016

Lighthouse Women's Aid is affiliated to Women's Aid Federation England  
Registered Charity No: 1069296

Our registered company name is Lighthouse Women's Aid.  
Registered Company No: 3532428.  
Registered in England.



# Refuge Services

**The Refuge offers safe and secure temporary accommodation for women and their children away from domestic abuse.**

Refuge staff will work alongside women to support them to make informed choices about their housing, benefits and financial options. Staff will also support them to access other professional support such as legal, medical and debt advice.

Lighthouse has a dedicated children's team to support mums and children as they settle into the refuge. This includes, access to schools, nurseries and clinics, childcare, advice, play and individual support.



Refuge staff will endeavour to support women and their children to recover from the traumatic effects of domestic abuse and prepare them to live independently and safely in the future.

When women staying in the refuge are ready to move on Lighthouse can provide resettlement support to help with the transition of moving into their own home.

## The Refuge:

Lighthouse refuge offers each woman/family their own bedroom with shared living rooms, kitchens, bathrooms and garden/play area.

