

women's aid

change that lasts

the right response to domestic abuse



Change that Lasts Impact Briefing

Change that Lasts has been created in partnership between Women's Aid Federation of England and Welsh Women's Aid to ensure that wherever and whenever a woman reports abuse, she gets the right response, first time.

To achieve this we have developed three strands, which speak to different audiences:

- **Change that Lasts: Community** – equips the wider community to take action by training local residents to become 'Community Ambassadors'. Ambassadors learn how to start conversations and respond to anyone who is concerned about being in an abusive relationship.
- **Change that Lasts: Trusted Professional** – upsills organisations across a variety of sectors including adult social care, mental health, housing and local charities by training professionals to become a 'Trusted Professional'. They are supported to make safe enquiries and respond in a way that is sensitive to a survivor's needs.
- **Change that Lasts: Expert Support** – creates a framework for what a gendered, woman-centred, advocacy and therapeutic service model looks like in practice, based on examples of best practice developed and delivered by our member domestic abuse services.

This first Impact Briefing covers early findings from our early pilots:

- **Change that Lasts: Community** pilots were carried out in Powys, East Sussex, the London Tri-Borough (Westminster, Hammersmith & Fulham, Kensington & Chelsea), and Brighton & Hove.
- **Change that Lasts: Trusted Professional** pilots were carried out in Birmingham, Nottingham, Sunderland and Surrey.

These pilots have been funded by the **Home Office, Comic Relief** and the **Public Health England Fund**.

Additionally, the **Big Lottery Fund** funds Change That Lasts including Expert Support in Surrey, Nottinghamshire and Northumbria/Sunderland. The findings of the additional Change that Lasts sites will be included in future Impact Briefings.

More information about the project can be found at www.womensaid.org.uk/change.

Change that Lasts: Community upskills individuals to provide the right response to women who talk about their experiences of abuse and to challenge myths about domestic abuse and negative gender stereotypes in their community. In total, **141 community ambassadors** received two or three day training. Ambassadors were asked to fill out a questionnaire before and after the training¹. Following the training, ambassadors were asked to keep a log of how often people disclosed abuse to them and to report back every eight weeks on how they were finding the experience of being an ambassador. 36 ambassadors logged 65 disclosures².

“This has totally changed my attitude towards those suffering domestic abuse. I am so glad I signed up to this course.”

Change that Lasts: Trusted Professional provides professionals who are likely to come into contact with survivors of domestic abuse with the skill set to appropriately respond to disclosures. Additionally, the training encourages professionals to help raise awareness of domestic abuse and challenge negative stereotypes, myths and victim blaming in their professional and personal life. This project trained **104 professionals from 20 organisations**. Professionals were asked to complete questionnaires before and after the training³. Out of the 104 trained professionals, 45 sent in a ‘How is it going’ (HiG) form, in which they reported on **159 disclosures** they received since the training⁴.

“Thank you. Great articles and resources that are powerful. I loved the study day as it has empowered me as a woman, through my own journey and it will definitely help the women who I work with.”

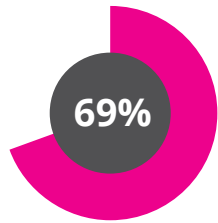
1 140 ambassadors completed both days of the training between 23rd March and 6th November 2017 and filled out the questionnaire.

2 The 65 Disclosure Trackers were sent in between 17th August and 24th October 2017.

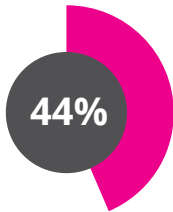
3 102 Trusted Professionals filled out the ‘Evaluation and Feedback Form’ between 14th August and 30th October 2017.

4 45 ‘How is it going’ forms were sent in between 4th and 30th October 2017.

Before the training



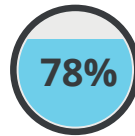
69% (97) had someone **disclose domestic abuse to them in the past 3 months.**



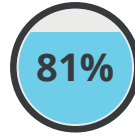
Only 43.5% (61) were **able to name a local domestic abuse service** prior to the training.



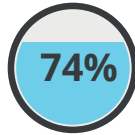
The training



better able to **recognise the warning signs of coercive control** in abusive relationships.



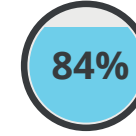
feel **more confident to challenge myths** about domestic abuse and negative stereotypes in their community.



