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Cover image: Children's work adorns the walls of our Refuges

Our Vision is

a world
without
domestic
abuse.

Our mission

Here at Stop Domestic Abuse we seek to help all those affected by domestic abuse by providing innovative and unique services. We protect and work with victims as well as helping perpetrators, the police and many other organisations.

Our values

Our values are integral to how we work at Stop Domestic Abuse

- Equality
- Openness
- Honesty
- Respect for individual dignity and diversity
- Empowering women and children
- Care and Compassion

By committing to these values and to support our vision of "a world without domestic abuse" we will:

- Work in partnership
- Lobby and campaign
- Involve those who use our services
- Provide services that reflect the diverse needs of the communities we serve
- Be easily accessible
- Be relevant to service users' needs
- Be of real assistance to women, children, young people and men affected by domestic abuse
- Provide services by a diverse workforce
- Be well managed and provide value for money
- Regularly monitor our services and outcomes
- Continually improve
- Ensure good governance of the organisation
- Be open to progressive and innovative ways of doing things
- Ensure everyone counts.

By achieving our vision for Stop Domestic Abuse and committing ourselves to the values that underpin our work, we will significantly improve the lives of those to whom we provide services.

Preventing abuse – now and in the future. A thank you to everyone who has played their part.

There is never a dull moment at Stop Domestic Abuse. Each year brings new challenges and opportunities: this year has been no exception.

The pandemic increased pressure on victims of domestic abuse while limiting access to support services. The cost of living crisis adds to these pressures. We're deeply grateful to our staff who have shown great resilience and commitment by continuing to deliver lifesaving support in these unprecedented times.

Stop Domestic Abuse celebrated its 45th anniversary in July. As understanding of the widespread nature of domestic abuse has increased, so too has recognition of the need for services, not only to support those experiencing abuse but also to prevent abuse in the future.

Our journey reflects these changes. We have grown rapidly, expanding our services while ensuring our ethos and values remain central to our strategic direction and service delivery.

Exciting new opportunity

Claire Lambon, CEO, and her team, have won multiple grants and funding to ensure the future of the service. Stop Domestic Abuse now delivers all commissioned domestic abuse services in Hampshire and Portsmouth.

Additionally in July, working in partnership with domestic and sexual abuse charity Yellow Door, and No Limits, a charity offering free and confidential information, advice, counselling, advocacy and support to children and young people under the age of 26 in Southampton and Hampshire, we were awarded the contract to deliver domestic abuse and sexual violence services in Southampton. This is an exciting new opportunity.

Our refuge appeal has now exceeded its original target. We raised £1.5 million to create a purpose-built refuge for women and children fleeing domestic abuse. However, more is needed to meet the soaring cost of land, materials and labour. A revised target of £1.8 million, and a relaunch of the campaign, is on our agenda for the year ahead.

Life-changing services

To function as an effective and dynamic organisation, strong governance is essential. We want to increase the diversity of the board to ensure it reflects the needs and experiences of our clients. To find out about becoming a trustee, please contact info@stopdomesticabuse.uk for a chat.

We greatly value the partnerships which enable us to provide these innovative, life changing services to those affected by domestic abuse. So, a huge thank you to everyone for the part you play in our fight for a world without domestic abuse.

Gill Butler
Chair



CEO's Report

Chief Executive Claire Lambon celebrates the commitment shown by everyone at Stop Domestic Abuse as the charity develops new services and embraces strategic partnerships.

I am proud of how much this amazing organisation has achieved during a year of organisational growth and intensive support for our clients. We respond with care, resilience and professionalism ensuring that all our clients have support to recover and heal.

Our clients have faced significant challenges throughout the pandemic, and these continue due to the cost of living crisis, further limiting a survivor's access to advice and support. With vital support from funding partners, we have provided welfare support to families facing hardship and upgraded facilities in our refuges.

Our clients face increasingly complex challenges

Demand for services is growing and it is essential that we are able to provide specialist support of the highest quality.

There is a steady increase in the number of clients experiencing

mental health challenges and requiring specialist one to one support. Nearly 70 per cent of clients describe having higher self-esteem when they move on from our support; and clients report feeling better able to support their mental health.

Children are coming to us with a range of complex needs, and the

number assessed as 'high risk' has increased by 26 per cent. Working with Hampshire Police, we have been delivering workshops on healthy relationships in schools across the county and this has led to unprecedented levels of children and young people coming forward for support.

98 per cent of children and young people told us that they felt safer following support from Stop Domestic Abuse's specialist Children and Young People's team.

We have worked with Portsmouth City Council and the Hampshire Police Crime Commissioner to deliver the Mentors in Violence Project and plan to extend this into other areas.

New Contract in Portsmouth

In July 2021 we began a new service in Portsmouth through which we provide support to victims of domestic abuse who use unhealthy and abusive behaviours and are committed to change. The service was re-commissioned by Portsmouth City Council and the Police Commissioner and is testament to the quality of our service provision.

Supporting community policing across Hampshire

In the light of the tragic case of Sarah Everard, we have been working with partner organisations and Commissioners to help Hampshire Police learn from the public response to this tragedy. We also supported a letter from Women's Aid to the Prime Minister outlining concerns about the Government's response to male violence.

We secured a contract to work with Hampshire Constabulary to support victims of domestic abuse where either the victim is connected to policing, or where the abuse is perpetrated connected to policing.

Community Partnerships

We are helping communities to recognise, discuss and signpost domestic abuse. The project builds awareness of domestic abuse within the beauty industry and Library service and creates a supportive environment for victims to access support from trained staff.

On White Ribbon Day we launched our night-time economy campaign, distributing beer mats which include our helpline numbers. We also worked with Portsmouth Football Club to encourage men to speak up against male violence against women.

