

Annual Report 2024

Choice



We
need
to talk

**STOP
DOMESTIC
ABUSE**

stopdomesticabuse.uk

#stopdomesticabuse

@southerndas

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Our vision

Our vision is *a world without domestic abuse.*

Our mission

Stop Domestic Abuse is an innovative and unique provider of all services to those affected by domestic abuse.

Our core aims are:

- To provide choice
- To provide holistic solutions
- To use the strengths of service users
- To empower women to support other women
- To break the cycle of domestic abuse where families repeat behaviour as victims or perpetrators of domestic abuse.
- To be a sustainable organisation

Our values

At Stop Domestic Abuse we are committed to these core values:

- 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 service
- Provide services that reflect the diverse needs of the communities that 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 charity
- 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.

Chair's report

Stop Domestic Abuse empowers survivors of domestic abuse by offering them the choice of safety and a future free of domestic abuse.

I am delighted to welcome you to the 2024 Annual Report.

Our theme this year is choice. Many of us are able to exercise our right to make choices about how we live our lives without giving this a second thought. But, for many who use our services, what they wear, how much sleep they have, who they talk to, is often dictated by their abuser. Sadly these are common tactics that abusers use to control their victims and eradicate the choices women can make about their lives.

Needless to say, domestic abuse has a devastating impact on a woman's life. Health, emotional wellbeing, financial stability, personal and family relationships, children's wellbeing, are all affected.

At Stop Domestic Abuse we offer our clients safety and choice. We respect each client's autonomy, offering time and space for them to make decisions and choices that align with their needs and the needs of their children. We offer our clients a range of support options, including a safe place to stay, practical and emotional one-to-one support in the community, specialist support for children and young people, group work programmes and help to make their home a safe place.

Our services enable survivors to make the incredibly difficult choice to leave an abusive relationship, to escape to one of our refuges where our specialist staff help them to cope with the trauma they have experienced, to regain their self-esteem and begin rebuilding their lives safely and independently.

We have been providing this expert support for nearly 50 years. The staff, led by our CEO Claire Lambon,

continue to identify new opportunities that enhance the choices we offer to our clients. This year has been no exception. We are forging ahead with our ambition to construct a purpose-built refuge for women and children in Havant, where we had our very first refuge. In May we relaunched our new refuge fundraising appeal. It was wonderful to welcome the Domestic Abuse Commissioner for England & Wales, the Police & Crime Commissioner for Hampshire & Isle of Wight and supporters from the Havant community.

From this autumn, we will offer innovative training programmes for professionals who work with survivors of domestic abuse. We have been awarded two new training delivery contracts by Hampshire County Council's Adult Services Workforce Development unit, aiming to improve professionals' response to male victim-survivors and to people experiencing domestic abuse within LGBTQ+ relationships.

We are also delighted that The National Lottery Community Fund has recognised our work to tackle domestic abuse by making an

award of 5-years funding for our behaviour change work. With this funding we will support families to have safer, healthier relationships.

If you would like to find out more about our work, or the new refuge and how you can help us to achieve our fundraising goals, please get in touch by calling the team on 02392 008 329 or visit stopdomesticabuse.uk/newrefuge.

Finally and most importantly, I would like to thank everyone working for Stop Domestic Abuse, our partners, funders, volunteers and my fellow Trustees, for your part in working towards our vision of a world without domestic abuse.

I do hope you enjoy reading about our work. Do get in touch if you would like to join us!

Gill Butler
Chair



What is Domestic Abuse?

The stark data

Domestic abuse is a largely hidden crime, occurring primarily at home. 1 in 4 women and 1 in 7 men experience domestic abuse. Our aim is to support victims and survivors to recognise the signs of domestic abuse. We want to help those who feel embarrassed, might be in denial of what is happening or feel that something just isn't right with their relationship.

What does domestic abuse look like?

Domestic abuse comes in many forms. Is not always physical and the person experiencing abusive behaviours might not realise that their relationship is an abusive one. It can be a one-off act or a pattern of acts of controlling, coercive, threatening, degrading and violent behaviour that seeks to isolate, exploit and deprive victims of their independence and regulate their everyday behaviour.

Forms of abuse include:

- **Coercive control**
- **Psychological and/or emotional abuse**
- **Physical abuse**
- **Sexual abuse**
- **Financial or economic abuse**
- **Harassment and stalking**
- **Online or digital abuse**

Abusive behaviours can be subtle and hard to recognise, especially if a victim has been experiencing patterns of behaviour for many years. A comment might be brushed off or ignored, a threat could be subtle or used as a way of coercing a victim into acting a certain way.

To the victim it might seem normal because it happens on a regular basis. Someone experiencing abuse may be scared to come forward because they are afraid of the consequences, could be protecting children or family members or could even feel that somehow it is their fault or something that they did.

It is never their fault.

Through provision of our services, we will continue to empower victims and survivors, giving them a voice and supporting them in trauma-informed ways, whether that means supporting them to be safe in their current relationship or to move forward and rebuild their lives.

CEO report

Chief Executive Claire Lambon celebrates another year of organisational growth and development of Stop Domestic Abuse and the range of services being offered to victims, survivors and perpetrators of domestic abuse.

The new Government has vowed to halve VAWG (violence against women and girls) within a decade.

The National Police Chief's Council has identified violence against women and girls (VAWG) as a strategic national threat, which has a devastating and long-term impact on the public and disproportionately so on women and girls. They report that there has been a 37% increase in recorded VAWG-related crimes from 2018–19 to 2022–23, estimating that at least 1 in every 12 women will be a victim of VAWG every year with the exact number expected to be much higher and 1 in 20 adults in England and Wales will be a perpetrator of VAWG every year. These figures are shocking, and we will continue to work to ensure that we meet the needs of those affected by domestic abuse.

Labour's election manifesto reflected a multi-faceted approach to VAWG, combining direct support for victims, education, legal reforms, and proactive policing measures to create a safer environment for our clients. We have been promised the establishing of specialist rape and sexual offences teams in every police force, and domestic abuse experts in 999 control rooms, fast tracking of rape cases, strengthened Stalking Protection Orders, better protection for women in cohabiting relationships, reviews of sentencing for VAWG-related crimes and mandatory professional standards for police officers.

However, it is the execution of these initiatives that we will now work with and lobby the Government for. I very much hope that we see these promises put into action over the next few months and years working towards our vision of a world without domestic abuse.

