

PTAWA

PORT TALBOT & AFAN WOMEN'S AID
CYMORTH I FERCHOD PORT TALBOT AC AFAN

WORKING WITH THE COMMUNITY TO
BREAK THE CYCLE OF DOMESTIC ABUSE



Our Mission

OUR MISSION

Our mission is to empower women and children impacted by domestic abuse to move from crisis to safety and independence. We deliver professional, dynamic and innovative services, working collaboratively within our community to break the cycle of domestic abuse.

Our Vision

Our vision is to break the cycle of domestic abuse. We do this through the following aims:

- Supporting and protecting women and children affected by, or at risk of experiencing, domestic abuse, by providing a wide range of high quality services.
- Giving women real choices and an opportunity to build their lives free from abuse, with confidence and independence.
- Raising awareness, and influencing decision-makers, to address the fact that violence against women, including domestic abuse, is both a cause and a consequence of gender inequality.



FOREWORD

We have a passionate and dedicated team who deliver outstanding services across Neath Port Talbot in the face of austerity, adversity and challenge. Over the year it has been essential to show flexibility, adapt to change and forge new partnerships to strengthen and stabilise the organisation in these precarious times.

We value ourselves as a service user led organisation, responding to the ever changing and complex needs of the families who need our support in a challenging external environment. We have continued our successes in diversifying our income through gaining trust and grant funding and are particularly proud of attaining a grant from the Big Lottery Fund to develop our Positive Relationship project.

Trustees, staff and volunteers work tirelessly to ensure we are moving ever closer to achieving our mission, and through their work live and breathe the values which the organisation is built on. The feedback we collect from service users and partners alike highlight that all of our services are exemplary. This was recognised by our cohorts in the sector when we were shortlisted for the Cymorth Cymru 'Empowering Survivors' Award in December 2014.

Our sound business and financial planning has enabled PTAWA to continue to prioritise and focus on 3 key priorities; maintaining and growing service provision, building collaborative partnerships and sustaining the organisation through business development.

Focusing on these priorities has allowed PTAWA to grow and now we are able to offer a wider range of services for women and children than ever before. For the first time we have also been able to offer services to men which you can read more about in the report.

In September we said goodbye to Naomi Brightmore who lead the organisation remarkably well over the last four years and welcomed Lucy Holmes into the Director's role. We also recruited four new Trustees which has added strength and expertise to the Board.

Looking to the future we have set ourselves an ambitious strategic plan, one which ensures compassion, empathy and empowerment remain at the heart of delivering domestic abuse services. Our aim is to have a strong, financially healthy and pioneering organisation which can continue to support individuals affected by domestic abuse into the future.

INCREASING SAFETY

Our Aim

Increasing the safety and well-being of the women and families we support is core to our work. Our aim is to move families impacted by domestic abuse from crisis to safety and independence.

- We received **405** referrals from agencies and individuals who wanted to access our services.
- This year we have supported **56** women and **97** children through our residential services, and **165** women in the community, delivering crisis intervention, support and safety planning for women and children impacted by domestic abuse.
- Specialist staff work tirelessly to ensure safety plans are implemented and shared with relevant agencies so that the families we support feel secure.



report feeling safer after our intervention



report feeling safer after our intervention

"I couldn't believe some of the things they asked, it was like they already knew my partner."

"I felt protected and it was quick and easy to find help."

Case Study

"Staff give over and above a personal service, which is really valuable. I feel they are personally concerned about my wellbeing and my safety - it's an amazing feeling."



"me and my children now feel safe and free to be ourselves..."

Claire* was aware of our services because she is a professional we liaise with. We delivered training in her organisation, a week later she made contact with our Community and Outreach team asking for an appointment, stating that since having the training she could recognise that her 20 year marriage had been abusive and violent.

Claire had previously tried marriage counselling, reporting incidents to the police and had separated from her husband several times, however each attempt had not been sustained and she would return.

Our Community and Outreach Officer put a support plan in place - referring her for legal advice, housing options, counselling, finance and budgeting guidance and a safety plan for leaving the relationship, which was her ultimate goal. It took approximately four months to build her confidence to make the decision to leave the relationship, taking her two children with her to private rented accommodation. Although this transition has been difficult for the family she comments that "me and my children now feel safe and free to be ourselves and we no longer worry about being called names or being frightened of when he comes home, we have our own home now".

*Names have been changed to protect identities.



EMPOWERMENT

In order to break the cycle of domestic abuse we believe empowerment is key. We understand that recovering from an abusive relationship takes time and that women who have experienced abuse are more vulnerable to returning to an abusive relationship. That's why we offer women real choices and the support they need to make positive changes in their lives, which last.

We delivered the Freedom programme to 31 women. Of those who completed 100% showed better awareness of abusive behaviour and 77% felt they would be able to spot 'warning signs' in future relationships.

With the help of funding from DWP we began a new project 'Positive Futures' designed to boost confidence, self-esteem and skills to move closer towards sustainable employment. All of the women reported increased confidence and 2 applied for and attended a job interview.

"I have found who me is and I'm alive - thank you!"



"I can finally see a light at the end of the tunnel. Believing in me has given me some belief in myself and that is a gift I will pass on to my little girls. I have found it inspiring"



"I wouldn't know where I would be without your support; I thought it was always my fault."

PREVENTION & EDUCATION

We place a huge emphasis on preventative work within community settings, challenging tolerance and acceptance, so that the cycle of domestic abuse is actually changed.



