

Annual Report

2023

Empower

We work in partnership to empower victims and survivors and significantly improve the lives of those to whom we provide services.



We
need
to talk

STOP DOMESTIC ABUSE

stopdomesticabuse.uk

#stopdomesticabuse

@southerndas

Our vision

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

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

A message from the Chair

Supporting all who are affected by domestic abuse. A thank you to everyone who helps us deliver our mission.

I am delighted to welcome you to the 2023 Annual Report.

Having been involved with Stop Domestic Abuse for many years, it is a privilege to look back and see how far we have come since the early days as Havant Women's Aid, over 45 years ago. In 1978 a group of pioneering women opened our first refuge in Havant, which was initially run entirely on a voluntary basis.

Fast forward to 2023, Stop Domestic Abuse delivers specialist accommodation and community services to victims of domestic abuse across Hampshire, Portsmouth and Southampton. We seek to ensure that anyone affected by domestic abuse receives caring, practical support and advice from our highly skilled staff teams. This expansion of our services is however a bittersweet story of success, as it reflects the increased recognition within society of the widespread presence of violence and abuse within intimate relationships and hence the need for a wider range of services.

Exciting new service

On 1st July, we started to deliver the Stalking Advocacy and Support Service, commissioned by the Police & Crime Commissioner for Hampshire & Isle of Wight. Our team of Stalking Advocates provide specialist support to all victims of stalking, helping victims to improve



their personal and cyber safety, to support their mental health and to access the additional specialist support services they need.

New Refuge Appeal

Looking ahead to the next new chapter, we are moving closer to creating a purpose-built refuge for women and children fleeing domestic abuse. It will be located in Havant and will provide a nurturing, safe space for victims to recover and heal. We have successfully raised £1.8 million towards our target, but there is still some way to go to realise our vision as costs continue to rise.

The progress that we have made in developing and delivering services is entirely due to the dedication and unstinting commitment of our staff, led by our CEO Claire Lambon. I would like to thank everyone working for Stop Domestic Abuse, as well as our partners, funders,

volunteers and my fellow Trustees, for their part in working towards our vision of a world without domestic abuse. It is a long and challenging journey.

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 do get in touch by contacting pa@stopdomesticabuse.uk to arrange an informal discussion with Claire our Chief Executive.

I do hope you enjoy reading about our work.

A handwritten signature in green ink that reads "Gill Butler". The signature is written in a cursive, flowing style.

Gill Butler
Chair

What is Domestic Abuse?

Domestic abuse comes in many forms. It is not always physical and the person experiencing abusive behaviours might not realise that their relationship is an abusive one.

The Crime Survey for England and Wales year ending March 2022 estimated that 5.0% of adults aged 16 years and over (2.4 million) experienced domestic abuse in the last year (Source: ONS Domestic Abuse Prevalence and trends report Nov 2022)

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 scared, might be in denial of what is happening or feel that something just isn't right with their relationship.

Abusive behaviours can be subtle and hard to recognise, especially if they have 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. Regardless of whether someone wants to leave or stay in their

relationship, we want to work with individuals to improve their safety.

It is never their fault

Domestic abuse 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

Although domestic abuse can happen to anyone, it is important to recognise that it is still a gendered crime. Recent data from Women's Aid (Annual Audit 2023) identified that 94.6% of perpetrators were male and 73.0% were a partner/ex-partner of the service user.

We will continue to empower victims and survivors, giving them a voice and supporting them in trauma informed ways, to move forward and rebuild their lives.

CEO report

Chief Executive Claire Lambon celebrates the team's commitment to excellence as Stop Domestic Abuse continues to provide unrivalled support to victims, survivors and perpetrators of domestic abuse.



2023 has been another year of organisational growth and development of our service offering to clients. 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.

Supporting clients through the cost-of-living crisis

The cost-of-living crisis is disproportionately affecting survivors of domestic abuse. Lack of financial independence and increased reliance on perpetrators make it harder to leave and economic abuse can limit a victim's options to access safety and support. In the Spring, 48% of our clients told us they are experiencing financial abuse, and 51% of clients reported experiencing financial hardship.

Thanks to funders including Hampshire County Council (through the Household Support Fund Scheme), The Big Give, Southern Housing Group, Unite, M&S and so many generous supporters in our local community, we have

distributed welfare support to victims and survivors in need, alleviating some of the constant worry of how they will provide for their family.

"The shopping vouchers made a big difference to our stay in refuge. They helped me buy new clothes and shoes for my children. We had to leave our home quickly to get to somewhere safe so we couldn't bring everything we needed."

New pan-Hampshire Stalking Advocacy Service

We are delighted to have been awarded the contract to deliver the new Stalking Advocacy and Support Service by the Office of the Police & Crime Commissioner for Hampshire & Isle of Wight. We look forward to

working in partnership with the Commissioner, Hampshire & Isle of Wight Constabulary and our other partners to improve outcomes for victims of stalking and harassment.

In the last year 51% of all Stop Domestic Abuse's community-based clients identified surveillance, harassment and stalking as factors in their abuse experience.

Hampshire and Isle of Wight Constabulary data indicates that 83% of all stalking offences in 2021/2022 were classified as domestic abuse.

Embedding our Service in Southampton

Through our new commissioned service in Southampton, we have been developing effective community connections and partnerships to drive referrals and deliver best outcomes for victims and survivors in the city.