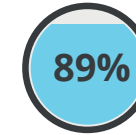
feel **more confident to respond appropriately** to disclosures following training.



Change that Lasts:
Community



have **increased skills** in managing and responding to a disclosure.



felt **more confident in using their skills to share information** and help **signpost** a survivor to get support.

What happened next?



In 95% (62) of disclosures the ambassadors **used the scheme to appropriately share information about domestic abuse** and where to seek help (three cases of missing data). This included:

validating, listening to and believing survivors (60)

and/or telling them about what local services are available (28)

and/or giving them the National Domestic Violence Helpline* number (10)



23%

For 23% (15) of these survivors, it was their **first time** speaking to someone about the abuse.

Where the ambassadors knew the length of abuse, the **majority of cases were more than a year.**

Length of abuse

1-5 yrs

5-10 yrs

+10 yrs

No of survivors

15

8

4

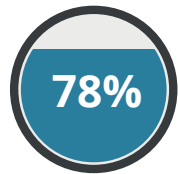
42 ambassadors returned the "How are you getting on?" survey (18th Oct – 7th Nov 2017). Of these, **everyone** reported domestic abuse awareness raising activities, including **talking to others about their role and the training** (41) and **challenging victim blaming** (35).

100%

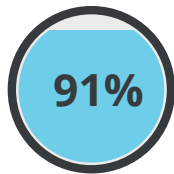
*The Freephone 24 Hour National Domestic Violence Helpline (0808 2000 247) is run in partnership between Women's Aid and Refuge.

Change that
Lasts:
**Trusted
Professional**

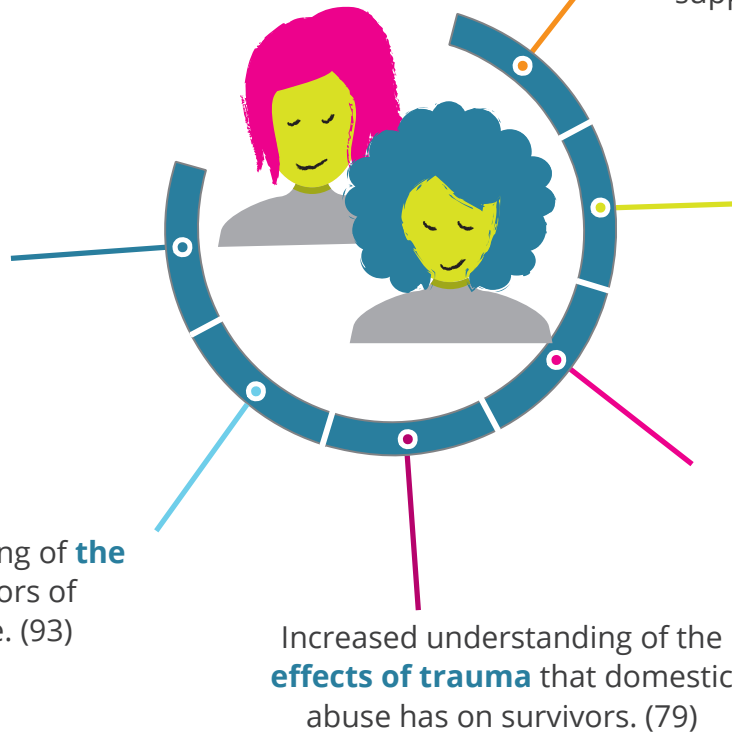
Training evaluation



Increased ability to understand **warning signs of coercive control** in abuse relationships. (80)



Better understanding of **the needs** of survivors of domestic abuse. (93)



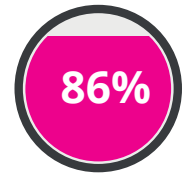
Increased ability to offer **support and guidance to colleagues** to enhance their support for survivors. (72)



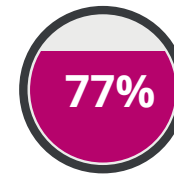
Improved skill set in responding to disclosures. (87)



More **confident to respond appropriately** to disclosures. (88)



Increased understanding of the **effects of trauma** that domestic abuse has on survivors. (79)



What happened next?

Trusted Professionals also reported on taking part in a variety of **awareness raising activities** within their organisation:

Putting up **posters** about domestic abuse. (13)



Challenging negative stereotypes, myths or victim blaming. (18)



Improving their own **organisational policies** around domestic abuse. (9)

