



Butterfly Project



Facilitated by Hestia under the Angelou partnership



A supportive group for female survivors of domestic abuse

Charity number: 294 555

What is the project?

The Butterfly Project is a community based women's group in partnership with Angelou. Run by survivors for survivors, it provides support for women who have experienced or are currently experiencing domestic abuse.



"Thank you for all the help you have given me. For helping me develop my skills and give me more confidence in myself." *Lillian*

The groups are facilitated by trained volunteers as well as the domestic abuse team from Hestia. All our volunteers have been either a resident at one of our refuges or previously attended one of our Butterfly Groups.

Aim of the project

The Butterfly Project aims to provide a safe space for women to support each other. The project provides:

- Personal development opportunities
- Confidence building workshops
- Meditation and relaxation sessions
- Art therapy
- A space to make new friends
- Information to help you better understand domestic abuse

How to access

This is a drop-in support group and you can attend as many sessions as you like and as frequently as you like.

Step 1: Send us an email, or call us on the relevant phone number below.

Step 2: You will be asked for your name and contact details.

Step 3: You will be invited to our next Butterfly Project group meeting.



“The Butterfly Project has been a lifeline to me! I feel safe talking about problems and have made some great new friends.” *Anna*

To attend a Butterfly Project support group, please use the contact details below.

Hammersmith & Fulham

07800 923 894

Kensington & Chelsea

07800 938 851

Westminster

07772 935 946

Email: angeloureferral@hestia.org



About Hestia

At Hestia, we support adults and children across London in times of crisis. Last year we worked with more than 9,000 people, including victims of modern slavery, women and children who have experienced domestic abuse, young care leavers and older people. From giving someone a home to helping them to get the right mental health support, we support and enable people at the moment of crisis.



Butterfly Groups are now running in partnership with Angelou. A partnership of 9 specialist organisations, Angelou supports women and girls across London experiencing domestic or sexual abuse. For more information, visit www.angelou.org