“You were there when I needed you. You allowed me to live free of harm and bring up my children away from domestic abuse. I was treated with respect and care. With your kindness I was able to go on and raise my children and gain skills and independence. Thank you.”

Our partners at Southampton City Council are working with us to improve the facilities available to women and children in refuge in Southampton.

We have been successful in tendering to provide a specialist LGBTQ+ service for people from Southampton’s LGBTQ+ communities affected by domestic abuse.

With additional funding from the Ministry of Justice (through the Office of the Police & Crime Commissioner), we are building connections with schools and providing specialist support to children and young people in Southampton. We are proud to be working in partnership with Yellow Door and No Limits to deliver support services to victims of domestic abuse and sexual violence across the city.

High quality service provision in Portsmouth

More than 8,500 calls for support were made to our Portsmouth service last year. The team responded with care and professionalism to ensure positive outcomes for the adults, children and families affected by domestic abuse in Portsmouth who need our help.

With our partners at Portsmouth City Council we continue to develop innovative interventions for families, including specialist support for perpetrators of domestic abuse. In partnership with Portsmouth City Council we supported seventy families through a specialist project for children and adolescents displaying abusive behaviours, supporting the whole family to learn the skills to have healthier relationships.

Engaging with schools across Portsmouth continues to be

key to engaging young people with conversations around consent, boundaries and healthy relationships. We joined forces with Portsmouth City Council to support their ‘Is This Love?’ campaign. We delivered 62 workshops in eleven secondary schools to over 2,730 students.

95% of children and young people told us they knew more about respectful relationships following support from our Children & Young People’s team.

Supporting victims and survivors across Hampshire

Our Hampshire Advice Line responded to over 10,000 referrals from victims, professionals and Police across the county.

Working with our colleagues at Hampshire County Council and our partner Finding Freedom from Abuse (in the Test Valley district) we have continued to deliver services of the highest quality to the diverse communities of Hampshire. We delivered empowering group work; improved the safety of victims’ homes; helped children and young people to recover and learn from their experiences; provided advocacy support to victims navigating the Criminal Justice System; and provided safe refuge accommodation to families fleeing from abuse.

Thanks to funding from the Police & Crime’s Commissioner’s Safer Communities Fund, we have delivered projects addressing child to parent abuse; supported victims living in isolated rural areas and supported victims of ‘honour-based’ abuse, forced marriage or female genital mutilation.

Working with Hampshire & Isle of Wight Constabulary, we have been delivering workshops on

healthy relationships in schools. My colleagues at Stop Domestic Abuse with our partners Finding Freedom From Abuse and Wight DASH have delivered 158 workshops across Hampshire, Portsmouth, and the Isle of Wight, reaching 2,536 children and young people.

We delivered domestic abuse awareness training to 1,112 professionals.

Tackling Violence against Women and Girls

Throughout the year, the issue of male violence towards women and girls has been at the forefront of our conversations. In November, we organised eleven walks to raise awareness of the need to end violence against women and girls. For International Women’s Day we collaborated with Winchester City Council to light the Guildhall in orange and Portsmouth’s Spinnaker Tower glowed orange as a beacon of the city’s commitment to the movement. We joined events in Southampton to shine a light on the issue of female empowerment and safety.

The pages of this report stand as a tribute to the hard work and dedication of my colleagues, volunteers, and Trustees.

All colleagues at Stop Domestic Abuse should be proud of their service to those affected by domestic abuse.

Our work

Refuge

We have 18 refuges across Hampshire and Portsmouth and can accommodate 106 women and their children. We also subcontract an additional refuge with Finding Freedom From Abuse in Test Valley, providing 19 more spaces. We make each refuge feel like a home and provide both one-to-one support and group activities for women and children.

One-to-one support

Tailored one-to-one support for adult victims and children affected by domestic abuse across Hampshire (in partnership with Finding Freedom From Abuse), Portsmouth and Southampton (in partnership with Yellow Door and No Limits).

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.

Harmful Cultural Practices

Specialist work addressing harmful cultural practices including female genital mutilation, forced marriage and 'honour-based' violence. Available across 11 Hampshire districts and Portsmouth.

Health Advocates

A Domestic Abuse Health Advocate works at Royal Hampshire County Hospital Winchester and Andover War Memorial Hospital offering immediate advice and support to staff and patients.

Target Hardening

Our specialist worker visits homes to give safety advice and issue personal and home safety equipment.

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.

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. Available in Portsmouth and Havant.

Training

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

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. Available in Southampton.

IRIS (Identification & Referral to Improve Safety)

We encourage general practice health professionals to ask patients about their experience of abuse and respond, record, safety check and refer to specialist services. Available in Southampton.

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.

