



**PARAGON**  
TOGETHER EMPOWERING CHANGE



## Other Sources of Support

Depending on your situation, the following agencies and organisations may be able to provide additional support.

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The National DV Helpline	<b>0808 2000 247</b>
The Survivors Trust	<b>0808 801 0818</b>
Rape Crisis Helpline	<b>0808 802 9999</b>
Respect Perpetrators	<b>0808 802 4040</b>
Respect Men's Advice	<b>0808 801 0327</b>
Galop LGBT Domestic Abuse	<b>0800 999 5428</b>

**IN AN EMERGENCY DIAL 999**

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## How Can I Contact Dragonfly?

**Telephone:**  
**0800 916 9878**

**Email:**  
**Dragonfly@theyoutrust.org.uk**

**Address:**  
**South Wing, Admiral House**  
**43 High Street**  
**Fareham, Hampshire PO16 7BQ**



**DRAGONFLY**

***YOU: a family, creatively  
empowering people to thrive  
in their communities.***

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**Registered Address:**  
**South Wing, Admiral House**  
**43 High Street, Fareham, Hants PO16 7BQ**

**[www.theyoutrust.org.uk](http://www.theyoutrust.org.uk)**

The YOU Trust is registered in England no. 1898188  
and is a registered charity no. 291489



## Who We Are

PARAGON are a team of passionate people working in domestic abuse, sexual violence, and stalking services. We are a team with lived, worked, and life experiences which we use to help the people we work with and each other.

We believe there is no 'you and us' — only us. We work together with you, using our combined experiences and knowledge to help you with your decisions. The diversity of our staff means we have the knowledge, skills, and experience to work with people from many communities, including LGBTQ+, BAME, and the elderly.

PARAGON offers support, advocacy, advice, guidance, and information to women, men, and children as victims and survivors of domestic abuse and for those people who cause harm to others in their relationships.

We strive to offer inclusion, innovation, and excellence to ensure that our support is right for you. If we get it wrong, please tell us, and together we can make it right.

### Please contact us on:

<b>Hampshire</b>	<b>0800 916 9878</b>
<b>Dorset</b>	<b>0800 032 5204</b>
<b>Isle of Wight</b>	<b>0800 234 6266</b>
<b>Somerset</b>	<b>0800 694 9999</b>
<b>Sussex</b>	<b>01403 229 017</b>

## What We Offer

PARAGON offers workshops for community members who want to offer signposting to various specialist services. Train to become a Dragonfly Champion, supporting people affected by domestic abuse in your community.

Following awareness workshops, Champions will have:

- Promotional material identifying you as someone safe to approach
- Access to support and guidance from Dragonfly workers through regular drop-ins
- Quarterly Dragonfly Project newsletters
- Opportunities to feedback about how you have supported people

*“The Dragonfly Project is a vital lifeline for many and I feel very privileged to be a part of this both yesterday, and every day now. I’m wearing my Dragonfly pin badge with pride.”*



## About Dragonfly

Dragonfly Champions are trained people living and working in our communities who are there to offer an informal, supportive service.

We know that our communities are usually the first to see and know about those who are in an abusive relationship. The Dragonfly Project empowers communities to support and help those who are affected by domestic abuse.

We aim to educate communities to work together to raise awareness of domestic abuse.

Dragonfly Champions are there to help and empower change. They will:

- Help people to contact the specialist service in their area
- Not judge and will be respectful
- Understand the importance of confidentiality

Workshops are being delivered virtually via Microsoft Teams to make them more accessible and COVID-safe, with sessions available regularly at different times to suit your schedule.

We also deliver workshops to businesses, organisations, and community groups who are interested in becoming part of the fabric of a safer world for everyone in our communities.

If you would like to be a Dragonfly Champion, please contact the team in your area and they can talk to you about training and what to do next.