Our new Big Lottery Funded project, Positive Relationships has delivered Domestic Abuse Awareness, Internet and Social Media Safety talks to **4,097** children, and healthy relationships PSE lessons to **405** young people aged **11-16**. The project also supported **13** young people exhibiting violence to parents/carers or siblings through the RESPECT programme.

The Champions project, funded by Children in Need has supported **106** children this year. Through engagement with positive role models **78%** have learned to develop relationships that are based on trust, respect and are non-violent. Many have developed confidence, self-esteem, determination and perseverance through undertaking activities and opportunities that they may otherwise never experience.



We delivered domestic abuse awareness training to **253** professionals, with **99.6%** reporting increased knowledge.



We worked in partnership with other agencies to promote the White Ribbon Campaign over a series of events. Taking the message about violence against women in our local community further than before.

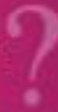


HOLISTIC SUPPORT

We are proud to provide a holistic package of support designed to tackle the complex needs of families impacted by domestic abuse. We offer 'end to end' support, helping families gain security, safety and skills to achieve personal goals.

- Through Warburtons funding, we delivered a S.T.A.R 7-11 parenting programme which provides parents with the language to talk about domestic abuse and explain what is happening or has happened. It also allows children to feel that they are not alone, as many do.
- Through the help of Tata Steel, Families First and WPD we supported **140** children who have been impacted by domestic abuse through a range of specialist support and other activities including one to one support, S.T.A.R group work, T-time club and mother and toddler group.
- Our Teenage parent and toddler group was attended by **22** children and **15** parents who were able to play and relax with their small children whilst seeking support on parenting and their own relationship.
- **19** women accessed counselling to help them come to terms with the devastating trauma they have faced.

How self-reliant are the women we help with our life skills support?



We promote independence by offering support in a wide range of life skills. The percentages below show the amount of women who are self-reliant in these areas, after or during our support.

MANAGING ACCOMMODATION



MANAGING MONEY



MANAGING RELATIONSHIPS



LEADING HEALTHY & ACTIVE LIFESTYLES



HOLISTIC SUPPORT TESTIMONIAL

I don't know if there are any words to describe how grateful I am to Port Talbot and Afan Women's Aid who saved my life. I want to thank you all. In March 2014 I went to the refuge in Port Talbot where I was greeted by Susie, who was the person who made that first phone call to me. I will always look up to her and am thankful for the way she dealt with me and her caring ways to me and my two children.

I can't remember much, the first couple of weeks in the refuge was a blur. I do know how scared me and my children were, but staff helped make that all go away and made us feel safe. They made us feel loved and looked after us, Daniel* and Jane* have changed so much in 6 months they were shy, quiet and wouldn't leave my side - they were traumatised from back home.

Today they are confident, talkative, get involved in every activity and are so happy. I'd like to thank the CYP staff for their kindness towards my children and for helping Daniel develop into a more confident and stronger young man. Thank you, you helped him to believe in himself and made him believe he can achieve anything he wants to do.

If it wasn't for staff at PTAWA I truly believe that I wouldn't be here today. I dread to think where I would be if it wasn't for that call from Susie. You have helped me, not only given me a new start in my life, you have helped my children become happy, confident young adults.

Thank you for everything!

*Leanne**



“ If it wasn't for staff at PTAWA I truly believe that I wouldn't be here today... ”

INNOVATION

We strive to implement innovative projects, programmes and ways of working to ensure we deliver high quality and relevant services, which meet the needs of our families.

- Through Big Lottery funding we have been able to extend our services to include working with young aggressive or violent fathers to help them understand the impact of their behaviour. We delivered the 'Caring Dads' programme to 11 young men.
- There are plans in place to work with 30 more young fathers over the next two years.
- We piloted a new 8 week programme with two young couples who are experiencing negative behaviours within their relationships. By working in a non-threatening and nurturing environment, these young people are able to reflect and consider their own behaviour and triggers, and develop a strategy for the future.
- There are plans in place to work with **45 COUPLES** over the next two years.



"I've got a better relationship with my son...he says I'm not a monster anymore".

"I learned that I need to sit down and talk to my wife and children, instead of just shouting at them."

"We now argue less and we are communicating more...we are less stressed and it has helped us improve our relationship".

"We've had less explosive arguments so the police haven't been called...we will take more time for ourselves...I feel more listened to and less stressed".



COMMUNITY

Material Girls is a social enterprise which provides opportunities for local women from disadvantaged areas within Port Talbot to build confidence, gain new skills and training to enhance career prospects, reduce social isolation, improve mental health and encourage community participation.

- This year **81** volunteers have engaged in the project, with many reporting positive outcomes from their involvement.
- **£3,000** has been generated to help support our charitable activities.

40%
of women

have gone on to further education, training or employment.



“When I took my (abusive) partner back I lost all my friends, but now, since starting to volunteer, I feel like I have friends again and people to support me”...



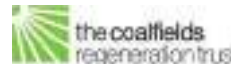
*Rachel**

THE FUTURE

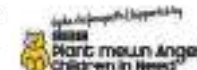
Looking to the year ahead we have set ourselves an ambitious strategic plan to ensure we thrive as an organisation and continue to provide high quality, compassionate services for individuals experiencing domestic abuse.

OUR PRIORITIES ARE...

- Maintain and grow holistic service provision, delivering end to end support using a strengths based approach to break the cycle of domestic abuse and produce change that lasts.
- Invest in our people to create a strong and sustainable organisation with high quality services at the heart of delivery.
- Raise the profile of our work to be recognised as a leading provider of domestic abuse services.
- To rebuild PTAWA's vision, mission and values to create a strategic plan that evidences what we are passionate about and how we want to achieve change.



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