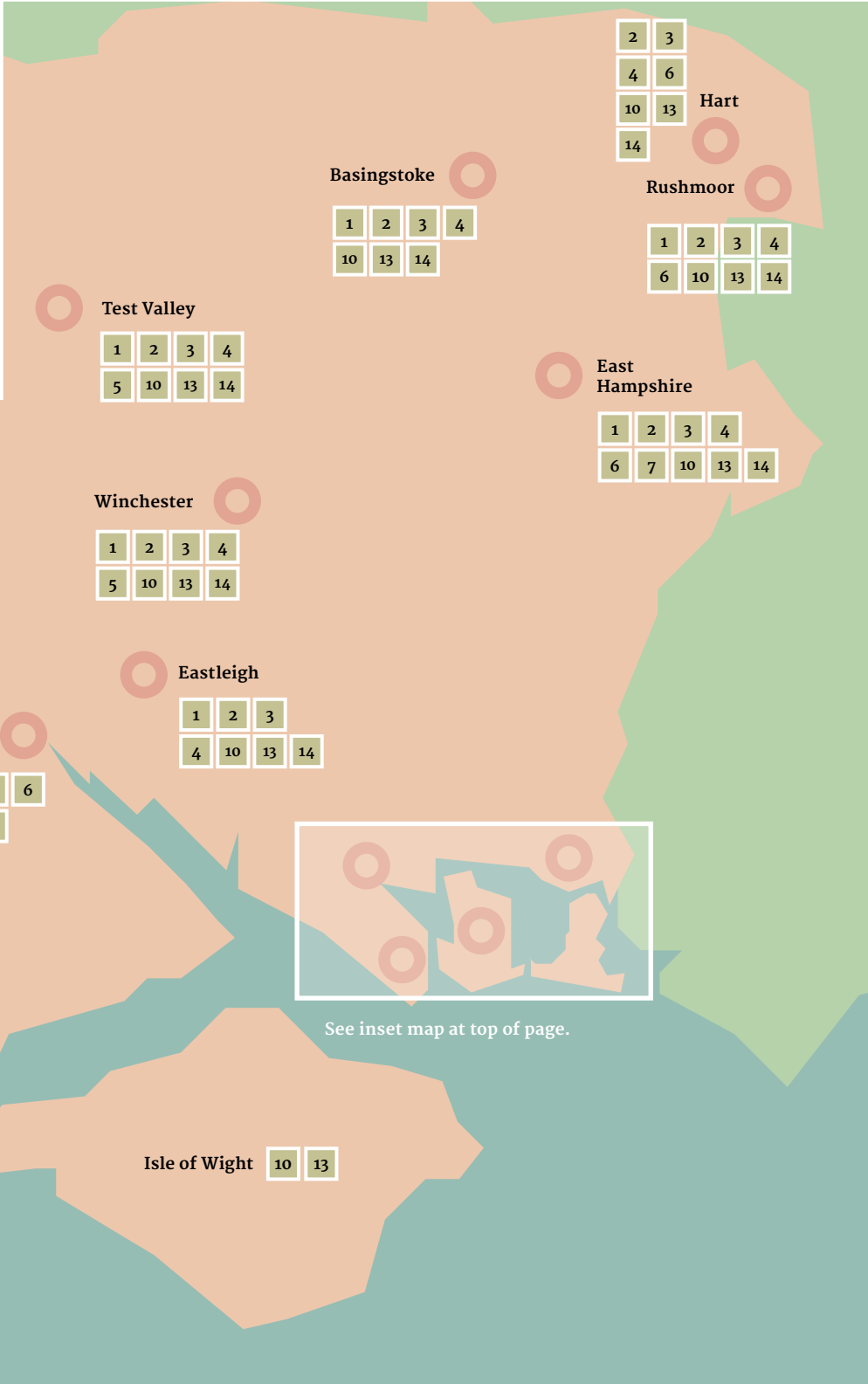
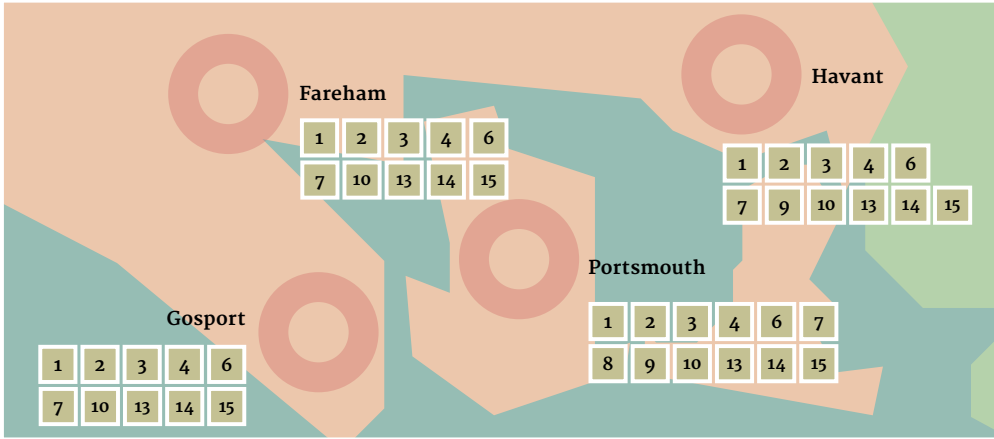
Child/Adolescent to Parent Abuse

We deliver one-to-one support to decrease the frequency and intensity of abusive and/or violent behaviour, and also deliver some preventative work to increase understanding of healthy/unhealthy relationship behaviours and attitude towards those behaviours.

Up2U: Creating Healthy Relationships

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

Key to services	
1	Refuge
2	One-to-one Support
3	Group Work
4	Harmful Cultural Practices
5	Health Advocates
6	Target Hardening
7	Up2U:My Choice
8	Family Work
9	Dispersed Accommodation
10	Training
11	LGBTQ+ Advocacy
12	IRIS
13	Stalking Advocacy and Support
14	Child/Adolescent to Parent Abuse
15	Up2U Creating Healthy Relationships



Year at a glance

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

Supported

384 women and **422** children and young people living in Stop Domestic Abuse refuges.

