

# The Butterfly Project

Join a Butterfly Project near you



**Hammersmith & Fulham**

Lois: 07814473132

**Kensington & Chelsea**

Tamara: 0207 352 3341 or 0780 093 8851

**Westminster**

Helen: 07896 352 781

Lucia (Fridays only): 07964 121 967

**Email**

[angeloureferral@hestia.org](mailto:angeloureferral@hestia.org)

Facilitated by Hestia under the  
Angelou Partnership



Hestia is a registered charity (No 294555) and company registered by guarantee (No 2020165). Our registered office is: Maya House, 134-138 Borough High Street, London, SE1 1LB Telephone: 020 7378 3100 [www.hestia.org](http://www.hestia.org)



## The Butterfly Project

A supportive group for female survivors  
of domestic abuse.

Facilitated by Hestia under the  
Angelou Partnership



# The Butterfly Project

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

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

## The aim of The Butterfly Project

The Butterfly Project aims to provide a safe space for women who are currently or who have previously experienced domestic abuse. Directed by the women who attend, the group allows women to support each other and find time for themselves through group-chosen activities. Previous activities have ranged from meditation and relaxation, to confidence workshops and art therapy.

The Butterfly Project helps survivors build on their own awareness of domestic abuse. By focusing on creativity and group-led activities, this enables the survivors to 'look forward', and develop themselves while being able to relax, have fun and make new friends.

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

Anna\*, Butterfly member.

## Angelou: a new partnership for women and girls



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 on the Angelou partnership: [www.angelou.org](http://www.angelou.org)

## How to access The Butterfly Project

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 on the back of this leaflet.

**Step 2:** You will be asked for your name and contact details.  
(This is so we can notify you of future meetings, training opportunities and other activities!)

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

**“The Butterfly Project gave me something to look forward to  
each month, I really enjoyed myself.”**

Monique\*, Butterfly member.

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

**May the Butterfly Project continue!”**

Lilian\*, Butterfly member.