High quality service provision

We continue to deliver high quality services, to provide unrivalled support to victims, survivors and perpetrators of domestic abuse with a 16% increase in people entering our support services compared to last year. We provided direct support through over 39,000 calls and emails to our domestic abuse helplines for advice and support – a 7% increase from the prior year. The Stalking Advocacy & Support Service has responded to nearly 900 referrals since the launch in July 2023 and our Stalking Advocates have provided confidential support to 180 victims of stalking living in Hampshire and the Isle of Wight.

We continue our fundraising efforts to realise our vision of a purpose-built refuge. The project will increase refuge accommodation capacity in south-east Hampshire by 25%. It is here where half of all reported domestic abuse offences in Hampshire are recorded. The refuge will serve our local population as well as victims from outside the area who need to move away from home to find safety. The new refuge fulfils our vision of a safe, homely house

by placing the needs of victims of domestic abuse at the heart of its design providing accommodation for up to 9 victims of domestic abuse and their children.

Working in partnership with our commissioners at Hampshire County Council, Portsmouth and Southampton City Councils and the Police and Crime Commissioner for Hampshire & the Isle of Wight, we have delivered a range of support options, including a safe place to stay, one-to-one support in the community, specialist support for children and young people, group work programmes and help to make the home a safe place. We are proud to work in partnership with Finding Freedom from Abuse in Test Valley and with Yellow Door and No Limits in Southampton to tackle domestic abuse across our region.

Responding to the needs of victims and survivors

My colleagues' commitment to innovation and response to the needs of victims are particular strengths for which I am immensely proud. With new funding from the Home Office through Standing Together Against Domestic Abuse, we now deliver a Domestic Abuse Health Advocacy service co-located at Queen Alexandra Hospital (Portsmouth Hospitals University NHS Trust). Similar to existing services in Basingstoke and North Hampshire Hospital, Royal Hampshire County Hospital and Andover War Memorial Hospital the Health Advocate provides direct support to victims of domestic abuse presenting at the hospital and delivers training to hospital colleagues to ensure effective identification of patients affected by domestic abuse and the right response to their needs. We have also piloted a Mental Health IDVA service, which is co-located at Havant & East Hants Mind,

improving community response to some of the most vulnerable members of our community.

In Southampton we delivered a bespoke, robust training offer across primary health care practitioners and worked in collaboration with Hope Street to deliver group work to women involved with the criminal justice system.

In Portsmouth we worked in collaboration with Safer Portsmouth and the 'Is This Love?' campaign, delivering workshops to young people around healthy relationships and considering the signs for a potentially abusive relationship. We also launched our new You, Me and Us service which provides holistic support to families wishing to continue their relationship, effectively co-parent and remain as a family by increasing safety and developing healthier relationships.

Choice

Giving victims and survivors the choice of support, intervention and prevention is at the forefront of what we do, and Stop Domestic Abuse is committed to co-producing projects and services with our clients. Our service user consultation groups, surveys and one-to-one feedback allow us to respond to client feedback with actions and service improvements and make recommendations to our partners based on the experience of our clients.



Our Survivor Voice Advisory Group has worked with us to advise on service delivery and service user information materials which explain how Stop Domestic Abuse empowers clients to make choices throughout their period of support. We provide Group members with support for travel and childcare expenses and for their time. Our clients have been involved throughout the design process of the proposed new refuge and remain crucial throughout the development process.

Thanks to funds from Hampshire County Council (Connect4Communities), Basingstoke and Deane Borough Council, Southern Housing Group, NatWest/SafeLives Circle Fund, The

Big Give, FatFace Foundation and other community supporters, our Welfare Fund has provided clients with shopping vouchers to purchase food, household fuel, family essentials and school uniform, giving them back choice, dignity and control.

I am proud of how much my colleagues continue to achieve by placing the needs of our clients at the heart of everything we do and giving them the choice to follow a path of support, tailored to their own journey. The pages of this report stand as a tribute to the hard work and dedication of my colleagues, volunteers and Trustees.

A handwritten signature in orange ink that reads "Claire". The signature is fluid and cursive, written in a professional yet personal style.

*1 National Policing Statement 2024 For Violence Against Women and Girls (VAWG)
Author: National Police Chiefs' Council Date: July 2024*

Our work

Community based services

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

Refuge

We have 18 refuges across Hampshire, Portsmouth and Southampton and can accommodate 106 women and their children. We make each refuge feel like a home and provide both one-to-one support and group activities for women and children.

Dispersed Accommodation

We provide self-contained accommodation that meets the needs of a diverse range of service users, including male victims, women with older male children and families with very complex needs.

Group Work Programmes

Our Group Work programmes give adults, children, and young people the opportunity to learn about domestic abuse and how it has affected them.

Up2U: Creating Healthy Relationships

A behaviour-change programme delivered to people using abusive/unhealthy behaviours in their intimate relationships. Available in Fareham, Gosport, Havant and Portsmouth.

Up2U:My Choice

For victims of domestic abuse who through their own experience of abuse have developed some unhealthy relationship behaviours. Available in Portsmouth, Havant, Fareham, Gosport and East Hants.

Community Ambassadors

Stop Domestic Abuse Community Ambassadors support the narrative to make domestic abuse everyone's business. We offer training for members of the community who would not usually access formal training. Sessions aim to increase understanding of domestic abuse and knowledge of specialist support services that are available to victims and survivors.

Target Hardening

Our specialist workers visit homes to give safety advice and issue personal and home safety equipment.

Support for victims of Harmful Cultural Practices

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

Health Advocates

Domestic Abuse Health Advocates are co-located at Royal Hampshire County Hospital Winchester, Andover War Memorial Hospital and Queen Alexandra Hospital, Portsmouth offering immediate advice and support to staff and patients.

Mental Health Advocacy and Support

A Mental Health Advocate, co-located within Havant and East Hants Mind's Wellbeing Centre, delivering direct advocacy support to victims of domestic abuse who access Havant and East Hants Mind Services and providing Team Around the Worker (TAW) support, facilitated drop-ins and group work.

LGBTQ+ Advocacy

We provide support, advice and assistance to adults in the LGBTQ+ community who have experienced or are at risk of domestic abuse, and we deliver training to other professionals working with victims from LGBTQ+ communities.

Stalking Advocacy and Support

A specialist support and advocacy service for victims of stalking in Hampshire and Isle of Wight, offering a range of support, including risk and safety planning, advocacy support, emotional and practical support, specialist advice and support in relation to cyber stalking and support to access any other services the victim may need.

