



Cymorth i Ferched Cymru
Welsh Women's Aid

Rhoi Merched a Phlant yn Gyntaf
Putting Women & Children First

Change that Lasts: Preventing violence against women, domestic abuse and sexual violence

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Change that Lasts Project Manager



Live Fear Free Helpline **Llinell Gymorth Byw Heb Ofn**

Providing confidential support and information on domestic abuse, sexual violence and violence against women in Wales
Darparu gwybodaeth a chefnogaeth cyffwrddedig ynghyd â thrais domestig, trais rhywiol a thrais yn erbyn merched yng Nghymru

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Welsh Women's Aid

- **National charity in Wales (est. 1978)** aims to prevent domestic abuse & all forms of violence against women, and promote strengths-based services that meet needs
- **Membership charity:** support independent specialist VAWDASV services across Wales – membership of 24 specialist services
- **Survivors voices, experiences & needs central to ours.** We deliver e.g.:
 - National Quality Service Standards for specialist services
 - Capacity building for members
 - Wales 'Live Fear Free' Helpline - SV/DA, men and women
 - National Training Service partnership
 - Part of UK and EU network



Violence against women

Directed against women & girls because they are women & girls or affects women & girls disproportionately...

- *likely to result in, physical, sexual, psychological, or economic harm or suffering to women, including threats of such acts, coercion or deprivation of liberty, in public or in private life, including –*
- *(a) Physical, sexual and psychological violence occurring in the family,*
- *(b) Physical, sexual and psychological violence occurring within the general community,*
- *(c) Physical, sexual and psychological violence perpetrated or condoned by the State, wherever it occurs.”*

Domestic abuse
Female genital mutilation
Child sexual abuse
Forced marriage
‘Honour’ based violence
Rape and sexual violence
Stalking
Sexual harassment
Sexual exploitation including
through sex industry
Modern slavery/trafficking
Femicide



Violence against women impacts on public services eg. health

1 in 3 women in Wales will experience violence and abuse incl domestic abuse, rape and sexual violence, FGM, forced marriage, sexual exploitation, harassment, stalking, 'honour-based violence' ...

When the cumulative impacts on mortality and morbidity are assessed, the health burden is often higher than for other, more commonly accepted, public health priorities: more women suffer rape than have a stroke each year, and the level of domestic abuse in the population exceeds that of diabetes by many times

Violence against women has huge economic costs, including the direct costs to health, legal, police and other services: NHS spends more time dealing with the impact of violence against women and children than other agencies

Health systems have a crucial role in multisector responses to violence against women: strengthening health systems can enable providers to address and better prevent violence against women



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VAWDASV (Wales) Act 2015, legislative & policy framework includes:

- **Sustainable Development Goal (SDG5): gender equality and women's empowerment** incl:
 - Eliminate all forms of violence against all women and girls in the public and private spheres, including trafficking and sexual and other types of exploitation
 - Eliminate all harmful practices, such as child, early and forced marriage and female genital mutilation
- **Welsh Public Authorities' duty to prevent violence against women (s2 VAWDASVA) :** remove or minimise factors which increase the risk or exacerbate the impact of violence against women and girls
- **National VAW Strategy (s3 &4); public authorities local VAWDASV strategies (s5-8)**
- **Statutory guidance : (s15-19)**
 - **Delivery of Ask & Act policy framework:** increase early identification, improve public sector responses based on need, culture change and proactively support survivors with complex needs
 - **National Training Framework: Ask and Act training for public sector (focus on survivors)**
 - **Commissioning guidance**

Aligns with Wales Well-Being of Future Generations Act, Social Services and Well-being Act

Our investigation: The problem with systems ...

