

## Charmaine's story

Charmaine had been married for 5 years when her husband, an older and controlling man, began supplying her son from a previous marriage with cannabis and alcohol. When Charmaine objected, her husband started to beat her. As the beatings continued, he told her she could not leave the house or speak to anyone. On one occasion Charmaine went out to attend a family party, but the husband tracked her down, dragged her outside and beat her brutally in the middle of the street. Following police intervention Charmaine spent some time in a refuge before returning to London, where she contacted Bede House.



*"I was in a bad way when I came to Bede House. I didn't know what to do. But from the very start they showed me that I was not alone, that they were there for me. Through counselling and weekly groups sessions, they started to teach me how to get through it, how to cope. The other women on the course also gave me great encouragement.*

*On the practical side, Bede House helped me get a non molestation order against my husband, and an occupation order to have him removed from our home. I honestly don't know what I would have done without their support.*

*Now I am much calmer in myself. My youngest son, who is four, is also calmer and more positive. We live together in the house we once shared with my husband. Thankfully we have no contact with him anymore. Bede House is not far from us and we know we are welcome there at all times. I would not hesitate to recommend their services to any woman who has experienced domestic violence or abuse."*