It was a privilege to see Portsmouth's iconic Spinnaker Tower lit in orange in recognition of our fight against domestic abuse in the city.



ethnicity, sexuality, ability, age, education, class, language and culture.

Expansion into Southampton

Our tender to provide domestic abuse and sexual violence services in Southampton was successful. The new service began on 1 July 2022 and includes both refuge and community-based services. We are particularly proud of the wonderful new refuge we opened in Southampton, made possible by the hard work of our colleagues and partners at Sovereign Housing Association. We're working with our partners Yellow Door and No Limits to deliver this exciting new service.

This has been an extraordinary year of growth and development and as we celebrated the charity's 45th Anniversary in July 2022 I was able to reflect that this has only been possible due to the hard work and dedication of both colleagues and Trustees at Stop Domestic Abuse.

Access to support for marginalised groups

The Police and Crime Commissioner for Hampshire & the Isle of Wight, Hampshire County Council and Portsmouth City Council have funded a number of specialist posts, strengthening our support for marginalised communities and refuge clients, as well as launch a range of specialist interventions for perpetrators.

We responded to the needs of both Afghan and Ukrainian refugees with leaflets translated into their most commonly spoken languages and provided information about women's rights and domestic abuse.

Domestic abuse is a 'gendered crime'

Our name reflects that our services are truly inclusive to all. However, in the majority of cases, domestic abuse is experienced by women and perpetrated by men and is rooted in women's inequality and characterised by patterns of coercive control.

We recognise intersectional feminist principles and that women's particular experiences of violence and discrimination can be the result of multiple oppressions. Looking through the lens of intersectionality helps us understand that some women are affected more due to race,

I would like to thank all my colleagues, Trustees and partners for their commitment to our vision of a world without domestic abuse.

Claire

What is Domestic Abuse?

In 2021, the Domestic Abuse Bill received Royal Assent and gave the UK its first statutory definition of domestic abuse.

Domestic abuse is a one-off act or a pattern of acts of
 -Controlling, coercive, threatening, degrading or violent behaviour
 -Sexual, financial and economic, online, digital, psychological or emotional abuse
 - harassment and stalking.

Gender and domestic abuse

While both men and women may experience incidents of interpersonal violence and abuse, women are considerably more likely to experience repeated and severe forms of abuse, including sexual violence.

The latest figures show that out of an estimated 2 million victims of domestic abuse in the last year, some 1.3 million were women. The majority (70 per cent) of victims of domestic violence deaths are female.

On average over 90 per cent of defendants in domestic violence court cases are male and over 80 per cent of victims are female. Every week in the UK, two women are murdered by a partner or ex-partner.

However, anyone can still experience domestic abuse regardless of their gender identity, ethnicity, ability, age, class, race or religion. Some victims who

have experienced other forms of oppression and discrimination are faced with further barriers to disclosing the abuse, accessing support and finding help.

We need to challenge cultural stereotypes which still assume that the perpetrators of domestic violence are men and the victims are women. However, at the same time, we must recognise that the majority of perpetrators are men.

We still live in a patriarchal society where men have more power, more sense of entitlement, and (on average) more income than women. To ignore the impact of gender on domestic violence does a disservice to people of any gender.

Our work

Key to services

- 1 Refuge
- 2 One-to-one Support
- 3 Group Work
- 4 Child Sexual Exploitation
- 5 Harmful Cultural Practices
- 6 Health Advocate
- 7 Ask Me
- 8 Target Hardening
- 9 Up2U:My Choice
- 10 Family work



Community based services

Tailored one-to-one support for adult victims and children affected by domestic abuse across the whole of Hampshire and Portsmouth*.

**All services in Test Valley are delivered by our partner and sub-contractor Finding Freedom From Abuse.*

Refuge

We have 18 refuges across Hampshire, Southampton and Portsmouth and can accommodate 106 women and their children.

Group work

Delivered to adults, children, and young people.

Up2U

A behaviour-change programme delivered to people using abusive/unhealthy behaviours in the intimate relationships.

Up2U:MyChoice

For victims of domestic abuse who have some unhealthy relationship behaviours.

Ask Me

Ask Me Community Ambassadors raise awareness of domestic abuse in the areas we operate. We provide full training so they can create a safe environment where survivors can speak out.

CSE

Specialist support for young people affected by Child Sexual Exploitation.

Target Hardening

Target hardening provides practical home security items such as window alarms and locks.

Harmful Cultural Practices

Specialist work addresses harmful cultural practices including female genital mutilation, forced marriage and 'honour' based violence across the whole of Hampshire.

Health Advocate

A Domestic Abuse Health Advocate works at Winchester Hospital offering immediate advice and support to staff and patients.

Family Work

When safe, a whole family assessment takes place to recognise the dynamics in the relationship to enable the service to respond accordingly.

Client story

A joint working case study: Surviving with an ex-partner turned stalker

Jenny* had split up from her partner, but he was stalking her, bombarding her with phone calls, entering the building where she lived and watching her in the underground car park she used.

By the time Jenny was referred to Stop Domestic Abuse, the police had serious concerns about her safety.

Police had issued five Police Protection Notices (PPNs) which assessed her vulnerability and helped everyone understand the level of risk she faced. Other professionals became involved. These included the family's social worker, a housing officer and a stalking advocate.

But by the time she was referred to Stop Domestic Abuse, Jenny was at high risk of harm.

Our support worker first contacted Jenny in April 2022. Full safety and support plans were co-created. Stop Domestic Abuse also made contact with the family's social worker to let her know what we could do to help Jenny.

When he was released, a court order ensured he was electronically tagged

Working with third party organisations and getting Jenny's consent

The next task was to support Jenny to not only feel more secure, but also to come up with practical ways of stopping the stalker. This meant talking directly to the housing officer, who secured the flat where Jenny lived.

