

Survive and Thrive

Impact Report
2019-2023



Delivered by WomenCentre, Staying Put and
Family Action



What makes us successful?



Strong leadership and Governance

COMMUNICATION ACROSS THE PARTNERSHIP



Highly trained and experienced staff



Local knowledge of diverse communities



Staff passionate about the work they do



Robust practice across the partnership to identify concerns and safeguarding and take action.



Communication across the partnership

'Think Family' approach

We support the whole family with a holistic 'Think Family' approach.

'We are a strong, inclusive partnership offering a broad range of specialisms to provide a holistic support package to our service users. By working collaboratively and adopting a trauma informed approach, we improve the client journey and reduce negative impact. We put survivors at the heart of what we do.'

Because we adapt our approach, we have a very high percentage of improved safety outcomes for victims. What's more, we have drastically reduced repeat offending figures and risk reduction for perpetrators. Our partnership regularly reviews and adopts best practices.

We get it right the first time.

Delivering collaborative domestic and sexual abuse services

Survive and Thrive is a partnership of three charities, WomenCentre, Staying Put and Family Action, who have come together to provide a fully inclusive, holistic DASV services, adopting 'Think Family' approach supporting the whole family.

We believe that everyone has the right to live a life free from domestic abuse and sexual violence and together we are working towards a safer Bradford district free from domestic abuse and sexual violence.

Mission

Our inclusive service ensures individuals, children and their families have access to a high-quality service that works with them to be safer, to understand and manage the impact of trauma, and to increase stability.

We provide a single point of contact that enables access to all elements of our service.





Survive & Thrive timeline

EARLY
2019

Staying Put, Family Action and WomenCentre form a consortia to collectively bid for Bradford Council's DASV contract.

2019

As a consortia, we are jointly responsible for all aspects of delivery.

OCTOBER
2019

We successfully won the contract and started delivering in October 2019.

MARCH
2020

COVID halted plans to bring staff across the three organisations together.

APRIL
2020

Successfully brought services online and continued to offer face to face support for those in most need.

NOVEMBER
2020

OFD webchat launched



2020

Protected all staff and beneficiaries. No lives lost.

2021

Increased our accommodation offer due to increased demand, adding an additional 12 units

2022

Staff together from our three organisations to work on Strengthening connectivity and communication across the partnership to enhance service user experience

2023

Streamlined our systems, processes and services

Transformed all our inclusive services and developed a professional's handbook

We offer



Outreach support



Temporary supported accommodation



Group work and counselling



Work with children to reduce symptoms of trauma



Behaviour change programmes



Practical support to stay safe at home



Work with families to strengthen relationships



Work with service users and professionals to help them to understand the impact of domestic abuse and sexual violence



Our impact

7,135

From October 2019 to March 2020, we touched the lives of 7,135 people.

23,267

From 2020-2021 we touched the lives of 23,267 people.

22,911

From 2021-2022 we touched the lives of 22,911 people.

21,692

From 2022-2023 we touched the lives of 21,692 people.

Making a difference



75,005

People benefitted from short term work



5,229

People benefitted from medium term work



42,705

People benefitted from long term work

Court/ Police Outcomes



92%

On average, 92% of clients in need of court support were effectively guided and supported throughout the court process.



33%

increase in reporting DASV to police over the four-year period.

Improved safety outcomes



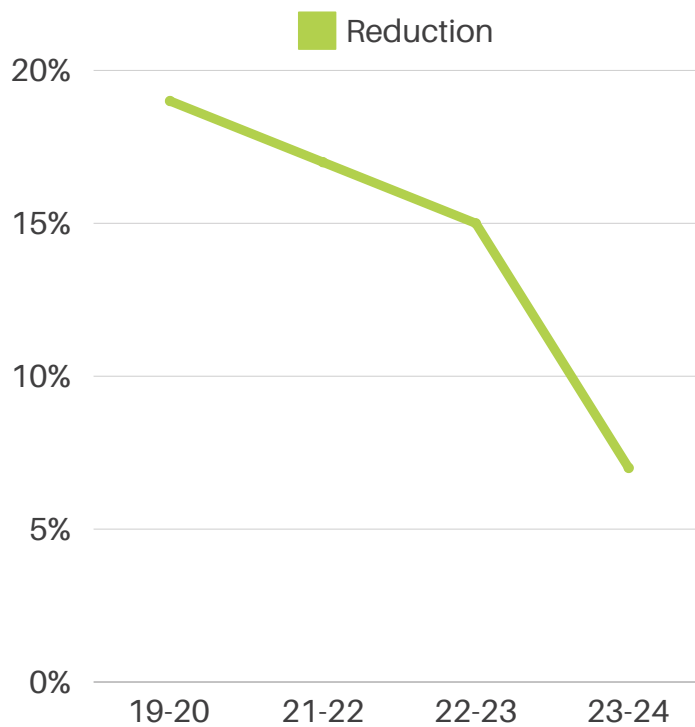
95% of clients report feeling safer after engaging with support

