

# Survive and Thrive

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**Professionals' Handbook**  
**2025**



Delivered by Women's Centre, Staying Put and  
Family Action



# Survive and Thrive

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# Survive and Thrive

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## Who are we?

Survive and Thrive is a partnership of three charities- Staying Put, Family Action and WomenCentre, who have successfully worked together since 2019, to provide a fully inclusive holistic domestic abuse service adopting a think family approach.

Together we offer early intervention and prevention, specialist work with adults, children and young people, recovery and confidence building packages of practical and emotional support, counselling for adults and therapeutic support to children and access to high quality crisis support, accommodation and housing.

This support is available to anyone who lives in the Bradford District.

# Survive and Thrive

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## Our mission

Our inclusive service ensures adults and children have access to a high-quality service that works with them to feel 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.

We offer:

- Helpline (One Front Door)
- Accommodation and housing
- IDVA/ISVA services
- Specialist work with Children and Young People
- Recovery and confidence building/counselling
- Early Intervention and Prevention

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## Our vision

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.



# Help for children, parents and families

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# Help for children, parents and families

The Survive and Thrive partnership recognises and promotes the importance of a whole-family approach which is built on the principles of “Think Family”.

Our One Front Door considers the needs of all family members, providing information and guidance to ensure that each person is directed to the most appropriate service.

We identify the needs of the child and work with them, their non-abusing parent and wider support network to create a package of support that builds on their strengths and promotes resilience.

## What we offer:

### Parents

Help to understand the impact of domestic abuse on children and ways they can support recovery

Signposting for support around additional family needs

### Recovery work with children +5

For children recovering from the effects of living with domestic abuse

Community offer of one-to-one support in school, home or child’s preferred venue.  
Reducing symptoms of trauma, building resilience

Working collaboratively with other professionals to ensure the child is supported holistically.

### Crisis support and advocacy for 13-17 year olds

- IDVA support for young people aged 13-17
- Advocacy to ensure young person’s views are heard
- Safety planning & risk assessment
- Empower young person to make informed choices
- Working with other professionals to support young person



### Systemic Family Work

Working with qualified systemic practitioners to help rebuild and strengthen relationships between children and their non-abusing parents where these have been fractured by domestic abuse.

The practitioner and family will work together to:

- Address complex dynamics within families who have experienced domestic abuse
- Understand power, control and unhealthy patterns impacting family members
- Changing harmful behaviours and improve communication
- Move toward healing and safety

**Note:** Recovery work can only take place effectively where the child or young person is living in a safe and stable environment, and therefore we cannot offer this support to children who continue to live with domestic abuse or where there are significant safeguarding concerns (e.g. undergoing section 47 assessment or on a child protection plan).



# Help for victims and survivors

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# Help for victims and survivors

The Survive and Thrive partnership works with all victims and survivors of domestic abuse and sexual violence, regardless of gender or sexual orientation.

## Sanctuary Scheme

Specialist practical and emotional support to enable domestic abuse survivors to remain in their home where safe to do so, or for those living in temporary accommodation where refuge/shared living is not appropriate.

The scheme provides home security measures, such as lock changes, panic alarms and temporary mobile phones for the most vulnerable people in the Bradford community.

## Supported Accommodation/Resettlement

- Four refuges and 11 dispersed properties offering safe accommodation across Bradford and Keighley
- Refuge accommodation is for single women and women and children up to the age of 13 only. Our offer includes women with NRPF and those who require immigration support
- Our support offer includes weekly key working sessions, risk management and safety planning, ensuring that survivors become tenancy ready and secure suitable housing with resettlement support
- Additionally, we offer specialist support to children and young people living in our accommodation
- Our dispersed property portfolio ranges from 1 bed flats to 4 bed houses and can provide a home for any individual and their family fleeing domestic abuse.

## **IDVA/ISVA**

- Our ISVA service offers support to anyone who has been the victim of sexual violence and they are thinking about reporting the crime, or if the case is going through the criminal justice system.
- IDVA team which works with clients to assess and manage the risk, and develop an action plan on short, medium and long term goals.
- Specialist IDVA service for male victims of domestic abuse.

## **Early Intervention & Prevention**

Our Early Intervention & Prevention Team offers specialist training to organisations on our services and how to effectively support survivors. We also run a range of group work programmes for those affected by domestic abuse and sexual violence, including:

- Power of Change Programme: A 12-week programme helping women understand the impact of domestic abuse, rebuild self-confidence, and develop healthy coping strategies.
- Peer Support Group: A space to improve mental well-being, increase education and employment opportunities, and support community integration.
- LGBTQ+ Peer Support Group: A dedicated space for LGBTQ+ individuals who have experienced domestic abuse, providing support and empowerment through shared experiences.

Additionally, we host drop-ins in the community and awareness events to engage and educate the public on the important work we do. Our goal is to support survivors, raise awareness, and empower individuals to move forward positively.

## **Counselling**

- Individual counselling where 6+4 sessions are delivered on a weekly basis, working in a focused way on specific client needs aimed at supporting recovery from domestic abuse. The sessions may be held face-to-face, over the phone, or by Zoom depending on the client's needs or preferences.
- Moving forward psychoeducation groupwork.

## **Eligibility criteria**

We support individuals and families who live in the Bradford District. Referrals can be made either by professionals or service users via our One Front Door, the details of which can be found on page 10.

# How to make a referral

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If you are a professional and want to make a referral, please make an online referral via the [Staying Put website](#).

For all self referrals, please call the Survive and Thrive One Front Door helpline on 0808 2800 999.





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Family Action

# Thank you

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