- › Consultation with survivors, specialist services, review of research, Advisory Board
- › **(High) Risk is the gateway to support & management of risk criteria of success:** short termism, doesn't meet survivors and their children's needs, no focus on behaviour change, prevention and recovery become secondary
- › **Women who face multiple disadvantage ('complex needs') are falling through the net:** growing crisis of unmet need
- › **Survivors in frequent contact with a wide range of agencies** that either fail to provide an environment in which abuse could be disclosed, or fail to respond to a disclosure in a way which enables the survivor to get the help they need
- › **Many survivors are not engaged formally with services at all**, and their opportunities to disclose abuse are limited to the "community". Misunderstanding and fear prevent communities from demonstrating that disclosure is encouraged and abuse is not tolerated



Key Research findings

Marianne Hester/Bristol University research in Middlesbrough:

- 39 women, all with 2 or more repeat presentations to MARAC, with children (69 in total, 20 “removed”), very high risk, some level of engagement but no reduction in risk
- “Person-centred” approach taken: strengths-based, needs-led
- 31 out of 39 cases saw measurable improvement
- 65% reduction in reported repeat incidents – and bear in mind previous unwillingness to report
- 15 cases had no more incidents and report being “safe”
- 16 cases have restraining or non-molestation order in place
- 12 convictions including 7 custodial sentences

“I don’t know why I didn’t accept help before, I just couldn’t cope, I can’t believe how low I got, but I’m getting there now.”

Rogerson, B (2015) ‘How a needs-led approach to MARAC cases delivers effective outcomes: the evidence’ in *Safe The domestic abuse quarterly*, Issue 52, Winter 2015, pp. 10-14



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Key Research findings

“Finding the Costs of Freedom”, London Metropolitan University/Solace Women’s Aid, 100 women and their children tracked over 3 years:

“Across all agencies domestic violence was still being reduced to incidents of physical assault, which led not only to an exclusion of some women from services and support when their abuse was more characterised by coercive control, but also a minimising of post-separation abuse. This misunderstanding also meant that many professionals underestimated the toll living with abuse had on women and children, expecting that separation, in and of itself, would not just create safety but also lift all the other burdens. Women may have moved on but the shadow of domestic violence had not been rubbed out. The current policy focus on short term risk reduction contributed to this misunderstanding, and failure to recognise women’s current and persisting support needs.”

Kelly, L, Sharp, N & Klein, R (2014) *Finding the Costs of Freedom. How women and children rebuild their lives after domestic violence*. Solace Women’s Aid & Child and Woman Abuse Studies Unit, London Metropolitan University: London



Impact & Outcomes: Change that Lasts *theory of change*

Survivors achieve long term independence and freedom from abuse

Children are safe and protected from harmful influences

Services are used effectively, reducing the long-term costs of domestic violence and abuse

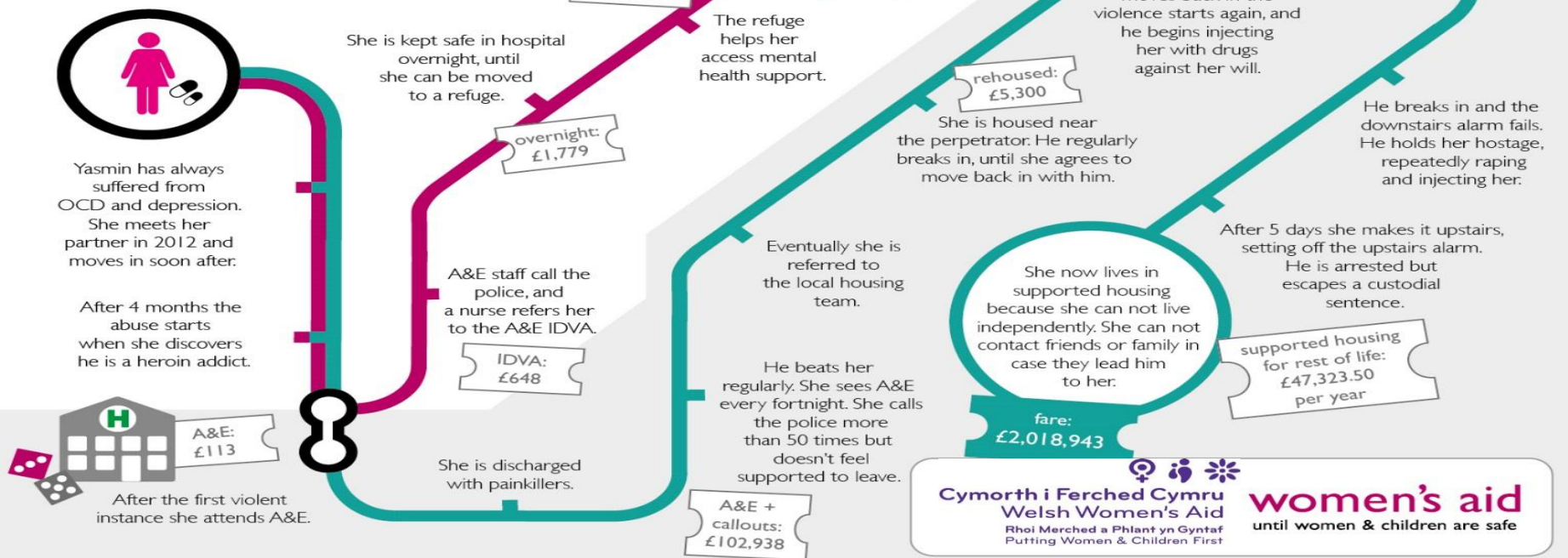
- Barriers on the journey to safety and independence are removed or reduced
- Community-level response mechanisms are active and effective
- The particular and individual needs of survivors are met
- Survivors are empowered to draw and build upon their individual strengths and resources
- Children are provided with a home and community environment within which they are able to thrive
- Perpetrators are held to account and provided with opportunities to change their behaviour