Repeat referrals



Repeat referrals have reduced over the years from 19% to a current 7%

The table below shows % of repeat referrals for the 2019/2023 year.



*Reference for Number of Domestic Abuse Cases in Bradford

2019 -21 Data

<https://www.westyorkshire.police.uk/freedom-of-information/june-2023-foi-1648912-23-domestic-abuse-incidents-and-crimes>

2021-22 Data

<https://www.thetelegraphandargus.co.uk/news/23020098.smart-water-used-tackle-domestic-abusers-bradford/>

2022-23 Data

<https://www.westyorkshire.police.uk/freedom-of-information/june-2023-foi-1652515-23-domestic-violence-incidents>

Key outcomes CYP

489

During the life of the contract, we have supported 489 children, their families and the professionals around them with a range of trauma-informed interventions tailored to meet each family's needs.

A six-month feasibility study carried out by Foundations; What works Centre for Children and Families found that key outcomes for the Survive and Thrive Integrated Children's Service were:



Good quality relationships



Trauma symptom management



Engagement with other services to ensure support for families and children

And the key mechanisms for the service achieving those outcomes were:



Developing trusted relationships



Work around safety and stabilisation



Service users having choices and feeling empowered

Feedback

Feedback following our work shows that

98%

of families responding to service user questionnaires said they would recommend the Survive and Thrive Integrated Children's Service

"It is not easy to put in words the impact that the service had on me. I would call it transformational. The positive effects of the time I spent with my supporter are still continuing as I am daily reflecting on the advice I have been given and putting it into practice."

92%

Out of 54 parent respondents, 92% said that support had helped improve relationships within the family and 96% of parents said they found support helpful.

"I used to think there was no hope, every thing I was doing was wrong or making situation worse. I thought it was all my fault and my kids would be best without me. Now I understand and see trauma responses are the brains way of processing events."

93%

Out of 30 child respondents 93 % were able to explain how support helped them understand trauma and its impact and 88% of children were able to explain how support had positively affected relationships within the family.

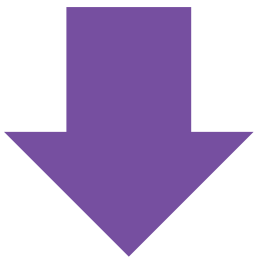
"I feel that there are less arguments, I now have a plan of how to manage my feelings in a better way and communicate with my mum a little better."

Adult counselling impact



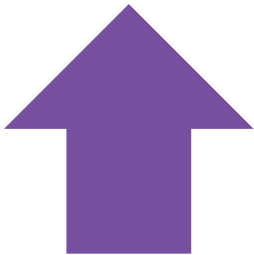
42%

Counselling - the average percentage of clients who improve in their psychological well being and see a reduction in symptoms of anxiety and depression is 42% following a 12 week counselling program.

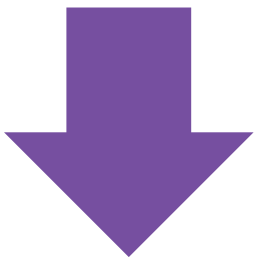


Measures indicate that levels of psychological distress fell as clients completed their counselling. This is an indication that the impact of domestic and sexual violence can take time and support to resolve fully.

The assessment asks about the clients daily functioning (eating, sleeping self-care), ability to manage when things go wrong as well as their experience of intrusive or suicidal thoughts as well as their ability to talk with others.



There is a **50%** increase in positive health outcomes for clients who complete the counselling program.



