



FUTURE LIVING

Future Living

Hertford



Breaking the cycle of domestic abuse in Hertfordshire

ABOUT US

Future Living Hertford is a leading charity supporting individuals and families affected by domestic abuse and trauma across Hertfordshire. Through specialist therapies, recovery programs, and educational workshops, we empower people to heal, rebuild, and thrive.

We are committed to creating sustainable change by addressing root causes and breaking cycles of harm. By partnering with us, your organisation can play a vital role in transforming lives and fostering a safer, healthier community.

Together, we can expand our impact, enhance our services, and create a brighter future for those in need. Join us so that victims of domestic abuse can thrive not just survive.

OUR SERVICES



GROUP THERAPY

CBT courses based on empowering those who have experienced domestic abuse to move forward with their lives.



COUNSELLING

Additional 1-2-1 counselling for group therapy clients and all those in need of support.



PROFESSIONALS

Helping professionals to understand how they can best engage with and support victims of domestic abuse.



01992 537344



www.futurelivinghertford.co.uk



WHY SUPPORT FUTURE LIVING?



Promote your corporate identity



Build stronger teams



Support your local community



Increase awareness of your brand

HOW YOU CAN SUPPORT US

01

CHARITY OF THE YEAR

Make us your Charity of the Year and we will work with you to build a calendar of volunteering and fundraising that will ensure brand awareness for both our corporate partners and Future Living

02

CAUSE RELATED MARKETING

Could you donate a percentage of sales of a certain product or service? Helping to raise our profile and increase your sales.

03

VOLUNTEERING

We can offer opportunities for your staff to volunteer with the charity, either as individuals or teams. That could be anything from helping in the garden to pro bono support with marketing and comms.

04

SPONSORSHIP

We have a number of sponsorship opportunities from a course, to a counselling room or the printing of workbooks etc. All opportunities come with acknowledgement and opportunities to showcase your support

05

FUNDRAISE

Could your teams take on a challenge to raise money to give survivors their lives back? Perhaps a bake sale in the office, or a dress down day?



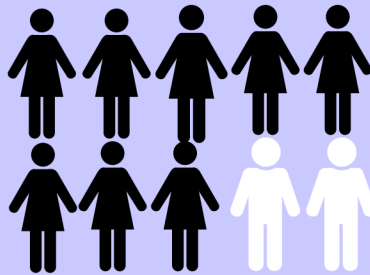


OUR IMPACT

We are extremely proud to have supported over 350 women, children and men in 2024. We empowered individuals and families across Hertfordshire, helping them to recover from their trauma and rebuild their lives. We delivered Healthy Relationship programmes in 15 schools and piloted a new training programme with Hertfordshire Police.

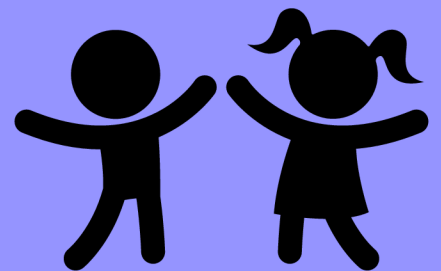
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Individuals Supported
in 2024



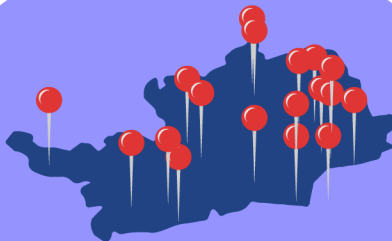
80% of clients
were female

70 were children



100% of men who
completed our **WISE GUYS**
programme reported
increased

**Health & Wellbeing
Empowerment & Self-esteem**



We supported survivors
across
the whole of Hertfordshire

For **Monica** participants...

96% reported an increase in
Empowerment & Self-esteem

82% reported an increase in
their **Support Networks**

78% reported an increase in
their **Health & Wellbeing**

In 2024, we proudly delivered five impactful group therapy programs—*Monica* for female survivors and *Wise Guys* for men—providing a safe space for healing and growth. Additionally, we facilitated over 1,000 hours of personalised counseling, as well as boxing and Pilates sessions, and creative craft groups to support mental and physical well-being.

"I was really relieved to have my voice heard and process some of the painful events in my life. Thank-you Future Living."



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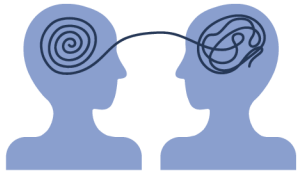


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WHAT YOUR MONEY BUYS

However you choose to support Future Living you know that your funding will be making a direct difference to your community. With 1 in 4 women and 1 in 6 men experiencing domestic abuse in their lifetime, someone you know could need our support.



£30

Could pay for one personal session of counselling for a women recovering from domestic abuse



£200

Could pay to print the workbooks for one of our programmes or a booklet to help children remember their counselling sessions at home.



£450

Could pay for a course of 12 sessions for a child victim of helping to break the cycle of domestic abuse



£2,500

Could sponsor one of our counselling rooms for a year, ensuring clients have a warm, safe, welcoming space for sessions.



£5,000

Could pay for a 12-week group therapy programme for female or male survivors.

"Future Living Hertford has helped me to remember the person that I was, and still am."

