**Name of Project: Ascent Advice and Counselling**

**Lead partner: Solace Women’s Aid**

**Delivery partner: Jewish Women’s Aid (JWA)**

*My name is Leah and I was encouraged to contact JWA by my GP who I had visited to talk about my anxiety. I called them and spoke to a woman who was kind and understanding. She had supported lots of religious Jewish women previously and she was empathic towards my reticence to share information initially until I got to know her better.*

*My husband had been sectioned due to his severe mental health condition. He had been violent towards me for many years and we had been living separately under the same roof. I used to lock myself in my bedroom at night because I didn’t know if he would come in and attempt to strangle me or stab me. My grown up children never came to the house because of their father’s unpredictable mood and they had begged me for years to leave and come to live with them in Manchester. I loved my husband and kept hoping he would change his behaviour but it was making me ill so I knew I needed to separate from him.*

*With JWA’s support I obtained a non-molestation order and an occupation order and am now receive counselling to enable me to cope with the trauma. He is now out of hospital and staying with a family member. The community has been warm and supportive towards me as they have witnessed his behaviour over the last 20 years.*

*I am now able to start the divorce process and am planning to move to Manchester to be close to my children and grandchildren. Without JWA I wouldn’t have been able to start living a life free from fear and to finally plan for my future.*