Stop Domestic Abuse became the main point of contact for Jenny. She found the number of phone calls from organisations trying to help difficult to deal with.

The Stop Domestic Abuse worker asked a stalking advocate from another organisation to liaise with her rather than Jenny. We also worked with them to assist with their stalking risk assessments and agreed safety actions. All this was done with Jenny's consent.

Keeping everyone updated is key to multi-agency approach

Jenny was concerned her smoke detectors weren't working so Stop Domestic Abuse arranged for a visit from Hampshire Fire and Rescue under the 'Safe and Well' scheme, a free home fire safety visit.

We used our Target Hardening Fund and a 'ring doorbell' was fitted. It lets people see who is at their door, whether they are at home or not.

Jenny was also supported through the MARAC (Multi Agency Risk Assessment Conference) process and our support worker was key in obtaining Jenny's consent, thoughts and feelings, which were shared at these meetings.

All the professionals involved with the case were updated with the information needed to keep Jenny and her children as safe as possible until the stalker was apprehended.

Successful outcome and far lower risk

Eventually, the ex-partner was arrested and remanded by police. When he was released, a court order ensured he was electronically tagged. Also, both a non-molestation order and a prohibited steps order were issued by the courts, which further protected the children.

By working together with other professionals, Stop Domestic Abuse reduced Jenny's fear of danger from her ex-partner. The latest risk assessment showed Jenny was far safer and everybody involved in Jenny and her children's well-being saw this as a really successful outcome. For Jenny, it meant being able to sleep more soundly at night, knowing that she and her children were safe from harm.

*Client's name has been changed for anonymity

Year at a glance



We help thousands of people **every** year.

This year at Stop Domestic Abuse has been no different.

Across Hampshire and Portsmouth, demand for our community, refuge and perpetrator services is growing. We supported twice as many people this year as we did during 2020-21 when access to services was affected by pandemic lockdowns.

Referrals and Support

In 2021-22 Stop Domestic Abuse received a total of **9660 referrals** and worked with a total of **3744 adults** and **1477 children and young people**.

This included:

- **350 women** and **435 children and young people** who stayed in one of our refuges
- **2348 adult** victims/survivors and **1233 children and young people** who received one-to-one support in the community

- **649 women** and **35 children and young people** (schools were still reluctant to do group activities mixing children from different classes) that attended one of our group programmes
- **48 adults** who were supported around harmful cultural practices
- **273 people** who were supported to change their abusive behaviours.
- **115 victims/survivors** received additional one-to-one support to improve their mental health
- **389 victims/survivors** received target hardening to improve their safety at home.

Advice Line

The number of calls to our advice line varies day to day. On average the team takes between 60 and 70 calls and answers 55 referral emails per day.

Across the UK **10,809 women** and **11,890 children** have been supported in refuges.

(Women's Aid: The Domestic Abuse Report 2022).

Staff case study

Name: Imogen Brennan

Role: Domestic Abuse Navigator

What is your background?

Previously I was working in administration but I had always wanted to work in this sector and had been looking for a supportive environment to begin in. I was excited to find a frontline support role that gave me the opportunity to start my learning journey and work in an organisation that improves outcomes for victims and survivors of domestic abuse in Portsmouth, a city I'm proud to call home. I was immediately welcomed onto the team and began to love the role right away. The training package was such a helpful starting point and gave me the confidence to ask questions and test my knowledge with the team.



Why did you want to work at Stop Domestic Abuse?

I had read a lot about the charity and the unique services we provide to adults and children experiencing domestic abuse across Hampshire. I knew it would be right for me. When I started work at Stop Domestic Abuse I was surprised by all the different services we can offer to survivors to best support them.

Tell me about your role and any projects that you work on?

I mostly work with survivors of domestic abuse out in the community, however I've also begun some work within our refuges. I equally enjoy both, although they are very different roles. My main focus is doing the absolute best for the client and meeting all their needs, ensuring that the client feels that they have a voice and that they are heard and understood.

What does a typical day look like for you?

I think every day within Stop Domestic Abuse differs. However a typical day for me involves attending support sessions with clients, some face to face and some over the phone, and ensuring actions from our previous sessions have been completed. And finding out what the client needs, ensuring that they feel they're being supported properly. Making sure we have extensive safety planning around the survivor's situation and tailoring these to each and every client to suit them.

What is the best thing about your role and what you do?

At the heart of my role is the client. The best thing is empowering our clients while building great relationships and striving to make a difference for them while focusing on getting

things to move to a healthy and safe place for that client.

What challenges do you have?

I think challenges differ depending on your current case load and what you need to complete that day. It is important to focus on prioritising and always asking for help if you feel you need it.

Why should people work for Stop Domestic Abuse?

If you're looking for a challenging yet rewarding role, Stop Domestic Abuse is a great place to work. Even the smallest success stories with clients are amazing and the rapport we build within our very supportive teams is brilliant. I have never felt so supported within a job.

In the media

Help us **talk**
Help us **break** the silence.
Help us **stop** domestic abuse.

Many victims don't talk about their experience of domestic abuse. They feel humiliated that it is happening to them and fearful of the repercussions from their abuser if they speak out, leaving them little option but to suffer in silence.

At Stop Domestic Abuse, we appear regularly in the media and work with politicians and other influencers to get people talking about domestic abuse. Through the year we have had a strong presence across television, print and radio.

Winter

Claire Lambon discussed White Ribbon Day and our 16 Days of Action campaign on Express FM, raising awareness of our the issue and challenging taboos.