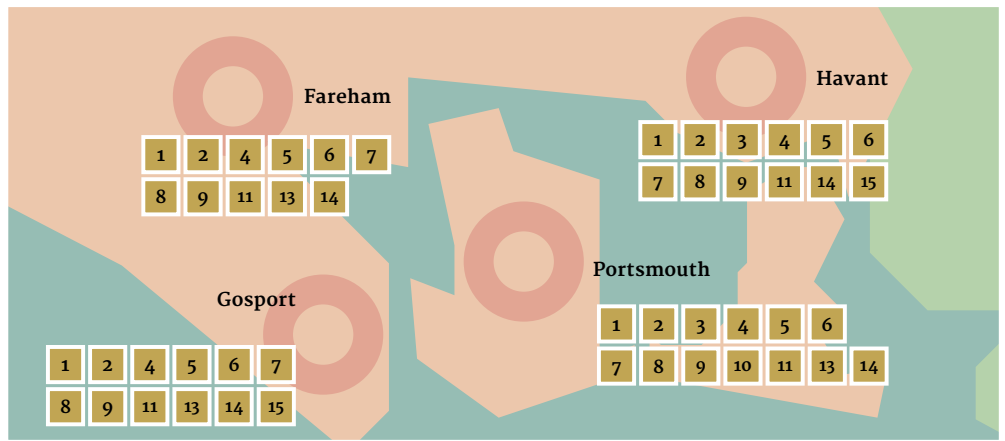
Training for Professionals

We deliver a range of courses for external organisations and professional partners in the community.

Housing Advocates

Co-located in a local authority, based in the homeless support service offering direct support to victim and survivors who present to the local authority housing service as homeless due to domestic abuse. Available in Gosport, Havant and East Hampshire.

Key to services	
1	Community based services
2	Refuge
3	Dispersed Accommodation
4	Group Work Programmes
5	Up2U: Creating Healthy Relationships
6	Up2U: My Choice
7	Stop Domestic Abuse Ambassador Training
8	Target Hardening
9	Harmful Cultural Practices
10	Health Advocates
11	Mental Health Advocacy Support
12	LGBTQ+ Advocacy
13	Stalking Advocacy and Support
14	Training for Professionals
15	Housing Advocates



Year at a glance

We help thousands of people every year. This year at Stop Domestic Abuse has been no different.

Responded to over 39,000 calls through helplines for advice and support, a 7% increase from the prior year

10,306 people were referred to our outreach and Independent Domestic Violence Advisers (IDVA) services.

Supported 2048 adults and **781** children and young people in the community (non-refuge)

Supported 3,952 adults and **1,487** children and young people in total (community, refuge and short term work)

Facilitated 741 clients in adult group work sessions

Provided 296 workshops to **5119** children and young people

Supported 366 women and **441** children and young people living in Stop Domestic Abuse refuges

We **supported 386** victim-survivors to report to police, a **16%** increase to the previous year

Worked with 217 perpetrators of domestic abuse

Supported 40 clients who had been affected by Harmful Cultural Practices and Female Genital Mutilation

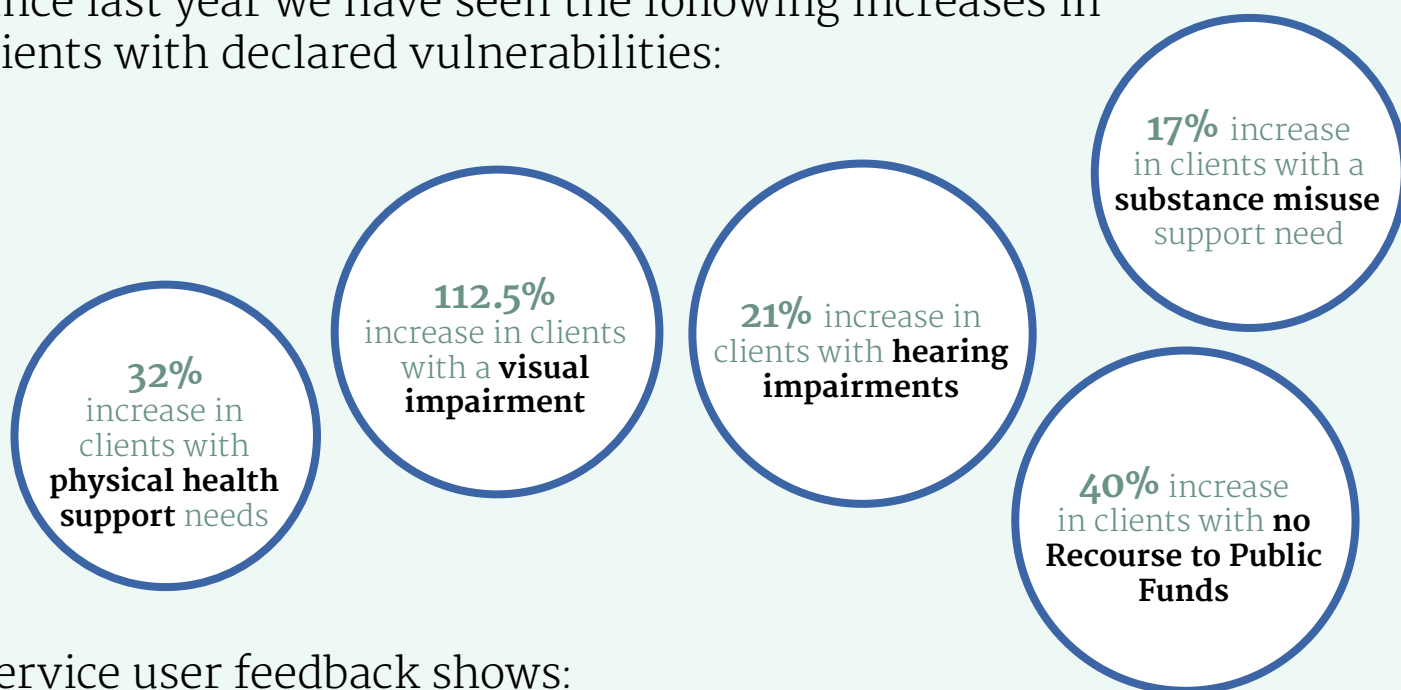
391 victims and survivors received **Target Hardening** to improve their safety at home

96% of those engaging with our stalking service said they **felt safer** after they received the support

