

Helping Hands

“Helping Hands” is a preventative education programme for child survivors and victims of domestic abuse. The overall aim of the programme is to increase children’s understanding of feeling safe and to explore and promote behaviours which will contribute to a safe environment. It is delivered to children aged 7-11.

Break the Cycle

This programme aims to ‘break the cycle’ of abuse, to challenge the beliefs of young men aged 14-17 who are presenting with abusive and controlling behaviours. The group looks at domestic abuse, healthy relationships, gender, sex, conflict resolution and respect. The programme offers a positive perspective of adulthood which aims to enable boys to think critically about power, control and equality in addition to addressing issues surrounding confidence and self esteem.



Hand in Hand

Hand in Hand is a short group work programme, for children aged 4-7 who have experienced domestic abuse, around safety planning, confidence and self-esteem. The aim of the programme is to enable young children to develop resources and strategies to keep themselves safe, improve confidence whilst recognising and managing their emotions.

“It’s a RAPP” (Relationship Abuse Prevention Programme)

“It’s a RAPP” works to engage young people through workshops, group work and one-to-one sessions to enable them to access information, support and advice around domestic abuse. It works to promote healthy relationships and to break the cycle of abuse by tackling the root causes of domestic and sexual abuse.

**Please do speak to your Support Worker
about accessing any of these services or
contact us on info@stopdomesticabuse.uk**

**From 1st April 2019 you will be able to contact us on
023 9316 2990**

For more information about Stop Domestic Abuse:

Visit us on [facebook.com/southerndas](https://www.facebook.com/southerndas)

Follow us on Twitter [@Southerndas](https://twitter.com/Southerndas)

Follow us on Instagram [@Southerndas](https://www.instagram.com/Southerndas)

STOP DOMESTIC ABUSE

a world
without
domestic
abuse.



March 2019

Registered Charity No: 1146773

Dear Clients

Stop Domestic Abuse is a specialist domestic abuse charity delivering innovative services to those affected by domestic abuse. Our vision is a world without domestic abuse.

From 1 April Stop Domestic Abuse will be delivering a new domestic abuse service across Hampshire. This new service has been commissioned by Hampshire County Council and the Office of the Police and Crime Commissioner.

We will provide refuge accommodation for women and children and will provide support services for women, children, young people and men living in the local community.

We will be working in partnership with Andover Crisis and Support Centre who will deliver domestic abuse services in Test Valley.

We will also be working very closely with The Hampton Trust who will be delivering services to perpetrators to ensure the non-abusive partner is supported.

We will continue to deliver specialist group work to adults, children and young people including:

- The Freedom Programme
- Recovery Toolkit
- Who's in Charge
- “You and Me Mum”
- VIP
- Own My Life
- Power to Change
- ACEs
- It's a RAPP/Break the Cycle
- Helping Hands/Hand in Hand

We are committed to working with other local organisations to secure the best services and outcomes for you and your family.

We will continue working in partnership with others such as Trinity Winchester, Children's Centres, Inclusion Teams and local schools to deliver group work as well as developing new partnerships to ensure the best possible services.

We believe it is important to recognise that people affected by domestic abuse have a wide range of support needs and the service will tailor support packages to individual need.

Stop Domestic Abuse has an active Service User Group and survivors of domestic abuse are represented on our Board of Trustees.

Many staff are remaining in their current roles but there may be some changes and some new faces. If your Support Worker is likely to change, we will let you know at the earliest possible opportunity after 1 April 2019.

We have an excellent track record of providing high quality support services. We will maintain these high standards in our existing services and will transfer the skills, enthusiasm and dedication to the new services.

We are looking forward to implementing our vision, mission and values across the new service.

I look forward to working with you.

Yours sincerely

Claire Lambon

Claire Lambon, CEO



[stopdomesticabuse.uk](https://www.stopdomesticabuse.uk)

STOP DOMESTIC ABUSE SERVICE UPDATE

Services

The new service includes 5 elements of support for victims and survivors of domestic abuse:

1. Community based outreach and 1-1 support services
2. Support services for children and young people
3. Refuge services
4. Group work
5. Domestic Abuse Front Door

Community based outreach and 1-1 support services

Stop Domestic Abuse works with victims and survivors living in the community.