International Day of Zero Tolerance for Female Genital Mutilation saw Stop Domestic Abuse, as members of the Portsmouth Harmful Practices Group, delivering training to professionals in the health, social care, emergency services, housing and voluntary sectors.

Spring

The Portsmouth skyline was lit up in orange as the Spinnaker Tower became a powerful symbol of the city's support for International Women's Day.



Summer

Southampton's Lord Mayor formally opened our two new refuges in Southampton as Stop Domestic Abuse became the domestic abuse and sexual violence commissioned service provider in the city.

Founders, Trustees and staff of Stop Domestic Abuse celebrated the charity's 45th Anniversary.

Autumn

BBC South Today filmed at one of our refuges and ran an insightful news story about domestic violence and our work.

Claire Lambon was interviewed by ITV News Meridian about the impact the cost of living crisis is having on survivors of domestic abuse.



For more news and events follow us on our social media platforms [@southerndas](#) or on our website stopdomesticabuse.uk/news.

VAWG Agenda

Engaging with the Violence Against Women & Girls (VAWG) Agenda

Our monthly programme of talks for staff has included some fantastic presentations from agencies and experts from the VAWG field. Our guest speakers have covered topics including misogyny, feminist labelling, the Domestic Abuse Act, gender injustice, White Ribbon Day, the Femicide Census, domestic homicide and women with complex disadvantages.

We are very proud of the calibre of our speakers, the diverse conversations they have generated and the time they have dedicated to VAWG Hour.

VAWG Hour was created following consultation around how the ongoing issue of male violence towards women and girls remains at the forefront of our conversations. As an organisation and, as part of further embedding feminist principles into our work, we are looking forward to VAWG Hour continuing to be the important platform it has become.

Some of the speakers we have been delighted to host this year have included:

Karen Ingala Smith, CEO of Nia and Counting Dead Women blog author. Karen was inspired from fact finding for her blog and with other founded The Femicide Census in 2015. The Femicide Census has a range of uses to contribute to improving knowledge, strategy, policy and practice including: raising awareness of men's fatal violence against women; providing a clearer picture of men's fatal violence against women in the UK by factors including relationship between perpetrator and victim, age, form of violence selected, location of fatal incident and justice outcome; remembering and raising the status of women killed by men and; reducing men's violence against women and girls.



Nicole Jacobs joined us to discuss her role as the Domestic Abuse Commissioner and talked to us about the landscape for domestic abuse victims and survivors across England and Wales focusing on some of the key issues they face. Nicole is committed to championing victims and survivors of all ages, status, and backgrounds. Her goal is to improve the response to tackling domestic abuse by holding agencies to account as well as shining a light on good practice where it is seen across England and Wales.



Professor Tamsin Bradley, Professor in International Development Studies in the Faculty of Humanities and Social Sciences, University of Portsmouth, was our inaugural speaker and provided valuable mentorship and guidance to our VAWG Hour project team. Tamsin has worked and partnered with Stop Domestic Abuse since 2013. Initially this was on a Female Genital Mutilation/Cutting (FGM/C) in Hampshire research and capacity project followed by a Home Office funded Harmful Cultural Practices (HCP) project which culminated in the report "Transforming the Lives of Women and Girls by Ending Harmful Cultural Practices in Hampshire: Awareness, Prevention and Response".



Funding and fundraising

Your support brings us closer to our vision of a world without domestic abuse

For 45 years we have provided front line services to women, children and men affected by domestic abuse.

With demand for refuge places at an all time high and calls to our helpline and community services increasing, we are doing all we can to continue this vital work.

Fundraising Applications awarded in 2022

We are so grateful to our funding partners and commissioners for their support and commitment to our programmes for victims, survivors and perpetrators of domestic abuse.

The Police and Crime Commissioner for Hampshire, together with our local authority partners at Hampshire, Portsmouth and Southampton, have enabled us to deliver inclusive, innovative projects to our clients.

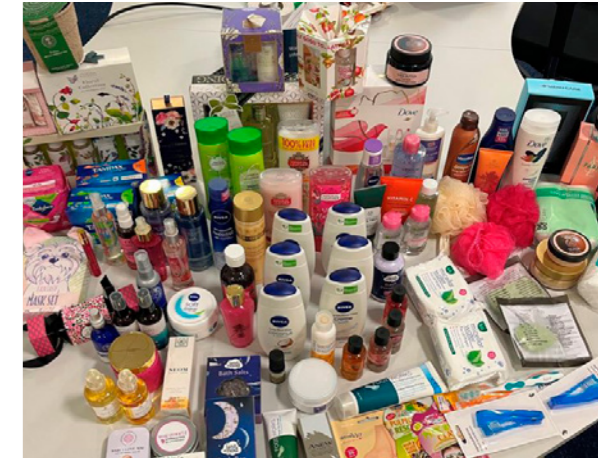
Thanks to funding from the National Lottery Community Fund, BBC Children in Need and Henry Smith Charity, we have continued to deliver life-changing outcomes to adults and children affected by domestic abuse.

Fundraising events and donations – Our supporters

We are also grateful to our local partners who continue to donate and raise funds to support the fight against domestic abuse. There are too many to mention, but we would like to highlight just a few.

Thanks to Hampshire connect4communities, we provided food and fuel vouchers to clients struggling over the summer holidays. Over the winter, the fund provided warm bedding and laundry equipment for our refuges.