Behaviour change - average reduction in risk is **58%** at completion of 26 week DAPP program



Added Value - DAPP manager has completed the Respect Service manager course, we input into the MARAC, IOM and DRAM meetings and information sharing. We contribute to any relevant DHR processes and meetings. We are active members of the DASV sub groups. Strategic member of Survivors Trust, Drive Partnership and consulted on reforms with the MOJ, CPS and WY Mayors office.

Safe accommodation impact

Children supported in refuge

423 total children supported in refuge



Planned move-on from refuge



Over the 4 year period, planned exits increased from 60% to the current 95% of accommodation clients

Dispersed Properties

In August 2021, we launched Solace Housing Association, a registered society in England. Since then we have transformed our accommodation offer, bringing existing properties up to date and ensuring that facilities are all to a good standard.



Perpetrator support- behaviour change feedback

1576

referrals into service in
the last four years

245

men in group over the
last three years

457

assessments in the last
two years

51

men in 1-1 support
over the last three
years

"I can recognise better now when a situation might escalate and avoid the escalation – in particular how I can help contribute to the de-escalation".

"I liked the way that staff challenged me e.g. to help me recognise when I'm minimising my behaviour"

"Given me more coping techniques – helped me see things from her point of view."

"Made me more aware of impact on children – family grown closer because arguments took away quality time"

*Some of the early part of this contract missed in reporting due to how we reported the data

Case study

"[My child] is more affectionate and hugs me more, they didn't do this before. My child is less afraid and has a more positive outlook."

S* was a married mum of one who fled domestic abuse and sexual violence.

During her marriage S was treated like a domestic servant and was sexually and verbally abused, sometimes in front of her child. She stated that her child was also neglected by his father.

The domestic and sexual abuse that S suffered affected her mental health, impacting her relationship with her child. S's child was withdrawn, quiet, bedwetting and displayed heightened startled responses.

S and her child were supported to leave the property and received a place at a refuge. S was allocated a keyworker but so was her son to ensure that they were both supported during this difficult time.

A family assessment was completed to identify support needs and what services could be put in place:

- S was noted to be emotional and unable to manage these emotions, very teary and often dissociating. She felt she didn't have a bond with the child and did not understand his behaviour
- Her child was identified as displaying signs of trauma through his behaviour, as they struggled to manage their emotions, with challenges around anger, feelings of frustration, extreme worry and fear, and a desire to please others with little or no boundaries resulting in them being bullied by other children within the safe house.

- The relationship between S and her child was strained, her child would spend hours on their tablet and was very inactive and S was unable to motivate or communicate with them.
- A personalised safety and support plan was created with S around her needs and what she wanted to achieve.

Further support included:

- Providing an adult counselling service to S
- S's child was supported through the group work offer in confidence building and to help them integrate with other children in the refuge in a controlled and bounded environment.
- S also requested one-to-one support sessions to address the trauma and help mother and child communicate better and rebuild their relationship, self-esteem and understanding of how to manage fear and stress.


S also received parenting support including confidence building and new techniques, strategies and language to help manage her child's behaviour and improve their relationship.

The Survive and Thrive partnership have worked together to successfully support the family to rebuild relationships through a variety of communication tools.

Feedback

"I am moving into my own home. Although I wanted my children back I am happy. I have my independence. Without support things would have got worse, he made threats to kill me, maybe I would be dead."

"J made me feel strong and clarified the behaviour that I've putting up with is not healthy but can become part of every day life without realising it. This made me feel less alone and was of great comfort and support"

A woman with voluminous curly hair is shown from the chest up, looking slightly to her left with a thoughtful expression. She is wearing a black top with ruffled shoulders, large hoop earrings, and a necklace. The background is a bright, out-of-focus indoor setting.

"I have peace after receiving support as my husband is no longer in the home and I am no longer being subjected to domestic abuse."

I just wanted to thank you for all your help and support through a very difficult time.

You and your team's reliable support has been a source of strength for me, and I would like to thank you for that.

I found each and every person I have dealt with to be 100% committed to helping me and making sure I feel fully supported.

You yourself made sure you got back to me and supported me in every way possible despite being short staffed and extremely busy which I am very grateful for.

Please extend my gratitude and thanks to the whole team for what you do everyday.







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Family Action

Thank you

Bradford Survive and Thrive is a partnership between Women Centre, Staying Put and Family Action.