Supported

3,361 adults and **1,343** children and young people in total (community & refuge).

Supported

1,829 adults and **656** children and young people in the community (non-refuge).

Took
36,509

calls for advice and support

Provided

6,943 children and young people workshops

Supported

41 clients who had been affected by HCP and FGM

Provided training

for **1,112** professionals to improve their response to domestic abuse

Worked with

262 perpetrators of domestic abuse

281

victims/survivors received Target Hardening to improve their safety at home.

91%

of clients would recommend our services

93%

of all adult clients are more confident about asking for help when they need it

91%

of high-risk clients said they felt safer after the support they received

89%

of medium-risk clients said they felt safer after the support they received

93%

of clients said they would know what to do if any further domestic abuse incidents occurred

94%

of all adult clients are better able to recognise abusive behaviour

Anna's story

Anna, a member of the Traveller community, was a victim of physical, emotional, psychological and coercive control from her partner.

When Anna became pregnant, the abuse became more frequent and she took the brave decision to flee from her home and community. Stop Domestic Abuse was contacted by Children's Social Care who confirmed to us that 45 other refuge providers had turned Anna down before we offered Anna a safe place in refuge.

Support at all levels

Stop Domestic Abuse worked with teams at the local authority to access funding and appropriate support for Anna. It was not a straightforward process, as Anna did not have a birth certificate so was ineligible for benefits and welfare support. Our refuge team were determined to help Anna to open a bank account and begin to apply for public funds.

The team researched her background and made contact with a service in Ireland which provided us with information about documentation needed to continue with the process of registering the client. We were able to collate supporting evidence from various sources, including the church where Anna was baptised when she was two weeks old.

Having fled her abusive relationship, Anna also had to flee her whole family and community. This had a huge

impact on her wellbeing and mental health. We provided mental health support around breaking away from her community whilst making sure we supported her to take the safe and comforting aspects of her heritage with her through her journey.

Anna's faith is important to her, so we supported her to make links with a local faith group she wanted to engage with. We asked the Food Bank for specific foods that Anna would have remembered from home and managed to find a particular brand of tea bags which brought back happy childhood memories for Anna.

What's happening now?

Anna's journey has been, and continues to be, tough to navigate. Thanks to her courage and the perseverance of her team, Anna is safe and settled. Due to the risk of abuse, her daughter was placed into care when born.

Stop Domestic Abuse supported Anna throughout this process and she has been reunited with her daughter who now lives with her in a Stop Domestic Abuse refuge .

We are currently working with our colleagues at the local authority to find a permanent place to live for Anna and her daughter in the community near the refuge.

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 so we elevate their voices.

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. We work with politicians and other influencers to get people talking about domestic abuse.



Ending FGM

In February, we joined forces with The British Red Cross to raise awareness of female genital mutilation (FGM) and its harmful impact on women and girls. We ran training events to educate professionals and community leaders on the impact of FGM, risk factors and existing protection for women and girls. Staff and supporters endorsed the campaign, whilst Pompey Women's Football Club showed their support towards the United Nation's agenda to end FGM by 2030.

International Women's Day

For International Women's Day in March, we shed light on our vision of a world without domestic abuse. Winchester City Council illuminated the Guildhall in Winchester and Stop Domestic Abuse lit the iconic Spinnaker Tower in orange to highlight the impact of domestic abuse on women and our shared commitment to a world that is inclusive and equitable.

FIFA World Cup: December 2022

Our Helplines responded to a 204% increase in calls the day following England's first match of the men's World Cup tournament. We increased frontline resources both on our Helplines and out in the community to ensure adequate support and advice was available to victims of domestic abuse who needed our help during the men's World Cup period and in the run up to Christmas. We worked with local media to raise awareness of the issue and of the support available to victims through our services across Hampshire, Portsmouth and Southampton.

Expertise in action

Most recently our CEO, Claire Lambon, and our Operations Director, Rachel Windebank, have interviewed with both ITV Meridian and Politics South giving their expertise on some high profile subjects including domestic abuse and disability and recent domestic abuse news and policy.



Staff Conference

In June, staff, volunteers and Trustees came together for our Staff Conference, an opportunity for all colleagues working across Hampshire, Portsmouth and Southampton to learn from each other and share knowledge and expertise.

The theme of this year's conference was stalking. Guest speakers, Donna Jones, Police & Crime Commissioner for Hampshire & Isle of Wight, and the Suzy Lamplugh Trust shared insight and context before we launched into a series of staff-led workshops.



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Main pic: Caption caption caption

16 Days of Action

In November staff, supporters, commissioners and volunteers of Stop Domestic Abuse took part in mile long walks in eleven locations across the county to raise awareness of violence against women and girls.

We posted billboards in Gosport and Portsmouth to raise awareness of domestic abuse and our support services. A series of online training seminars were delivered to professionals and members of the public.

For more articles visit stopdomesticabuse.uk/news

Follow us on our social media platforms @Southerndas

Fundraising



Above: The Portsmouth Diocese donated gift vouchers for clients
Right: Waitrose chose to support our New Forest refuge

Below: Sinah Warren Leisure Club members donated Christmas gifts for our refuge residents

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

For 46 years we have provided frontline services to those affected by domestic abuse.

In 2023 our work has never been more needed. Calls to our helpline increased by 36%. Victims are coming to us with a range of complex needs. The issue of male violence against women and girls has been recognised by the Home Office as a national threat. Against this backdrop, we are doing all we can to support every victim of domestic abuse and stalking who needs us.