We provide individual tailored advice and support to ensure that victims and survivors are able to maintain their accommodation and live their lives free from domestic violence and abuse.

Children and Young People's (CYP) Services

Our CYP Service is a specialist service for the most vulnerable children and young people affected by domestic abuse. The service provides individual support, advice and assistance. Stop Domestic Abuse staff can work with children and young people in schools, children's centres and local community settings, as well as in their own homes. The work builds the child/young person's self-confidence by creating individual safety plans, self-esteem boosting activities and promoting positive ways to acknowledge and manage their emotions.

Refuge Services

Support Workers will support the women and children living in the refuges. They will provide a supportive and empowering environment and deliver both practical and emotional support. Stop Domestic Abuse has specialist staff working with children and young people in refuge accommodation. Activities such as after school club, age appropriate sessions and both structured and free play are made available. We work to help children and young people to come to terms with their experiences of domestic abuse, and enable them to overcome practical or emotional difficulties. We also ensure that children and young people have fun. We will be managing 73 units of refuge accommodation across Hampshire with our partners Andover Crisis and Support Centre managing a further 19 units. We also manage a further 16 units of refuge accommodation for women and their children across the Portsmouth area.

The Domestic Abuse Front Door

A new and integrated way into services. Stop Domestic Abuse will act as the first point of contact, information, advice, assessment and triage for victims, their children, perpetrators and professionals.

Group Work

We will continue to provide a wide range of group work within refuge accommodation and in the community delivered by accredited/trained staff including:

The Freedom Programme

The Freedom Programme is a 12 week programme which works to break the cycle of domestic violence and abuse through work with women who have experienced such abuse. Women can join at any point as each session is completely self-contained, but each combines with the others to build the complete programme.

"The service has helped me realise I am not alone and that I don't have to put up with being treated how I have been. Thank you so much for all the support."

Lorraine

"It has educated me and made me realise, I'm no longer a victim, I'm a survivor"

Alyson



Power to Change

Power to Change is a 12 week, women only group work programme which aims to change the patterns of behaviour learned by women within abusive relationships, raise awareness of women's basic rights and to build self esteem, self determination and empowerment.

Recovery Toolkit

The Recovery Toolkit is a 12 week programme for women who have experienced domestic abuse. The programme aims to provide women who have experienced domestic abuse with the resources to maximise their own potential. Women who attend the group have to have left their abusive relationship.

Own My Life

Own My Life Course is an innovative, creative, educational course using multi-media content to work with women who have been subjected to male violence. The 12 week programme works to educate and empower women who have been subjected to abuse to regain ownership of their own lives.

Who's in Charge?

'Who's in Charge' is a 9 week programme for parents whose child is being violent towards them. The programme empowers parents, reduces stress and guilt and gives them strategies to use with their child

ACEs Recovery Toolkit for Adults/Children

Adverse Childhood Experiences (ACEs) are stressful or traumatic experiences, including abuse, neglect and a range of household dysfunction such as witnessing domestic violence, or growing up with substance abuse, mental illness, parental discord, or crime in the home. We can deliver the programme to adults as well as children/young people and support clients to build resilience.

You and Me, Mum

"You and Me, Mum" helps mothers who have experienced domestic abuse to explore their role as mothers, the impact of domestic abuse upon their child(ren), and their relationship with their child(ren). It is a ten week programme which is delivered in a safe, non-judgmental environment and aims to empower women and promote self help.

VIP

VIP builds confidence and a sense of self. It provides a platform for women and girls to discover their value, identity and purpose through sharing and exploring different aspects of who they are. Sessions feature topics such as feelings and emotions, dreams for the future, personality, interests, body image and much more.



"The staff are really nice. They help us with our problems like when we are sad or have problems at school."

Serena aged 10