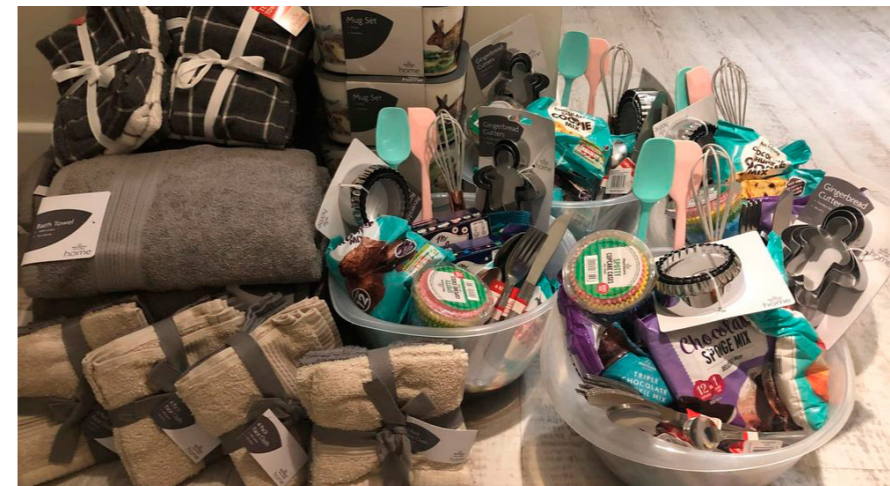
Christmas always sees an outpouring of generosity from the community, and we are enormously grateful. Across Hampshire, hundreds of organisations, community groups,



churches and individuals give generously to ensure that women, children, young people and men using our services receive gifts, food, vouchers and other essential items. In Portsmouth additional support was offered, thanks to Portsmouth Diocese and The News, who provided gift vouchers for our Portsmouth clients to spend at Christmas.

We are grateful to companies and organisations who have provided valuable support to our programmes.

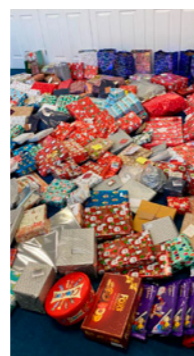
Thanks also to the generous members of our community who have offered donations of clothes, toys, baby equipment, furniture and bedding for our refuges.



Thank you.

We couldn't do what we do without the support of our local communities

Every pound donated makes a difference to the lives of domestic abuse victims and survivors. Some of our supporters choose to make regular donations, others make a one-off donation. Some of our supporters make a donation instead of sending Christmas cards. Others organise fundraising events with friends or colleagues, having fun at a coffee morning, or a pub quiz, a raffle or a cake sale!



Other ways to help

Take on a Challenge for Stop Domestic Abuse

Fancy taking part in the Great South Run in the autumn, or the ABP Southampton Half Marathon in the Spring? Or joining us for the Santa Run in Southsea in December? You might even dream of doing a sponsored sky dive over Salisbury Plain!

Drop us a line to find out how you can take on a challenge and help us fight domestic abuse. We can help get your fundraising and training off to a great start!

Find out how our fundraising stars Lisa and Leeanne reached their target on page 18

Fundraise with Friends

However you choose to fundraise for us, we'll be there to help you have fun and raise money to help us continue providing life-saving services.

Trusts and Foundations

Trusts and foundations make a crucial contribution to the innovative services we offer to survivors of domestic abuse. To speak to our fundraising team, please contact changemaker@stopdomesticabuse.uk

Support our New Refuge Appeal

Refuge support for women and children is at the heart of what we do at Stop Domestic Abuse. We work with local authorities to provide safe, supportive accommodation for families who have made the incredibly hard decision to leave their home to find safety.

The national network of refuges is under threat. Funding cuts have forced refuges to close. Nationally, two-thirds of victims in need of safe accommodation are being turned away because of a lack of suitable refuge space. The situation has become worse due to increased isolation and financial difficulties during the pandemic placing additional pressures on

personal relationships and local services. We are working with clients, commissioners, partners, housing associations and staff to deliver safe and welcoming accommodation through the network of 18 refuges we run for our local authority partners.

Our vision is to build our own refuge in South East Hampshire,

where women and children can recover and begin to rebuild their lives. This purpose-built, expertly run refuge will provide a unique, child-centred holistic centre where the physical environment will be as much a part of victims' recovery as the specialist support we will provide to our clients. We have identified a location with good links to local transport hubs, schools and community services. And thanks to our wonderful supporters, we are well on the way to meeting our fundraising target to start to build the new refuge.

Volunteer

Get in touch to find out how you could help us provide practical support to victims of domestic abuse.

Contact changemaker@stopdomesticabuse.uk



Play your local community lottery

Support our services in your local community and play the lottery at the same time. We're proud to be one of the charities benefiting from the Fareham, Southampton, Rushmoor and Hart community lotteries. Visit our website to find out how you can get involved.

Fundraise at Home

Sign up to AmazonSmile, select Southern Domestic Abuse service as your charity, and your everyday purchases will help us raise more money to support victims and survivors of domestic abuse.

"If it wasn't for Stop Domestic Abuse I wouldn't be here today. I felt like my life was ruined but now I have hope for the future..."

"I feel safe here, there are cameras outside to keep us safe. I like my new school but I miss my friends and my old big house."

Support us now

stopdomesticabuse.uk/support-us

Scan here to go straight to our donations page



To find out how you can get involved, as a fundraiser, campaigner or volunteer, get in touch changemaker@stopdomesticabuse.uk

Thank you.

Fundraising stars

Athletes motivated to help domestic abuse victims and survivors

In the Summer, Leeanne Barber and Lisa Phipps, two fitness instructors from Havant, completed the IRONMAN Vitoria-Gasteiz challenge and raised over £5,000 for Stop Domestic Abuse.

Three years ago, Leeanne and Lisa decided to take on the ultimate challenge of completing a full IRONMAN, before COVID-19 put paid to their plans. Their intensive training regime and fundraising efforts finally paid off this year. In July they travelled to Spain and completed the challenge in under 12 hours.

The event was a gruelling 2.4 mile open water swim, 112 mile bike ride followed by a Marathon.

