

Are you **here for you?**

He says he sends me here because he cares.

He says that's why he checks which class I'm in.
Why he chooses which trainer I see.
Why he times when I arrive.
Why he decides which machines I can use.

But that isn't care, that's control.

So I come because I know what happens if I don't.
I come because it's an hour without him,
though I'm still not on my own.
I come, and I'm more alone than ever.
I go home, and I hope it was enough for him.

Are you here for you?

If not, support is here for you.

Ask a member of staff about Herts Sunflower
or scan the QR code.

Made in partnership with the Herts Domestic Abuse Co-Production Panel.