

Stories from Beacon:



Domestic abuse survivor

“JACKIE IS A BEACON. JACKIE SHONE LIGHT IN TO MY LIFE AND GAVE ME THE HELP AND SUPPORT I NEEDED.”
Domestic abuse survivor

“I was nervous AND embarrassed talking about what I had been through. It was no longer about the night my partner tried to murder me. My head was filling up with numerous other occasions where my partner had abused me, controlled me, deceived me and beaten me.

If I didn't talk about it, I would have lost my mind and eventually killed myself.

Trauma makes you awfully blinkered. You see the world through very dark eyes.

Jackie was what I needed.

Non-judgemental. Listening. Calm. Reassurance.

I have overcome so much in such a short time, but I still needed help.

Jackie IS a Beacon. Jackie shone light in to my life and gave me the help and support I needed.

Jackie helped me overcome some irrational fears and phobias that I developed because of the attack on my life.

Having Jackie talk with me like I'm not to blame for what happened in my life was reassurance enough to help me draw an awful chapter of my life to a close.

Jackie listened without prejudice.

I told Jackie of the awful night that my partner tried to kill me. I told Jackie of all of the other times where I was abused.

It was through talking with Jackie I realised that I could actually report the historic abuse to the police.

I no longer feel scarred and scared.

I hope one day to be an influence to somebody in the way that Jackie has influenced, changed and bettered my life.”

About Beacon:



Hertfordshire Beacon Victim Care Service

THE HERTFORDSHIRE BEACON VICTIM CARE CENTRE PROVIDES A FREE AND CONFIDENTIAL SERVICE TO HELP SUPPORT VULNERABLE ADULTS AND CHILDREN WHO HAVE BEEN A VICTIM OF A CRIME. THE TEAM USE VICTIM CENTRED AND RESTORATIVE APPROACHES BY PUTTING THE INDIVIDUAL'S NEEDS FIRST TAKING INTO ACCOUNT THE IMPACT AND HARM CAUSED BY THE CRIME. WE THEN CREATE A TAILORED SUPPORT PLAN TO HELP INDIVIDUALS COPE AND RECOVER FROM THE IMPACT OF CRIME.

The Beacon Victim Care Centre can provide practical support, advice and information; emotional support; advocacy; Restorative Justice (a chance for the victim to communicate with the perpetrator if appropriate).

We can also support a victim who chooses not to report the crime to the police, in the hope that no victim is left behind.

Contact us:

03000 11 55 55 (option 3)

www.hertfordshirebeacon.org/

Twitter: @HertsBeacon