Mentally and physically tough

Leeanne and Lisa chose to support Stop Domestic Abuse through their epic challenge. Thanks to Leeanne, Lisa and many other generous supporters, we are now one step closer to building a dedicated



refuge providing innovative support services to women and their children fleeing domestic abuse.

Leeanne said: "This was such a tough challenge both physically and mentally. I'm delighted that we have successfully raised vital funds to help Stop Domestic Abuse build a new local, child-centred, holistic refuge. Knowing we are helping women and children affected by domestic abuse has kept us motivated throughout our journey."



Would you like to support us?

We couldn't do what we do without the support of community supporters like Leeanne and Lisa. If you'd like to support us through a fundraising challenge, we'd love to hear from you. Get in touch by contacting changemaker@stopdomesticabuse.uk

Thank
you.

Why do we do this work?

We have one clear vision: A world without domestic abuse.

To make that vision a reality we offer many different services and projects, ensuring that domestic abuse is 'everyone's business', that victims are supported to recover and perpetrators are supported to change their behaviour. Every client's experience and journey is unique and our services reflect that.

We offer one-to-one support focussing on what is important to each client and we provide a wide range of group work programmes and complementary services that they can access.

REFUGES provide a safe place to live for women and children when they cannot stay in their own homes. We make each refuge feel like a home and provide both one-to-one support and group activities for women and children.

COMMUNITY-BASED SERVICES offer as many victims and survivors as possible the chance to stay in their homes. This may be one-to-one support in person in the home or a place the client feels safe. It could be on the phone, via video calling, email or text. We help improve their safety or address other issues affecting them.

We offer **TARGET HARDENING**. A specialist worker visits homes to give safety advice and issue personal and home safety equipment.

Our **GROUP WORK** programmes give participants the opportunity to learn about domestic abuse and how it has affected them. They can then recognise any warning signs in future relationships. Our clients tell us that they like meeting others with similar experiences and many friendships are made that continue after the group has finished.

We have specialist support for people affected by 'honour'-based violence, female genital mutilation, forced marriage and other **HARMFUL CULTURAL PRACTICES**.

CHILDREN AND YOUNG PEOPLE'S SERVICES offer an opportunity for children to understand what they have experienced and to help them feel safe again. Domestic abuse can have a severe and traumatic impact on children and young people which can result in developmental delays, unhealthy coping strategies and difficulties in friendships and relationships.

MENTAL HEALTH SUPPORT WORKERS offer additional support to clients in refuges and the community to address low-level mental health needs.

UP2U:MY CHOICE is a programme for victims who have some unhealthy relationship behaviours, often as a result of the abuse they've experienced.



SPECIALIST PROGRAMMES FOR PEOPLE WHO USE ABUSIVE AND UNHEALTHY BEHAVIOURS are key because domestic abuse won't end unless perpetrators are supported to change. Up2U:Creating Healthy Relationships works with people who admit that they have been abusive or used unhealthy behaviours and are committed to changing.

EARLY INTERVENTION AND PREVENTATIVE WORK includes training professionals from other organisations to recognise domestic abuse and be confident in talking about it.

This helps them understand the different types of support available for victims, survivors and perpetrators and the impact domestic abuse can have on their clients.

Children and young people

Support in many forms

Children are victims of domestic abuse too. Children and young people's reactions to the trauma of witnessing domestic abuse are just as varied as adult reactions.

This trauma can have physical, social, emotional, and behavioural impacts, often with these impacts overlapping. Physically, they can experience bed-wetting, develop eczema, struggle with sleep.

Socially and emotionally, they can develop entrenched feelings of fear and anxiety, they can develop a sense of responsibility for protecting others, struggle with self-worth and find it difficult to make or keep friends. Behaviourally, they will often either internalise or externalise the feelings that are having. Externalised behaviour can present as aggressive, bursts of anger, internalised feelings can present as being withdrawn or even detached and uninterested.

Children and young people experiencing any of these feelings or behaviours need support so they can recover and learn how to cope with their experiences. Support from our service comes in many forms. It could be programmes and groups, school workshops and support interventions, one-to-one sessions from a specialist children and young person (CYP) outreach worker or joining activities with a funded playworker. We support the children to gain improved understanding around safety,

mental and physical health, friendships and relationships, confidence and self-esteem.

School projects

Throughout the year we have continued to support children and young people both in schools and within the community. Pupils aged eight to eleven are introduced to the concepts of healthy relationships, safe people and ways of managing emotions, through a range of interactive and discussion-led activities.

Our Safe Little Bear groups continue to be in demand in schools across the region, with a group of four to seven year old children introduced to simple concepts of healthy behaviours and safety through five weekly sessions.

Thousands of teenagers

We have delivered one-to-one sessions tailored to meet individual needs and our ongoing support continues to make a marked difference in young people's lives. Our support sessions have been delivered to young people who have witnessed domestic abuse in their homes and through our APA work (adolescent to parent abuse) we have also been

able to support young people who are displaying abusive behaviours themselves. We continue to receive referrals for support from schools, social workers and many other family services.

In addition to our one-to-one support sessions, we continue to deliver group work helping both to educate and to support young people. A new project we have successfully delivered has focussed on the prevention of inappropriate sexualised behaviour. The workshop has been delivered to thousands of teenagers all over Hampshire and our feedback forms have demonstrated just how much pupils have taken away from the sessions.

Everyday scenario

Our skilled workers have delivered interactive sessions in hundreds of mainstream and specialist schools across the county. The interactive sessions presented pupils with a range of different behaviours and they were encouraged to share their opinions as to which behaviours may be appropriate.

Specialist children and young people's workers were able to create an environment where pupils could challenge each other and have complex discussions about healthy relationship behaviour. Case studies were presented and encouraged pupils to apply the ideas to an everyday scenario.