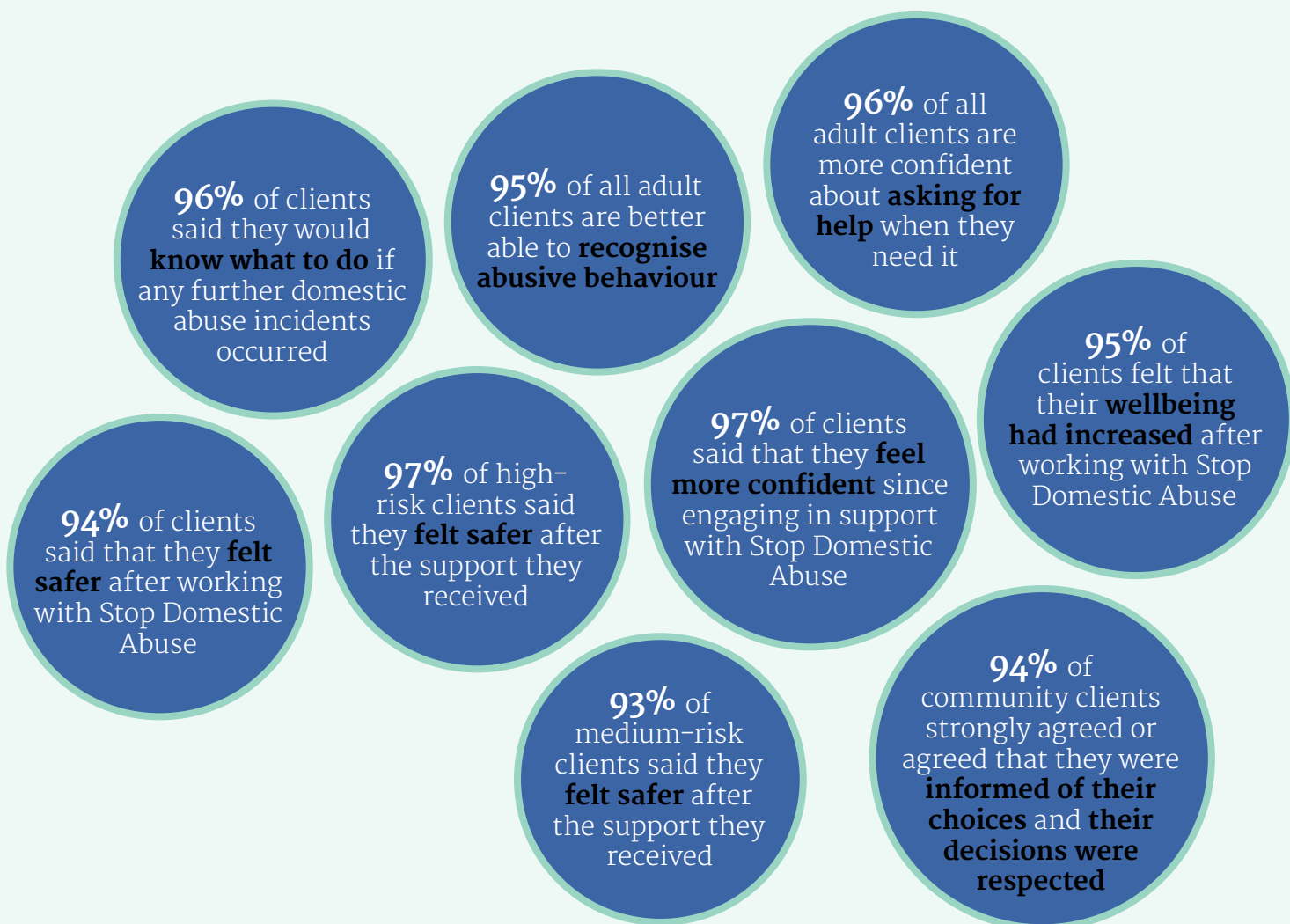
Provided training for **1,272** professionals to improve their response to domestic abuse and stalking

92% of children and young people told us they **knew more about respectful relationships** following support from our Children & Young People's team and **84%** of children and young people engaged in support stated the support had improved their coping strategies after engaging in support

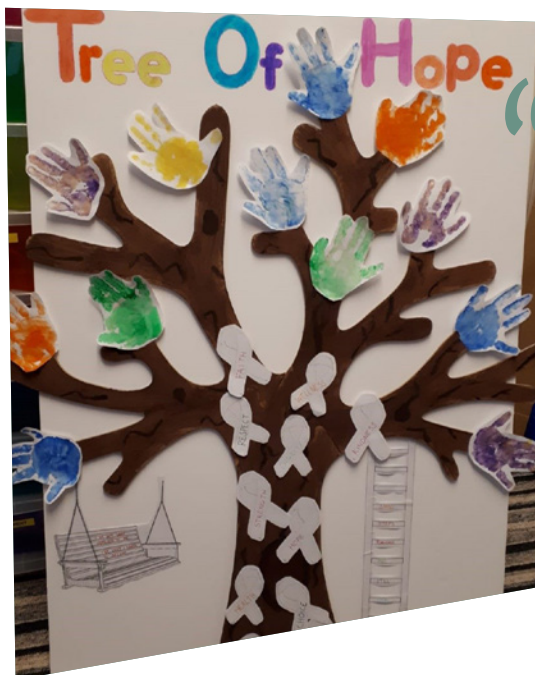
Since last year we have seen the following increases in clients with declared vulnerabilities:



Service user feedback shows:



Children and young people



I would like to say what a difference your input has made to us over the last few years. Having Domestic Abuse's children's worker coming in every week gives those vulnerable children another trusted adult that they feel able to open up to and express their feelings. The sessions have proved invaluable for getting those messages that these children need to hear, into them, such as what is acceptable behaviour, what is safe behaviour, how can I stay safe and where can I get help. Also a big thank you for the staff awareness workshops which were a fantastic learning experience and opened a lot of eyes around issues associated with DA.

St John the Baptist
C of E Primary School

Thank you for all my sessions. For the longest time I saw myself as a bad person and you don't know how much it meant to me when you saw the good and taught me how to recognise good from bad when that's something I struggle with a lot and you taught me that not everyone will understand and that's okay so thank you so much for your help you help more people than you know.

Girl, age 14



Children and young people 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.

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 they 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.

Preventative Work

Throughout the year we have continued to deliver our universal preventative offer across Hampshire, Portsmouth and Southampton to children and young people both in schools and within the community.

Preventative work with children and young people is essential for a world without domestic abuse. Raising awareness of domestic abuse, exploring what makes a healthy relationship, understanding risk and how to safety plan are skills all children and young people should have.