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, Portsmouth and Southampton, together with the Police & 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, BBC Children in Need, Nationwide Foundation, The Big Give, Basingstoke and Deane Council, East Hampshire District Council and Hampshire connect4communities we have continued to deliver life-changing outcomes to adults and children affected by domestic abuse.

Fundraising events and donations – Our supporters

We are 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.

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

Thank you



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.

Visit stopdomesticabuse.uk/support-us or scan the QR code to go straight to our donations page.



New refuge appeal



Our vision for a new refuge in South East Hampshire where women and children can recover and begin to rebuild their lives



Refuge support for women and children is at the heart of what we do at Stop Domestic Abuse. We work with commissioners, housing providers and our local authorities to provide safe, supportive accommodation for families that 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. Here in Hampshire, we provide safe and welcoming accommodation through the network of 18 refuges we run with our housing provider partners in Hampshire, Portsmouth and Southampton.

Our vision is to build our own refuge in Havant, where women and children can recover and begin to

rebuild their lives. This purpose-built, trauma-informed refuge will provide a unique, child-centred, fully accessible, 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.

Just like in our existing refuges we will create a warm and welcoming environment where every person who walks through the door feels valued. Communal facilities will be developed to accommodate spaces for families to cook together, 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 quality outside space including a play area and gardens providing a pleasant space for socialising and relaxation.

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.

Thanks to our wonderful supporters, we are well on the way to meeting our fundraising target to start to build the new refuge.

If you would like to find out more about this project and how you can get involved, please visit us at stopdomesticabuse.uk

Staff profile:

Chelsea Haslett, Service Manager

Chelsea is one of Stop Domestic Abuse's Service Managers and has been with the Charity since 2013. Here is what she had to say about working at Stop Domestic Abuse.

The beginning

I came across Stop Domestic Abuse when I was working in the Community Safety Team for Havant Council. They were Havant Women's Aid then and Claire Lambon was speaking at a domestic abuse forum that I was at.

As soon as I heard Claire speak, I knew that's what I wanted to do. I also heard women from refuge speak at a participatory budgeting event, where they were bidding for funding and they were so inspiring it made me want to know more.

My experience of progression

I first started working at Stop Domestic Abuse in 2013 as an Outreach Project Worker (Adults) in East Hants. I would work with clients of all risk levels and I was the first person to work with a male client.

I was also one of the first staff members to be trained in Power to Change group work which I really enjoyed, delivering group work was one of my favourite things to do as an outreach worker. If I could still deliver group work now, I would jump at the chance. Although it is equally rewarding to support others developing into this role, delivering with confidence and passion.

I have always been someone with the drive to progress, asking for more responsibility and leading on new projects. I would look at potential positions that were being advertised and see not what skills I had, but what skills I needed to work towards having. I would attend any additional training on offer, sit in or lead on meetings and shadow others to help my development.

I felt like my offers of taking on more responsibility, additional training and opportunities to support my development had paid off and in 2019 I progressed into the role of Senior Outreach Worker.

Not long after taking on this new role, Stop Domestic Abuse took over a new area and I volunteered to base myself at refuge to lead on the change of service and manage the transition of staff from a different service provider. It was a great opportunity and really gave a taste of senior management learning, what a service looks like and shaping what goes into it.

Becoming part of the management team

Two weeks of secondment working on the new service turned into two months and at this point a Deputy Service Manager role was about to open up. I knew it was a big leap for me, but I knew I could do it. I began to learn more about the organisation's objectives, directions and what commissioners were expecting of us... and I got the job.

With lots of on the job learning and amazing support from the managers around me I relished in the new challenge. COVID-19 hit at this point, which I struggled with as I like to be surrounded by people, but I kept focused on tasks and rewrote several key programmes, making it more relevant to services users.

My next move was into a Service Manager position. I wasn't actually looking to move roles as I was content in what I was doing. The more I thought about it and with encouragement from others I decided to apply. I had the transferable skills and my knowledge of the service,



If you were to ask me what I love about working here, it is the people as much as the work. Everyone empowering each other to be the best they can be, all being each other's cheerleaders.



drive and approachability meant I succeeded in getting the role.

It was a big change and I was nervous, feeling a lot of imposter syndrome, but again the support of everyone made all the difference. Throughout my progression there has been situations that have challenged me professionally, however I have learnt something from each of these. This has helped shape my approach and my working practice for the better.

A voice that's heard

From the minute I started at Stop Domestic Abuse, I felt I was always listened to. Whether it was a request for training and progression or an idea.

I've always felt it's important to work collaboratively, supporting and bringing colleagues on the journey. As a manager I want my team to feel they can approach me

and speak about anything they need to, voice opinions and feedback to me.

A unique organisation

If you were to ask me what I love about working here, it is the people as much as the work. Everyone empowering each other to be the best they can be, all being each other's cheerleaders.