Refuge

Families come to refuges because they have no other option. It is not safe for them to remain in their homes. As a refuge is only a temporary place to stay, it is crucial that children and young people are supported through this unsettling and potentially upsetting period of their lives, until they can move into a permanent home with their non-abusive parent.

Our Children and Young People refuge workers and play workers welcome women and their children into refuge and provide them with support to meet their needs. Our team works collaboratively to identify the needs of individual children, young people and their mothers so that they manage the impact of trauma and begin the healing process of their domestic abuse experience.

In each refuge we have a dedicated play room or play area which we fill with toys, play and craft equipment. Throughout their stay in refuge, Stop Domestic Abuse staff organise and supervise children's activities during the day and after school as needed.



Allow children to be children

A child who has experienced emotional trauma is more likely to adapt unusual communication methods and challenging behaviours. This is also likely to impact on their mental health. Applied intervention (play therapy) can minimise the long-term impact and be implemented as a means of treatment to these behaviours and feelings. Play therapy is a structured, theoretically based approach to therapy that builds on the normal communicative and learning processes of children

A variety of play sessions and activities are delivered through therapeutic play initiatives and are often themed to various events throughout the year and aim to allow children time to be what they are – children.

Rachel Windebank, Operations Director said, "We provide a model for healthy relationships which enables children and young people to identify risks, navigate personal/social challenges, and to stay healthy and safe. The team educates children and young people to recognise signs of abuse, be less likely to engage in offending behaviours, and to equip themselves with the knowledge and tools to seek help and support."

I like it here because of lots of friends. I sleep on bunk beds. I love the park. My new school is nice. From Am.

Moving to a shelter has provided my family with safety, security and comfortable space to sleep in.

from MN (Room 5)

like that I feel safe here and theres cameras. I like the school but miss my friends and my old big house.

From HM

Marie's case study

Adolescent to Parent Abuse Programme

There is no single cause of adolescent to parent violence. Parental domestic abuse, mental health needs, substance abuse, learning difficulties and other behavioural problems present in some, but not all, cases.

There are some situations where there is no explanation for the behaviour and other children in the family are not violent or abusive.

Stop Domestic Abuse's Adolescent to Parent Abuse (APA) programme delivers one-to-one support to decrease the frequency and intensity of abusive and violent behaviour. It addresses the underlying cause of behaviour in a non-judgemental way. We also carry out preventative work in small groups to understand unhealthy relationship behaviours and attitudes.

Our client-centred approach aims to bring about positive changes in relationships for the long term. We aim to reduce children and young people's violent and abusive behaviours and improve relationships with parents and other family members. Therapeutic, educational and creative activities embed progress and deepen reflection.

They develop empathy, improve immediate child and parent relationships and improve expectations for the child's future partner relationships.

Our lead worker in the APA programme enables clients to understand and express their emotions healthily and improve their communication with parents and carers.

A healthier future for Marie*

Background and reasons for referral to service

A 15-year-old girl was referred because of her unmanageable and abusive behaviour towards her mum and dad, who were separated. Most of the physical and mental abuse was targeted at her mum. Marie was using cannabis and alcohol as coping mechanisms and had depression and anxiety. She had witnessed domestic abuse at home.

Challenges

She was frequently missing school. She slammed an iron into the wall, grabbed the steering wheel when her mum was driving and poured a bottle of Coke over her mum's head. She was arrested by police for physical violence and for damage to her mum's home. The mum was scared of having her at home and Marie went to stay with her grandmother.

Stop Domestic Abuse programme of work

Our first sessions focused on Marie understanding family dynamics and her feelings on each family relationship. Sessions included discussions and activities around anger management, triggers, unhealthy coping mechanisms and how this intensifies unhealthy behaviours. It included activities connecting thoughts, feelings and behaviours, demonstrating the power

of making the right choices by understanding the consequences.

Progress and outcomes

Stop Domestic Abuse worked with Marie every week, liaising with her social worker to get her back to school. We provided help to end cannabis and alcohol use which led her to feel more energetic and able to focus on her school work and family relationships.

Marie now has a more positive relationship with her mum and understands how her behaviours were affecting the whole family. She is living with mum and is back in school working towards her GCSEs and is considering sixth form college.

Marie's support worker said: "Marie has definitely grown in confidence when we talk about her future. The fact that she is predicted 7s and 8s for her GCSEs is really positive."

This project is made possible by funding from Hampshire County Council and the Hampshire Police and Crime Commissioner.

**Name has been changed for anonymity*

Marie now has a more positive relationship with her mum and understands how her behaviours were affecting the whole family. She is living with mum and is back in school working towards her GCSEs.



Harmful Cultural Practices

Call time on Female Genital Mutilation (FGM) and Harmful Cultural Practices (HCP)



Stop Domestic Abuse offers specialist support for anyone affected by ‘honour’ based violence, female genital mutilation, forced marriage and other harmful cultural practices.

Nazia Shah works for Stop Domestic Abuse as a Community Development Worker – Harmful Cultural Practices. Read on to hear what she has to say about this vital area of work and the communities she is working with.

Why is this role so important at Stop Domestic Abuse?

When I was working as a community worker, many women used to come to me and share their experience of domestic abuse. At that time, I couldn't identify the abusive behaviour they were going through. I just knew that they were not having happy, healthy

relationships and I really wanted to understand, help and support them. The women who used to confide in me also used to tell me how British people would not understand their culture and how they felt they would be judged or not given the support they needed.

Is there a problem reporting domestic abuse in minority communities?