Yasmin's Journey

The true story of a domestic violence survivor, and what could have been

- What actually happened
- What could have happened with needs-led intervention



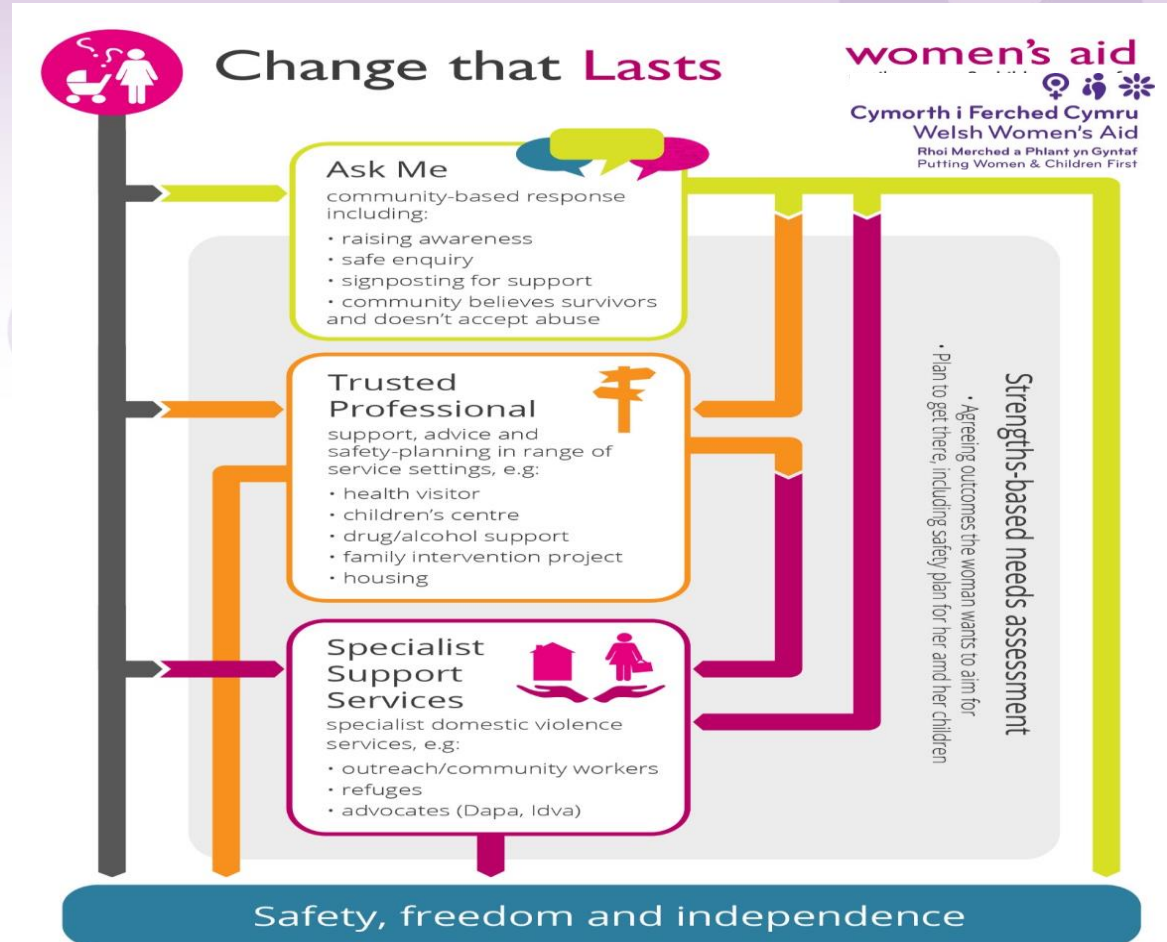
Change that Lasts / Newid sy'n Parhau