Our skilled workers have delivered interactive sessions in hundreds of mainstream and specialist schools across the county. Specialist children and young people's workers use interactive sessions to aid children and young people to identify healthy and unhealthy behaviours in relationships. They explore conflict and

Provided workshops to over 5000 children and young people

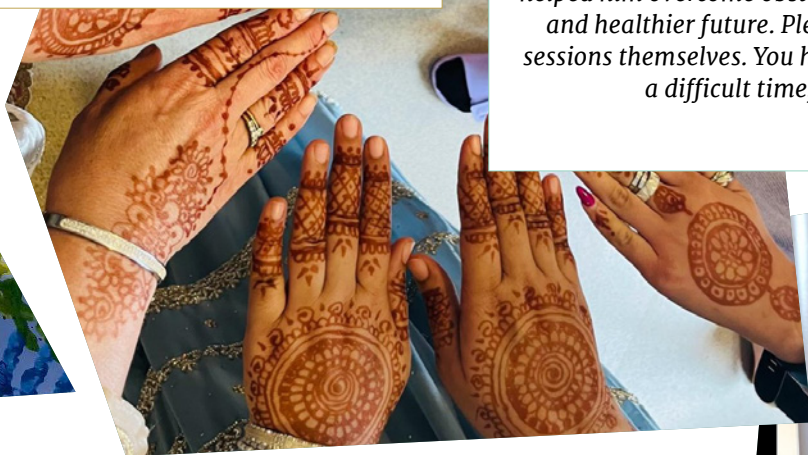
92% of children and young people told us they knew more about respectful relationships following support from our Children & Young People's team

84% of children and young people said that support they received had improved their coping strategies.



“Thank you so much. I have noticed a great improvement in him. He is back to his cheeky, smiley self. I really appreciate the support you have given him.”
Parent

I wanted to take a moment to express my deepest gratitude to you for your unwavering support and guidance throughout our son’s sessions with a Teenage Intimate Partner Abuse Specialist. Your dedication and expertise have made a significant difference in his life, and by extension, in ours as well. Your compassionate approach, understanding, and commitment to helping him navigate through his challenges have been invaluable. Your support has not only helped him overcome obstacles but has also empowered him to build a brighter and healthier future. Please know that your impact reaches far beyond the sessions themselves. You have provided comfort, reassurance, and hope during a difficult time, and for that, we will always be thankful.
Parent



resolution, recognising emotions and how to express them in a healthy way, encouraging sharing of their opinions, understanding their right to feel safe all the time, how to identify the safe people in their life, how to manage an unsafe situation and learn how to seek support when they need it.

TIPAS (Teenage Intimate Partner Abuse Specialist)

Support is available to those aged between 13 and 18 who are in their own abusive/unhealthy relationship. Support is also offered to those using the unhealthy/abusive behaviours to help them make healthier choices in their relationships. Young people can have one-to-one support sessions wherever the young person feels most comfortable. Support enables young people to identify any abusive or unhealthy behaviours in their current relationship and helps them recognise these behaviours in any future relationships. Young people are empowered to make healthy and appropriate decisions about their relationships.

TEAR (Teenage Exploitation Abusive Relationships)

Support is offered to those aged 13–18 who are risk of being, or who have been, exploited. This support works to increase young people’s knowledge and understanding about healthy and unhealthy relationships, types of exploitation, how to recognise abusive exploitative tactics and focuses on safety planning and risk mitigation.

APA (Adolescent to Parent Abuse)

We have a one-to-one worker who helps children and young people recognise their own behaviours and equips them with practical skills to help them manage their behaviour. This support is available to those aged 8–17 who show abusive and unhealthy behaviours towards their parents. Support is tailored to the individual however common topics covered are dealing with anger and managing other emotions and healthy relationships.

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 playroom or play area which we fill with toys, play and craft equipment. Throughout the family's stay in refuge, Stop Domestic Abuse staff organise and supervise children’s activities during the day and after school.

Updates to refuge

Transforming facilities

Each year, our refuges provide safety and support to hundreds of women and children fleeing from domestic abuse. This year we have continued to upgrade facilities at several of our refuges, ensuring we deliver clean, fresh, welcoming and well-equipped refuge accommodation where women and children feel safe and comfortable.

Transformation of playground spaces for children in refuge

Playing together, making friends, and having fun are aspects of childhood that children who are victims of domestic abuse often do not get to experience. We are committed to children's recovery from domestic abuse, and we have been significantly upgrading the playground facilities and garden areas at several of our refuges to create fun, safe and interactive play areas. New garden furniture and playground equipment contribute to a fun and therapeutic outdoor space for our families.

New kitchens

The kitchen facilities at one of our Southampton refuges have been transformed. Worn kitchen units have been replaced, creating a more functional, practical and accessible communal space for women and children to cook and eat together. Working with Southampton City Council and through a social enterprise scheme, we have been able to have the existing kitchen replaced and added a second new larger kitchen space.

Refresh of furniture, white goods and soft furnishing

Our housing management team work hard to maintain and refresh our refuge and dispersed accommodation spaces. They ensure our residents are offered safe, clean, homely and comfortable accommodation that best meets their individual needs. Weekly 'house meetings' in refuges are an opportunity for residents to bring their ideas, suggestions and complaints to our refuge colleagues. These meetings give voice to women, empowering them to make decisions about how their refuge is run and furnished.

Creative space

Thanks to funding received from Abri, we are working on a project to transform an under utilised space in one of our refuges, into a creative space where residents can enjoy a range of activities including arts and crafts, relaxation sessions such as meditation and mindfulness, as well as group support sessions.

At my old school everyone thought I was naughty. I was just so tired I couldn't sleep at home. Now I'm at refuge, I sleep better, everything is just easier and I'm getting on well.

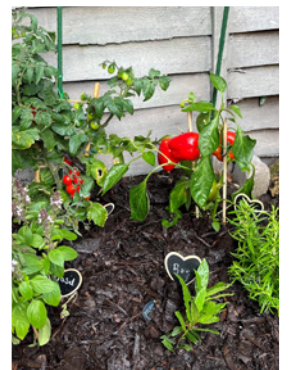
Boy age 8 living in refuge

I love having a house like this and I love having these cool toys and I love having this garden

Girl age 6, living in refuge

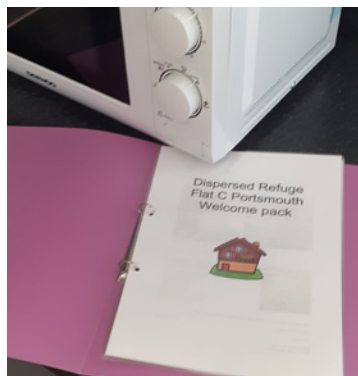
Since I've been in the refuge, I've become much more confident. I feel a lot safer. I feel like I have a bit more of a purpose now because I'm starting over and I'm away from the abuse and most importantly, I've met lovely, lovely people and the staff.