I unfortunately witness abusive and violent behaviour in my local community. Women do not report the abuse or violence they are going through because they feel that if they do, they would be shaming their families or community. Therefore, they would rather

stay quiet and suffer in silence. This way of thinking is unfortunately common in many cultures but I knew I could understand their issues and build a good rapport with victims.

There is so much work to be done to encourage the reporting of domestic abuse in the minority ethnic communities. My work is a step towards an open culture in the area of domestic abuse.

Tell me about your role and any projects that you work on?

My job title includes the words ‘harmful cultural practices’. This means supporting the victims of domestic abuse who are also victims of honour-based abuse, forced marriages or female genital mutilation.

I give one-to-one emotional and practical support to victims and also offer training to professionals and communities about honour-based violence, forced marriages, FGM and other harmful cultural practices.

At the moment, I am trying to engage with women's groups from minority ethnic communities in Hampshire as I cover the whole of the Stop Domestic Abuse area. It is also about identifying professionals who can benefit from education and training in harmful cultural practices so that they can give a tailored support to the community.

What sort of feedback have you had?

I recently offered training about female genital mutilation to professionals from different backgrounds (nurses, midwives, social workers and others) and got great interest and feedback from them.

“This was an absolutely brilliant course... really informative and so shocking... thank you.” (Caroline, attendee at an FGM training session.)

How are you empowering women?

I also run a women's group for ethnic minorities which aims to tackle isolation, combat loneliness and empower these women to lead and connect with others in their community.

A member of Nazia Shah's women's group, said:

“The talk about honour-based abuse was insightful and useful. I know honour-based abuse happens mostly in my country, but I didn't know it happens here too. I got to know this when we had the discussion within the women's group. It's useful, educative and makes people more aware. The group is also a great place for me. It really helps me mentally and means I can educate others on the issues.”

We offer wellbeing, awareness and informative sessions on many topics such as sexual health, parenting, mental health, domestic abuse and FGM. The women really enjoy connecting with each other. At one session, I gave awareness training about honour-based abuse and got great feedback from the attendees.

What is the best thing about your role and what you do?

The best thing about my job is seeing practically how my work has had a positive impact on a victim's life. It is not easy though, as the victims go through many phases before being able to turn their life around and be the actor of their life. But these small phases, these small changes, mean a lot to them and to me too.



Up2U:MyChoice

Learning skills to change

The Stop Domestic Abuse Up2U:MyChoice programme supports those who feel that their previous intimate relationships have impacted upon everyday interactions with their partner, family, friends and professionals.

Even though they are no longer trapped in a harmful relationship, the effects can continue with many victims and survivors finding it difficult to trust

others. They experience feelings of blame, guilt, shame or embarrassment and have difficulty expressing feelings and their needs and wants.

Up2U:MyChoice operates across Portsmouth, Havant, Fareham, Gosport and East Hants. It's suitable for anyone age 16 and over who feels they want to change behaviours in their relationships and who wants to learn the skills to do this.

One client said: *"I had some reservations with Up2U:MyChoice as I had to speak about my life. However things were so bad I knew I had to get help. I didn't know what to expect when meeting my facilitator and I felt really anxious, too wrapped up in myself. But the first meeting felt warm and welcoming."*

Petra's story

It can be a tough decision to come forward and acknowledge that you need support. One of our recent service users had this to say:

"I heard about the My Choice programme through my support worker. At the time, I was in such an emotional fog but I felt happy about the referral as I knew I needed help. My relationship with my son was awful, he was physically destructive in the home, excessively verbally abusive towards me and extremely controlling. He would say things like "I wish you'd die of cancer". I was very scared of him.

I did have some reservations regarding engaging with Up2U:MyChoice as I did not want to involve anybody from outside of my relationships. I had problems trusting people and I wanted to keep things private. Despite this, I felt as though I was in a dilemma as I was at a point of desperation.

Right amount of input

At first I was quite guarded, for example I did not want to mention the names of people within my life, however gradually I developed more trust as I got to know my facilitator. I was extremely guarded during the assessment process and I found it difficult to let go of any information.

Further down the line my trust improved and I felt my facilitator was listening. The assessment process was

hard for me as I was having to look at things which gave me a lot of anxiety, but as I continued the programme I started to feel more relaxed.

I feel my programme provided me with the right level of support. At the beginning it seemed like a massive road ahead, however now I think it was the right amount of input for me.

Go for it!

I found the sessions helpful, especially when looking at different behaviours and thinking about responses. I also found skills such as relaxation techniques, breathing exercises, distraction and how to manage excessive rumination helpful, especially when it came to managing my anxiety.

By completing the programme via video conferencing I have also improved my computer skills. I am no longer as emotional as I was before and I'm looking after myself a lot better.

I can now recognise bad relationships and I know that I do not want to be in an abusive relationship again. I also have boundaries, I know what to put up with and that I can walk away if I want to. My son is still controlling, however I can now stand up for myself.

For people who are considering making a referral, I would say "go for it," even if you feel like you're completely lost or like you're walking through treacle. They have your

best interests at heart and they will do everything they can to help you. You will be amazed, it's like a flower starting to open. Just go with it."

This project is made possible thanks to funding from Portsmouth City Council and Hampshire County Council.





a world
without
domestic
abuse.

Advice line: 0330 0533 630

Always dial 999 if you are in immediate danger or in an emergency.



Contact Us

By phone

Call us on 023 9200 8329

By email:

info@stopdomesticabuse.uk



Through Social Media:

@southerndas

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We
need
to talk

**STOP
DOMESTIC
ABUSE**

Stop Domestic Abuse supports and protects victims and survivors of domestic abuse. We provide a range of flexible and accessible services across Hampshire. We help perpetrators, the police and other agencies.

Our vision is a world without domestic abuse

Stop Domestic Abuse is the trading name of Southern Domestic Abuse Service
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