

The SWEET Project is a not-for-profit Social Enterprise Organisation, who work with Children & Families providing support based on early and realistic interventions.

Mission Statement

The SWEET Project is motivated by a belief that we can make a difference for all. We believe that in a supportive and safe environment you will be enabled to explore your situation and the options available to you.



The SWEET Project

Break and Stay Free Programme



Is it time to break and stay free

Domestic abuse is consistently under-reported, turning to someone for help can be one of the biggest challenges you face."

Unit 3 Ardath Road
Kings Norton
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Drop into our new, safe and supportive 8 week programme

Meet others in the same situation or survivors to discuss and share ideas, thoughts and concerns.

Find out about the effects on you, those close to you and your children and explore options.

Refreshments provided.

Crèche facilities not provided.



Each session is service- user lead
The areas covered will be:

- Understanding the impact of domestic abuse
- Who does it effect
- How has domestic abuse impacted on family members
- Who was and who is in control now
- Emotional support
- 1.2 million females and 70000 males that are effected by Domestic abuse each year – how can we support you
- One incidence of domestic abuse is reported to the police every minute
- How is Domestic Abuse impacting on self and child
- Signposting to support service if required
- In 90% of domestic abuse incidents in family households, children were in the same or the next room (Hughes, 1992)
- Domestic violence has a higher rate of repeated ill-treatment than any other crime (Home Office, July 2002)
- On average, a woman is assaulted 35 times before her first call to the police (Jaffe, 1982)