Kelly, refuge client





Housing Support Services



Dispersed Accommodation: Accommodation for those who cannot access refuge.

It is a stark reality that many victims of domestic abuse are unable to access refuge accommodation. The 2024 Women's Aid Annual Audit report states that 40.6% of unsuccessful referrals were rejected due to the lack of capacity and 17.5% of unsuccessful referrals were rejected because the refuge was unable to meet the specific support need(s) of the survivor.

Stop Domestic Abuse's dispersed accommodation provides self-contained safe and quality accommodation to victims and survivors who need to access emergency type accommodation but who are unable to access shared, communal refuge accommodation. The accommodation is for victims and survivors who need a similar level of specialist domestic abuse support as provided in refuge to help them move away from the abuse and into safe and secure longer-term accommodation. The service may also accommodate victims/survivors who may not require the intensive support offered in refuge, but who are still at risk from the perpetrator of abuse.

We aim to support the following groups of victims and survivors who have been identified as facing barriers to accessing safe accommodation for a variety of reasons.

- Women with male children over 16
- Male victims and survivors, including men with children
- LGBTQ+ victims and survivors
- Older adults
- Victims and survivors with disabilities
- Large families
- Victims and survivors facing multiple disadvantages
- Victims and survivors with pets (including assistance dogs)
- Victims and survivors from diverse ethnic backgrounds facing cultural barriers.

Exciting developments for the service

Stop Domestic Abuse acquired its first dispersed accommodation in 2015 and since then, we have continued to acquire properties where we have been able to. Today we have properties in Portsmouth, Havant and Eastleigh.

From October 2024 Stop Domestic Abuse and our sub-contractors Finding Freedom from Abuse will be delivering a new Dispersed Safe Accommodation Service commissioned by Hampshire County Council.

We are continuing to expand the accommodation options available for victims and their children that have to leave the family home but may not be suitable for shared refuge accommodation and we now have a resource of 9 self-contained accommodation units where families can stay and receive domestic support at a level and intensity suitable for their needs ensuring their safety and developing and sustaining their capacity to cope and recover from their experiences.

We are also piloting a new community-based role providing Refuge at Home™ support. This role provides a holistic and whole-family approach to victims and their children who have been unable to access refuge and are living in other forms of temporary accommodation but require a high level of intense support.

We continue to collaborate with Gosport Borough Council, Havant Borough Council and East Hants District Council to provide community-based specialist domestic abuse housing advocacy support and are hoping to work with more local authorities over the coming year. Our co-located Housing Advocates work in partnership with local authority housing teams to identify and support people affected by domestic abuse who need our specialist support.

Housing and homelessness

Co-located Domestic Abuse Housing Specialists

Stop Domestic Abuse in partnership with Havant Borough Council, East Hampshire District Council & Gosport Borough Council have two specialist Domestic Abuse Housing Specialists co-located within the housing & homelessness teams.

It has been such a success that we are working to onboard two more roles with Fareham Borough and Eastleigh Borough Councils.

It was recognised that many victims of domestic abuse may not feel able to disclose to housing teams that they are experiencing domestic abuse or know that it is relevant in ensuring that their housing / homelessness application is dealt with appropriately. When a victim and survivor presents as homeless, this may be the first opportunity to offer the support that is needed.

The project aims to:

- Provide high-quality crisis intervention, information, advocacy, and proactive support to victims or survivors who access the Council Housing and Homelessness Service

- Work with colleagues at the Council to identify training needs, increase knowledge and develop high quality and consistent responses to victim-survivors of domestic abuse through formal and informal training sessions
- Provide intensive support to the victim of domestic abuse to maintain their current accommodation and develop skills to enable them to maintain future accommodation
- Provide 1:1 support for each member of the family and facilitate family work, through a family support plan, enabling the family to thrive as individuals and a unit
- Focus on enabling the family to live their lives free from domestic abuse and develop the confidence to continue their journey independently when moving on from the property.

Client Case study

Coming into refuge with Stop Domestic Abuse can mean so much more than immediate crisis support. It means a support system, intervention and a path to starting a new life free from domestic abuse.

Caroline* and her young son fled from her ex-partner and self-referred to Stop Domestic Abuse after suffering from coercive control, emotional abuse and financial abuse. The abusive behaviour had escalated and included threats and intimidation when she tried to leave the house, leaving her feeling isolated and scared.

Caroline fled to the home of a close family member. However, this was a short-term option as the location was known to her ex-partner. For her and her son's safety, she accepted the offer of a refuge place in a different area.

When a suitable room was available, Caroline was given the choice to move into our Southampton refuge so she could be close to her support network. She accepted this offer and was supported to move with her son into one of our Southampton refuges

following safety planning conducted by her keyworker.

In addition to specialist domestic abuse support, our team helped Caroline to access food shopping vouchers and donations of essential equipment for her young son.

Caroline also had additional vulnerabilities including a mental health diagnosis; appropriate emotional and mental health support was provided to Caroline and her son to cope with the abuse they had experienced and the complex emotions following their move. Stop Domestic Abuse facilitated referrals to mental health support services. After a few weeks living in refuge, Caroline said that since fleeing, her son had become happier and more interactive and had begun to speak. She said she felt settled in the refuge but struggled with the hustle and bustle in a larger

and busier refuge. Our team looked at different accommodation options, including looking at other smaller refuges, or the option of moving into our new dispersed accommodation where Caroline could have a 1-bedroom flat and still receive our domestic abuse support.

Caroline chose to move into the dispersed accommodation and was supported with this move. Although this property was not in Southampton, she knew that she could have approved visitors to the flat. This helps alleviate the feelings of isolation that many of our clients feel when moving away from their support networks.

Caroline has remained in service with Stop Domestic Abuse and is being supported to plan her next steps. These include support to make a homelessness application to the local authority in the area where she would like to settle, as well as helping her to register with a GP and other support services.

**name changed for client anonymity*

New Refuge Appeal

SANCTUARY WITH STOP DOMESTIC ABUSE

Bespoke modern family accommodation where survivors of domestic abuse can begin to rebuild their lives.

Domestic abuse is a leading cause of homelessness and puts women and children at risk of long-term physical and mental health problems. Survivors of domestic abuse often face the incredibly difficult choice between staying in an abusive household or leaving to find safety.