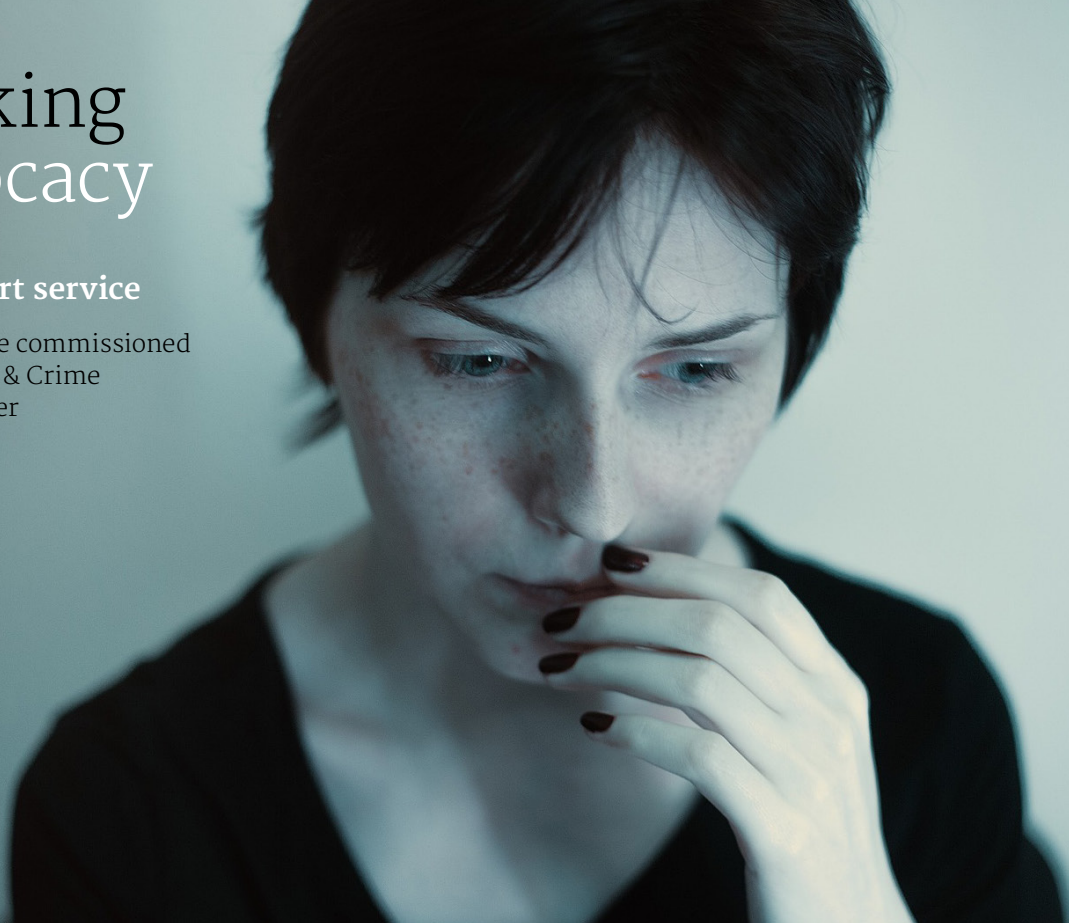
There has been so much growth since I have been here and there are so many different personalities all working on different projects, but you can really see the passion of everyone and that we all have one goal that we are working towards.

We are very unique as an organisation. I have been on an incredible journey so far and I am excited to see what comes next for both Stop Domestic Abuse and my own development.

Stalking advocacy

and support service

A new service commissioned
by the Police & Crime
Commissioner



DONNA JONES

**POLICE & CRIME
COMMISSIONER**

HAMPSHIRE & ISLE OF WIGHT

OPCC WORKING WITH STOP DOMESTIC ABUSE

**STALKING ADVOCACY
& SUPPORT SERVICE**

HAMPSHIRE & ISLE OF WIGHT

On 1st July 2023, Stop Domestic Abuse launched a new specialist support and advocacy service for victims of stalking in Hampshire and the Isle of Wight.

Our Stalking Advocates offer a full range of support to victims of stalking, including risk and safety planning, advocacy support (liaison with the Police, and support through the Court process), emotional and practical support, specialist advice and support in relation to cyber stalking and support to access any other services the victim may need.

Evidence shows that stalking is on the rise, following pandemic lockdowns and increased availability of monitoring devices and tracking software. In Hampshire and the Isle of Wight, reports of stalking offences have risen by 37% over the last three years. Victims' lives are often pulled apart by stalking behaviours from former partners, colleagues and from strangers, and require specialist support from experts to help them to improve their safety and access justice.

Donna Jones, Police & Crime Commissioner for Hampshire & Isle of Wight addressed our staff team at the Organisational Conference. She said, "Stalking is a life-altering crime with many victims enduring years of abuse often resulting from an ex-partner. Thanks to Stop Domestic Abuse I am able to help protect thousands of people across Hampshire and the Isle of Wight."

Through this new service we are delivering training to professional colleagues to support them to achieve the best outcomes for victims of stalking across Hampshire and the Isle of Wight.

stopdomesticabuse.uk/stalking

Transforming facilities

for our refuge residents

Each year, our refuges provide safety and support to hundreds of women and children fleeing from domestic abuse.

