**Press release template**

[Insert service provider’s name] runs life-changing domestic abuse course

*Xx local women have participated in the Own My Life programme*

[Insert date and location] - [Insert service provider’s name] is helping local women in the community to regain ownership of their lives after being abused by a partner.

30% of women across England and Wales will be abused by a partner or ex (source: ONS) and the UN has labelled domestic abuse a “shadow pandemic”. [Insert local stat about impact in the community if possible].

The Own My Life course is an educational 12-week online or in-person course to help women transform and powerfully regain control of their lives after they have been subjected to abuse or violence by a partner. The course is overseen by The Women’s Liberation Collective and was founded by Natalie Collins, who created the DAY Programme, an innovative youth domestic abuse and exploitation education programme. [Insert number of women] from [insert location] have taken part in the course online and a second one is due to run in [insert date].

The course covers all dynamics of domestic abuse, including economic, sexual, emotional and psychological. It includes domestic abuse education, literacy building on the psychology of trauma, the cycle of abuse and the most up-to-date information about male violence and entitlement, as well as coping mechanisms for co-parenting with an abuser. All content is delivered online and supplemented with video content and a workbook.

xx% of women who have taken the course have said the course has helped them better understand their life, with a xx%. uplift in those who felt safe and a xx%. rise in those who feel they are in control of their lives and future.

{To calculate the xx%. uplift and xx%. rise

Women participating in the course said:

* [Insert quotes - please do not name the women and please ask permission before posting]

[Insert name and title of practitioner who ran the course] said: “Insert quote about the impact of the course.”

Natalie Collins, creator of the Own My Life course, said: “The COVID-19 pandemic has caused high levels of suffering and struggle, not least the escalation of men’s violence and abuse towards women and children. In a climate of increased perpetration, local domestic abuse services have had to radically overhaul their delivery methods in order to reach women, with the pandemic also triggering historical trauma for many women. Thank you to [insert service provider] for implementing the course with great passion and skill to help transform women’s lives. They are joining over 250 dedicated and determined practitioners who are delivering the course and fighting adversity on behalf of women up and down the country every single day.”

She continued: “To the survivors who took part in the course, you are the reason we do this work and we are honoured that the Own My Life course has been part of your healing journey. Abusers steal our joy, but you are not alone and the supportive nature of the programme and the follow-on course with other women can help you regain ownership of your life, making you feel empowered again.”

Local women wanting to participate in the course can find out more at this secure site (please use private browsing if you feel at risk): Insert link to sign up page on service provider’s site.

You can donate to help support [insert local service provider’s work and link] here.

[Insert service provider’s boilerplate]

**About Own My Life**

The Own My Life course is an innovative, creative and educational 12-week online course for women to regain ownership of their lives when they have been subjected to abuse or violence by a partner. Training practitioners run the course using videos, structured discussions, group and individual activities, and a comprehensive learning journal. The course was created by Natalie Collins, the Creator and Director of the [DAY Programme](http://dayprogramme.org/), an innovative youth domestic abuse and exploitation education programme. Own My Life is governed by registered charity The Women’s Liberation Collective. The vision of the course is to create a world where women are liberated from male violence and control. Over 90 organisations across the UK have trained to deliver the Own My Life course, including Women’s Aid services and charities responding to sexual abuse. You can find more at [www.ownmylifecourse.org/](https://www.ownmylifecourse.org/)