A place of safety and healing

Refuge support for women and children is at the heart of what we do. It saves lives and at Stop Domestic Abuse we believe that refuge goes beyond providing a safe place to stay. It's where our specialist staff provide women and children with the building blocks they need to begin a new life, free from fear. Refuge is where we support each woman with her individual needs, both practical and emotional. Our refuges provide women and their children with one-to-one and peer support which enables them to leave abusive relationships, cope with the trauma

they have experienced, regain their self-esteem and begin rebuilding their life in safety and independence.

But there are not enough refuge spaces to accommodate all the survivors who need safe accommodation. Women's Aid are reporting a 23% shortfall in refuge bed spaces, and here in Hampshire more than 150 victims had to be turned away from refuge because their specialist needs couldn't be met, or we simply didn't have enough empty rooms for them. Disabled women sometimes have nowhere to go as there is currently only one adapted disabled refuge room in Hampshire.

The need for women-only specialist refuges

On average, two women a week are killed by a partner or ex-partner in England and Wales; every day, nearly 30 women experiencing domestic abuse attempt to complete suicide. The overwhelming majority of victims are women and the perpetrators men. 89% of victims who have experienced repeated incidents of domestic abuse are women. Today it is widely acknowledged that single sex, trauma-informed spaces are crucial in providing safe spaces for recovery from abuse for women and their children. We know that many women and children who have been subject to male violence and abuse need access to support and accommodation which is provided in single sex spaces as this reduces their distress and trauma.



Two accessible self-contained units



Open-plan living space



Our vision

We are now ready to achieve our vision of a new purpose-built refuge in Havant. The new refuge will be a warm and welcoming environment where anyone who walks through the door feels valued and safe. Carefully designed communal facilities will create spaces for families to share meals, play and move forward on their journey of recovery. As well as a bright and fun playroom inside for children, there will be imaginatively designed outside space including a play area and gardens providing a pleasant environment for women to relax and play with their children. This welcoming building will be built in an energy-efficient and environmentally sustainable way. It will provide safe refuge to hundreds of families in the years to come. The building will be fully accessible ensuring there are no barriers to accommodating women and children living with disabilities.

Join us in our mission to provide a sanctuary

In May the Sanctuary Appeal was officially launched to embark on the final phase of the fundraising appeal to raise the final £1 million of funding needed to complete the construction of this £3 million sustainable development. The new refuge will house 9 families and include 2 units fully adapted to meet the needs of disabled people.

We have a variety of fundraising and donation options ranging from our 'Buy a Brick' option, sponsorship of a specialist room such as a children's playroom or playground or covering the cost of brand new hard-wearing furniture or appliances.

And of course, smaller donations are also gratefully received and mean just as much to us.

Join our mission: to provide a sanctuary. With your support, we will create a new refuge where survivors can heal, rebuild their lives, and reclaim their dignity.

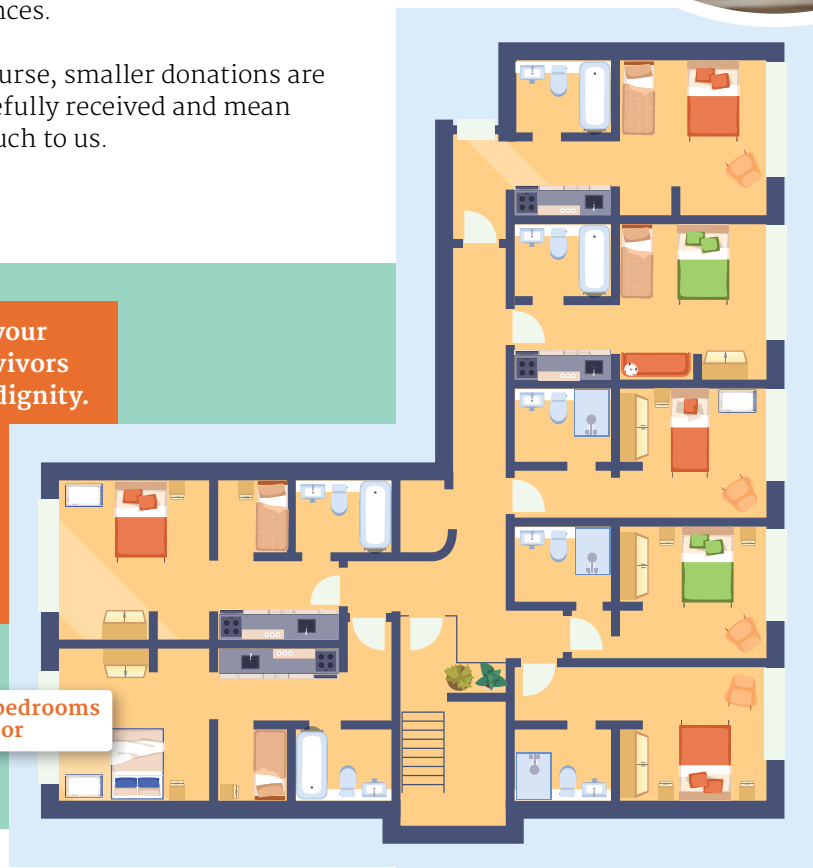
Find out more about the Sanctuary Appeal

Visit: stopdomesticabuse.uk/newrefuge

Get in touch:

refugeappeal@stopdomesticabuse.uk

Call us on: 023 9200 8329



Seven family bedrooms on the first floor

In the media

Help us talk.
Help us break the silence.
Help us Stop Domestic Abuse.



domestic abuse and give expression to their own personal experiences of victim blaming.

Stop Domestic Abuse marks International Women's Day (IWD)

IWD is a day that celebrates the social, economic cultural and political achievements of women whilst also calling for women's equality. As a women's led charity, we support this day annually and in March colleagues

attended events across Hampshire to raise awareness with the public and with professionals who work with victims of domestic abuse.

Expertise in action

Each year our CEO, Claire Lambon, and our Operations Director, Rachel Windebank, are invited by the media to offer their expertise on high profile topics surrounding domestic abuse. This year was no different with radio, press and TV interviews on topics including Brainkind's research on the correlation between domestic abuse and brain injuries, the different forms of domestic abuse, coercive control, and its connection to suicide, support for victims through the Government's Flee Fund and the impact of the rising cost of living on victims of economic abuse.

For more articles visit stopdomesticabuse.uk/news or follow us on our social media platforms @southerndas

At Stop Domestic Abuse, we aim to reach a wide audience and have a strong presence both online and offline across television, print, radio and social media.