Central involvement of **survivors** in planning, delivery & review

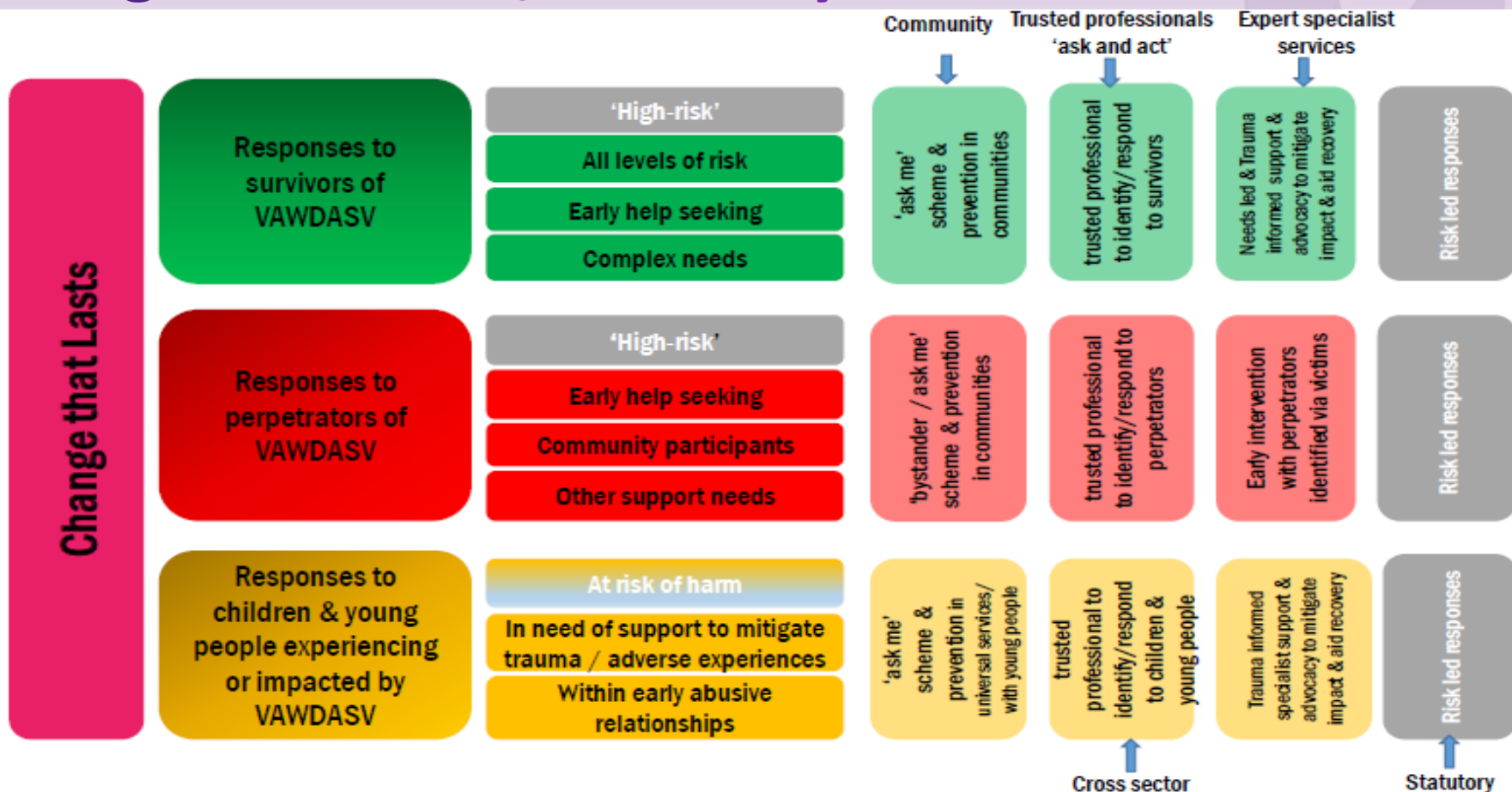
Sustainable independent specialist VAWDASV services: needs-led, strengths-based, trauma-informed & woman-centred