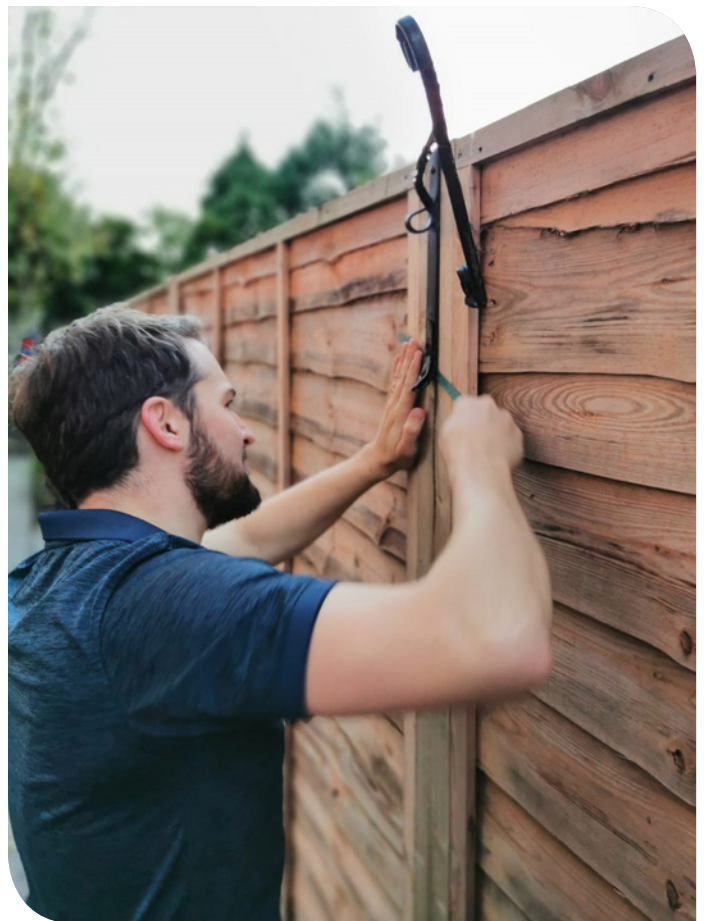
This year we've worked with our partners to upgrade facilities at several of our refuges, ensuring we deliver clean, fresh, welcoming and well-equipped refuge accommodation where women and children feel safe and comfortable.

Here are just a few of our recent projects:

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 have been creating a fun and therapeutic outdoor space for our families.

We have committed our own funds to this project alongside some funding from local councils and organisations, and we will be prioritising this work throughout



2023 and 2024. Three refuges have had incredible transformations so far, with several more in progress, thanks to this project which was made possible through our Trustees' commitment to invest in play areas for our refuge residents.

"I love the garden! My babies were always cooped up in the room and now I can take them outside and let them learn to crawl and develop and use the new sensory toys outside"

New flooring and furniture in Havant refuge

With a contribution from our wonderful local fundraisers, we have laid new flooring at Havant



refuge. Our communal spaces now have attractive, modern laminate flooring. Thanks to a donation from Cllr Jackie Branson, we were also able to upgrade the living room with new sofas.

New kitchens

The kitchen facilities in one of our Southampton refuges are being transformed to replace worn units and create a more functional and accessible communal space for women and children to cook and eat together. This will include replacing the current kitchen along with an additional kitchen that is being supplied under a social enterprise scheme.



Volunteering

Volunteers

thank you for your
time, commitment
and skills

Volunteers bring amazing value and skills to our service. Our volunteers are part of our mission to stop domestic abuse. They bring new perspectives and diverse experiences to our teams. This can enhance resilience and outcomes for our clients.

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

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

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

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.

Teams of volunteers from Honeywell and HSBC have quite literally transformed the gardens at three of our refuges over the summer. They created vibrant outdoor spaces where children play and women socialise and relax together.

Thank you to all of our current volunteers and corporate volunteer supporters.

Our staff appreciate you:

“We look forward to Tuesdays when Rebecca comes in to help us with tasks in the refuge. She gets involved in the group sessions and is a massive help to everyone on the team.”

“We’re so grateful for their help. We showed new residents round the refuge and they commented on how lovely the garden looks!”

“They were really lovely and friendly too – no job was too big and even asked about other jobs to be done such as adjusting our garden fence or helping with moving heavy items to the front of the house to be taken away. They also insisted we give them a call anytime we need in the future.”

Our service users appreciate you:

“The garden and play area looks so much better. The volunteers were lovely to chat to.”

Quotes from volunteers:

“Get some exercise. Relieve burdens. Bring hope. Demonstrate decency. Act as an example. Inspire good. Make your loved ones proud. Be uplifted by the effect your deeds have on others. All of these gifts I have received, all it cost was time.”

“It felt great to be involved with such an amazing local charity, to do our bit for the community and make a difference to someone’s life.”