Many victims don't talk about their experience of domestic abuse, so we become their voice. Here are just a few of the many highlights from the last year:

16 Days of Activism against Gender-based Violence

In November, Stop Domestic Abuse called on the media and the public to stop the culture of victim blaming which is so often depicted on screen and on social media.

Supporters were encouraged to use the hashtag #LanguageMatters to start conversations about how media headlines can often direct the reader's attention away from the perpetrator of abuse and onto the victim, making a victim of abuse feel ashamed and that they are responsible for the harm they have experienced.

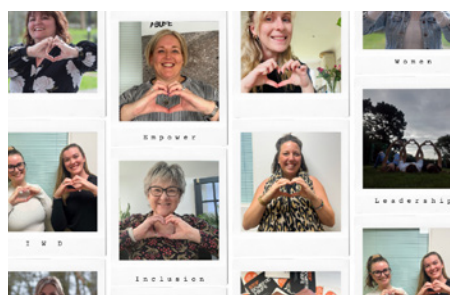
Our staff went out into the community to deliver a series

of awareness raising events highlighting the issue. Events included flag raising with Portsmouth City Council, the lighting of the Spinnaker Tower, pop-up stands in supermarkets, hospitals and sporting venues. We visited schools and colleges across the county to speak to young people about their views on healthy relationships and the 'red flags' which young people perceive as signs of unhealthy or potentially abusive relationships. A series of training webinars were also hosted for professionals and parents.



Language Matters

A unique exhibition of artwork produced by victims and survivors living in our refuges was shown at Portsmouth Central Library and The Spring Arts & Heritage Centre in Havant. This free exhibition, curated by Stop Domestic Abuse, aimed to give a voice to survivors of



Fundraising

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

Funding Grants

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. Our local authority partners at Hampshire County Council, Portsmouth City Council and Southampton City Council, Gosport Borough Council, Havant Borough Council, Basingstoke and Deane Council and East Hampshire District Council together with the Police and Crime Commissioner for Hampshire & Isle of Wight have enabled us to deliver inclusive, innovative projects to our clients.

Thanks to funding from the National Lottery Community Fund, National Lottery Awards for All, NatWest Circle Fund, Nationwide Foundation, The Big Give, Hampshire County Council's connect4communities, Unite the Union, Abri Housing, Waitrose/John Lewis Partnership, Fat Face Foundation, Tesco Community Champions, Asda and the B&Q Foundation we have continued to deliver life-changing outcomes to adults and children affected by domestic abuse.



Fundraising events and donations – Our supporters

We are immensely grateful to the many amazing members of our local communities, local partners, schools, churches, community groups, companies and organisations which continue to raise funds as well as donate clothes, toys, baby equipment, furniture and bedding for our refuge residents.

Some of our recent large donations have come from Portsmouth High School, The Oaks Havant Crematorium, Wendy's Wish (Chris Ward), Alton and Local Parishes Fund, Inner Wheel, Unite the Union, Havant Rotary Club, Natwest (Cosham Branch) and Waterlooville Golf Club (Ladies Division), as well as many other fantastic donations from the community.

Thank you to everyone who has donated. We couldn't do what we do without your support.



Support us now

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

Whether you want to make a single donation, or are considering setting up a regular donation by Direct Debit, you can now do this via our easy-to-use fundraising platform – Enthuse. You can also connect your fundraising campaigns to us via this platform.

Visit stopdomesticabuse.uk/donatotoday



Volunteering and Community Ambassadors

Volunteers bring amazing value and skills to our service. Our volunteers play a crucial part in our mission to stop domestic abuse.

They bring new perspectives and diverse experiences to our teams, enhancing resilience and outcomes for our clients.

From wonderful individuals coming in to support group sessions, generous therapists offering those giving our clients a little bit of pampering, individuals collecting community donations and small business offers of free sessions of holistic therapies, our supporters really do band together to give what they can.

Would you like to be a volunteer?

Volunteers receive training before they get started. Through this training we offer our volunteers:

- Confidence in how to spot potential signs of domestic abuse
- The feeling of being equipped to support someone sharing their personal experiences of abuse
- Knowledge on how and where to signpost/refer the person for support from specialist domestic abuse services
- Awareness of warning signs that someone may be using abusive behaviours and how to safely engage with them.

Whether you would like to give your time regularly, or from time to time, there are opportunities to suit everyone.

If you would like to be play a part in putting a stop to domestic abuse, then please get in touch volunteer@stopdomesticabuse.uk.

As well as opportunities for individual volunteers, we also welcome corporate team activities. Corporate volunteer teams gain insights into domestic abuse and its impact on the local community as well as on their own workforce. We support volunteers to gain an understanding of this sensitive issue and to develop awareness within their teams and the wider workplace.



Do You Want to Become a Community Ambassador?

Whether you realise it or not it is likely that you will know someone who is experiencing domestic abuse. They could be your staff member whose work performance has deteriorated, your friend who no longer returns your calls, your client who looks and behaves differently, a colleague who is excusing injuries or having issues sleeping or panic attacks or a family member who has changed completely.

Domestic Abuse needs a community response and to support this Stop Domestic Abuse has recently launched a regular programme of training for anyone wanting to become an ambassador for Stop Domestic Abuse. We will show you how to spot signs of domestic abuse and how to support someone by being that listening ear that they can talk to without judgement and giving you the knowledge to guide them to the right resources.

You can sign up to training on our website.

Thank you to all of our current volunteers and corporate volunteer supporters: Honeywells, HSBC, Foot Anstey, CH Hair and Lloyds.

stopdomesticabuse.uk/support-us

Volunteers

thank you for your
time, commitment
and skills



a world
without
domestic
abuse.

Advice line: 0330 0533 630

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



STOP
DOMESTIC
ABUSE



Call us on: 023 9200 8329
email: info@stopdomesticabuse.uk

Stop Domestic Abuse supports and protects victims and survivors of domestic abuse. We provide a range of flexible and accessible services across Hampshire to anyone affected by domestic abuse, including perpetrators. Our vision is a world without domestic abuse. We work in partnership with other service providers, commissioners, the police and our local community to tackle domestic abuse and stalking.

Stop Domestic Abuse is the commissioned service provider for domestic abuse services throughout Hampshire, Portsmouth and Southampton.

Stop Domestic Abuse delivers the Police & Crime Commissioner's Stalking Advocacy & Support Service across Hampshire and the Isle of Wight.

Stop Domestic Abuse is the trading name of Southern Domestic Abuse Service Registered Charity Number 1146773.

stopdomesticabuse.uk

#stopdomesticabuse
@southerndas