Supported by

- *Effective legal & public policy, coordinated state & community responses focussing on needs & prevention*
- *Data collection & evaluation*



Change that Lasts / Newid sy'n Parhau



Specialist independent support for women & children and earlier interventions with perpetrators

Tools and resources / time to deliver strengths-based, needs-led, trauma-informed practice (informed by competencies, skills and values)

- › Services support women to identify their strengths and to (further) use their resources to develop resilience
- › Recognise and support intersecting experiences and needs
- › Solutions not the same – women fully involved in identifying their goals
- › Opportunity to test out what will work with perpetrators, when focussing on early intervention across VAWDASV

› Specialist services' need resources to deliver direct support/ interventions, and support 'Ask Me' and 'Trained Trusted Professionals' work

Ask Me

- every point of interaction with a survivor/perpetrator is an opportunity for intervention. It should not be missed, and should never add to the barriers survivors face when accessing support

- › We have developed a scheme that widens opportunities to access help within communities – testing for survivors / perpetrators
- › Local 'Ask Me' scheme: informed by survivors / specialist services
- › Individuals in local communities will be equipped with basic skills, knowledge and tools to provide an appropriate conversation and response – incl access to *Live Fear Free Helpline*
- › It will also help achieve prevention through raising awareness, challenging attitudes, promoting culture change

Trained, trusted professionals

- › Survivors have paid testament to the importance of a trusted relationship with a trained professional in facilitating change e.g. specialist service, health worker, advice worker, childcare professional
- › Many abusers are already in contact with services/professionals, what challenges/accountability/ interventions are happening?
 - **Listen** – always listen and place survivors' needs and safety at the centre
 - **Ask & Act** – ask the right questions safely & act appropriately
 - **Specialist support** – know when and how to refer to specialist services, need capacity to respond
 - **Tools** – provide clear procedures, tools, information and training across agencies
 - **Sustained independence and freedom** – work together for an independent future for survivors

Wales National Training Framework

Ask and Act' training for all public authorities; training, assessment and support planning tools will be provided, appropriate to the level of response expected

Wider work to support the model

- › We aim to achieve a shift in approach from risk-based to needs-led in government and more widely – the paradigm shift is starting and Change that Lasts is the lever
- › Our National Service Standards and case management /outcome measurement tool support this shift – while also responding to commissioner requirements
- › Central involvement of survivors in planning, delivery & review: survivor involvement project (survivor panels, SEEDS)
- › Capacity-building for specialist services co-produced with survivors
- › Delivery of Live Fear Free Helpline in Wales as central point of contact and referral route for 'Ask and Act' and 'Ask Me'
- › Guidance and support for improving commissioning

Next Steps for Change that Lasts

Recruitment:

- CTL Project Manager – Natalie Blakeborough
- Ask Me Coordinator – recruited, start April 2018
- Respect Perpetrator Specialist – recruitment live

Partnership working:

- Learning and sharing progress with partners in Women's Aid England
- Engage with specialist services across Cardiff – to promote/specialist services
- Working in collaboration with Respect to addresses gaps within current approaches and provides a unique integrated response to meeting the needs of survivors, to challenging and changing perpetrators' behaviour, and to building strong, more knowledgeable and resilient community responses to violence against women.

Ask Me:

- Engagement with survivors to capture their views
- Engagement with communities to generate interest
- Advertise, recruit, train and support ambassadors



Any enquires or questions please do not hesitate to contact
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