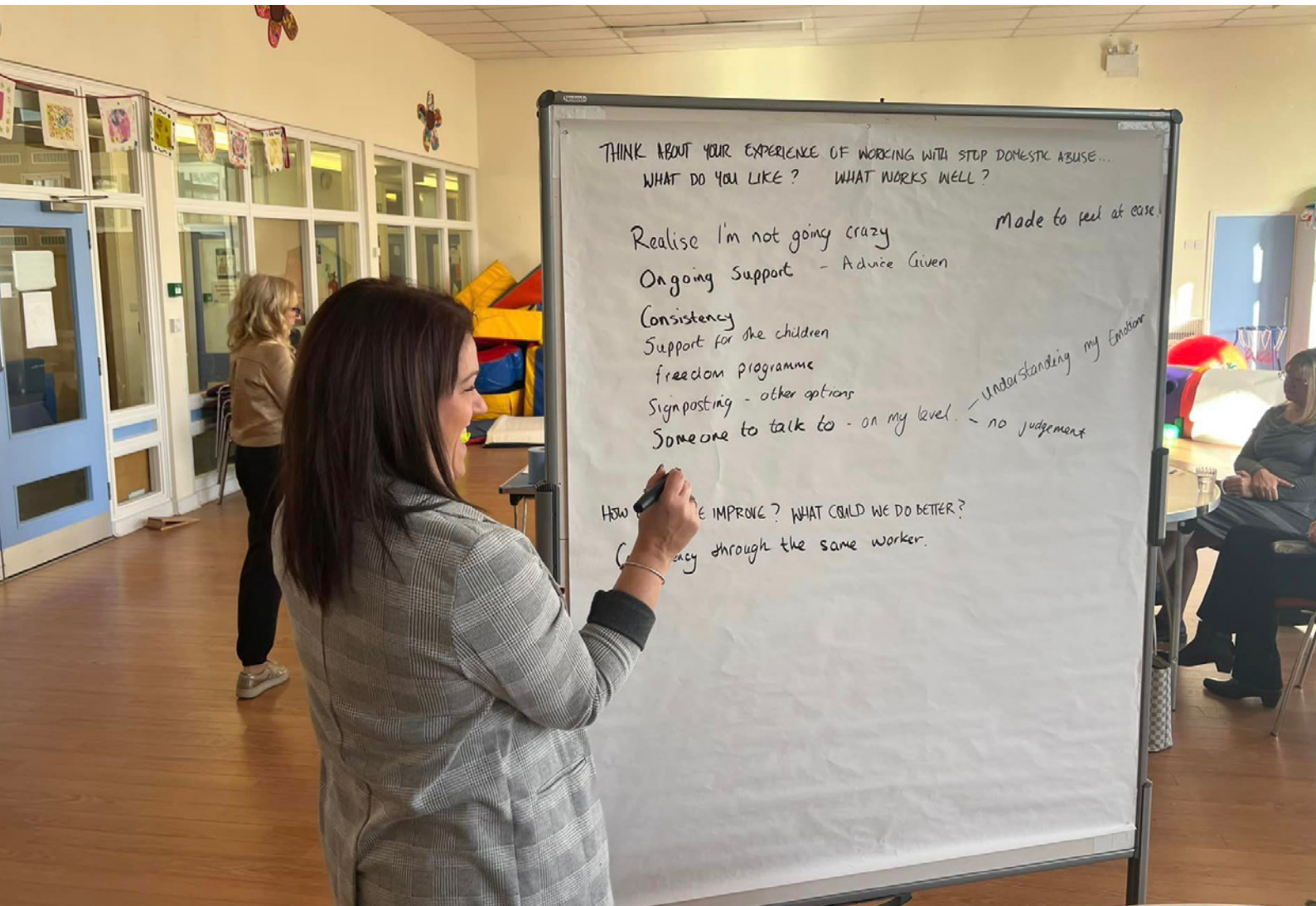
“It was really great to see how in a short space of time we managed to transform the garden from overgrown and not very welcoming, to something that would hopefully brighten up someone’s day.”

stopdomesticabuse.uk/support-us
volunteer@stopdomesticabuse.uk



“It’s a great feeling to know that I can help improve someone's quality of life, especially where children are involved”

You said, we did



Service User Consultation Sessions

Getting feedback on the experience of our service users is an important part of our process that allows us to know what we are doing well as a service and what we can do to improve.

We are continually looking to improve and want to provide services that are relevant and reflect the needs of our communities, doing things in a way that is accessible, progressive and innovative.

As well as client surveys and refuge client meetings being an excellent source of feedback, we also host Service User Consultations. In our most recent ones we gave service

users an open platform to voice their opinions and received some brilliant feedback and reflection of their experience with Stop Domestic Abuse.

We were excited to hear that 100% of survivors attending the user consultation said the event was great! They described the event as inspirational, invaluable and were pleased that it gave them the

opportunity to feel like they're giving something back. Survivors mentioned that they would take away the fact that their voice was heard, that they're not being judged and that they're not alone.

Most importantly, as an outcome to this we have been able to implement a range of improvements based on suggestions:

You Said

We Did

Improvements for refuge - better washing machines/ tumble dryer

Stop Domestic Abuse have a planned process of upgrading washing machines and tumble dryers across refuges

22% of clients disclosed that they have a hearing disability

Stop Domestic Abuse are working to improve our resources to clients with auditory needs, including our website.

Other Agencies - Clients felt that medical professionals should be more proactive in facilitating a space where the client is alone to ask questions about their relationship.

Stop Domestic Abuse is currently working with Integrated Care Board to develop some health-wide training to strengthen knowledge and improve responses.

Dedicated parent portal on the website

Stop Domestic Abuse are putting together content for a secure parent portal area of our website which will contain downloadable resources for parents to use with their children.

Accessibility of services

Stop Domestic Abuse are working to ensure that more services are accessible to all our clients.

100%

of clients said that they felt safer after working with Stop Domestic Abuse.

75%

of clients said that they were more confident after working with Stop Domestic Abuse.

84%

of clients felt that Stop Domestic Abuse validated their experience making them feel believed.

“This has been a lifeline for me in helping to stay strong enough to get through the healing process since fleeing domestic abuse”

“Please never stop, it has been the most valuable organisation to helping me on the journey to getting my life back. I will always be grateful”

a world
without
domestic
abuse.

Main Helpline: 0330 0533 630

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



**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 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.

email: info@stopdomesticabuse.uk

stopdomesticabuse.uk

#stopdomesticabuse
@southerndas