

Threshold

DAS

Impact Report 2016 - 2017

Since its foundation in 1984, Llanelli Women's Aid has moved from strength to strength by utilising connections in the surrounding area and building lasting relationships with many throughout the community. Today, although our name has changed our commitment to ending domestic abuse and sexual violence remains as strong as ever.

- ▶ 1984: Llanelli Women's Aid established
- ▶ 1985: First refuge started
- ▶ 1993: Current refuge built and opened
- ▶ 2002: Community support provision implemented
- ▶ 2006: Changed from collective structure to a hierarchy with a director
- ▶ 2007: Became an Charity Limited by guarantee
- ▶ 2009: New community office opened
- ▶ 2013: Registered as an accredited Agored Cymru Centre offering qualifications
- ▶ 2015: E-FIP project started with a whole family intervention
- ▶ 2016: Expanded our specialist children services

2017

This year has seen many changes occur across our entire organisation. In April 2017 we officially changed our name from Llanelli Women's Aid Ltd to Threshold-DAS Ltd. This change was to reflect our expansion into supporting male victims of abuse as well as providing comprehensive, holistic, family-centred support from our Early Family Intervention Programme.

In the period April 2016 – April 2017 the number of paid staff has increased to **25** with the expectation of more staff starting over the forthcoming year. Furthermore, we have had volunteers working across the organisation in various roles.

Threshold-DAS is an organisation committed to the elimination of abuse and sexual violence against women, men, children and young people through affecting political, cultural and social change. Our vision is *a life free from abuse for every woman, man and child.*

Community Engagement

98

54

Children
Accommodated

105

Referrals Received

44

Women
Accommodated

Our refuge still remains a vital part of Threshold-DAS. This year alone we have received **105** referrals, with **44** women accommodated. The refuge provides a safe place for women and their children escaping domestic abuse.

The remaining **61** families were found suitable accommodation in other refuges throughout the country or signposted onto other organisations.

During this time period our refuge managed to support **19** women into securing safe accommodation and began a new, safe start free from domestic abuse. In terms of referrals, the majority of women in refuge self-referred via the helpline (**52%**), with the remainder being referred from organisations such as the police, social services, housing options and IDVA.

These projects, Refuge, Floating Support and Outreach, are sponsored by Welsh Government Carmarthenshire County Council and Supporting People.

347

Across Llanelli we have had **347** referrals for people needing our support services and **36%** were accepted onto our more structured Floating Support service with many transitioning onto Outreach support where appropriate. The demand for this service has increased by **55%** from last year! Floating Support is a free confidential service that works to address long-term issues concerning domestic abuse and helps develop tools to prevent further abuse from occurring.

64%

Outreach

36%

Floating Support

Education

77

Qualifications Achieved

This year our Well-Being Integrated Support Hub (WISH) has offered individually tailored support packages to build confidence, self-esteem and address the many and diverse needs of individuals. WISH offers a range of courses which are open to everyone. WISH offers volunteering opportunities both internally and externally with access to volunteering co-ordinators to support individuals. We also offer the Women Exploring Business (WEB) programme to women considering self-employment. Furthermore, we offer a wide range of Agored Cymru Qualifications and units under our Active Inclusion programme including Customer Service, Retail, Catering, Safe Guarding, MARAC, Tai Chi and many more. Finally we also offer paid placements resulting in opportunities to get paid work whilst undertaking CV writing and interview skills.

These projects are supported by: Welsh Government, WCVA and European Funding.

Freedom Programme/Recovery Toolkit

For a number of years now Threshold has been running both the Freedom Programme and the Recovery Toolkit for survivors of domestic abuse to attend.

83% of those attending the Freedom Programme transitioned onto the Recovery Programme.

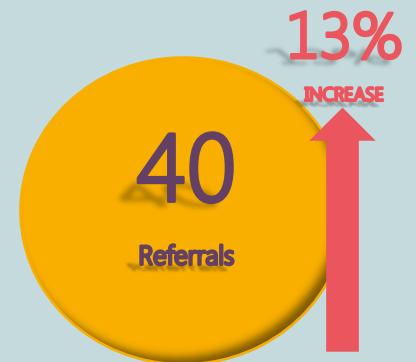
This programme is aimed at those wishing to learn more about domestic abuse and sexual violence and helps attendees understand the beliefs held by abusive people, illustrate the effects of abuse on children and enable individuals to help recognise the signs to prevent future abuse. We do this through encouraging individuals to gain confidence and skills for developing healthy relationships.

73

Attendees of the Freedom Program and
Recovery Toolkit

Early Family Intervention Programme (E-FIP)

This year our **Choice's Male Perpetrator Programme** has received **40** referrals. From self-reported questionnaires, men who completed the programme have stated they are more thoughtful and supportive towards their partner, they feel calmer and communicate better and are more understanding. Their partners also reported less tension at home and increased feelings of safety.



The Choice's male perpetrator programme aims to work with men who have been abusive in both current and past relationships. The men involved have to want to change their behaviour and beliefs and the programme attempts to supplement this via workshops discussing emotional intimacy, sexual respect, gender, respect, trust and support. Work is completed in a variety of settings including; group sessions, 1:1 support and assessments

Alongside this we have a **Women's Safety Officer (WSO)** who works with the partners and ex-partners of men attending the Choice's Programme. This worker supports the women through any issues that may arise from the programme as well as concerns raised by the women. She also does safety planning and domestic abuse-awareness with the women. This year our WSO has supported **45** individuals and provided 1:1 support and advice tailored to the women's needs.



Our EFIP office is also the home to our **Mediator**. Our mediation services provide free, impartial support to the whole family. The mediator provides a way in which couples can discuss issues and come to an agreement, whether this be safe reunion or an amicable separation. This year alone our mediator has assisted **108** individuals in a range of ways.

These projects are sponsored by Big Lottery, Family First, Children in Need and Comic Relief.

Children and Young People

435

Our children and young people workers have been busy supporting children and young people aged 0 – 25 across all our projects. In total, our workers have supported **435** children and young people.



77

Referrals



Our Early Family Intervention Programme Child Worker supports children ages 0 – 21. Through using play therapy our worker helps children talk about their emotions in a therapeutic manner which helps them work through the domestic abuse experiences. A video illustrating this work can be found on the website.

233

Cocoon

Project

COCOON is our children and young person's mental ill-health worker working with ages 10 – 25 years old. Our worker has delivered training, completed 1:1 sessions and developed a mental health toolkit which is on our website. The toolkit includes a video covering the effects of anxiety as well as helpful information regarding insomnia, depression, anxiety and dealing with negative memories. Part of the workers role is to train professionals regarding domestic abuse and the impact it has on mental ill-health especially in relation to children and young people.

111

Trainings provided to professionals

122

Support sessions provided to young people.

DASH

DASH stands for Domestic Abuse Stops Here and our worker provides age-appropriate support to children aged 0 – 16 who have witnessed or experienced domestic abuse. The key purpose of the DASH worker is to help predominately with intervention process of family experiences of domestic abuse.

The project works in collaboration with Calan DVS and CDAS (partners in Carmarthen and Amman Valley) to ensure support is extended across Carmarthenshire. The whole project supported 299 children and young people, including 28 Team Around the Family referrals ensuring a holistic, family-centred approach is taken).

32

After School
Sessions

92

Individuals
supported 1:1 in
Llanelli

ECHO

The ECHO counselling project provides 1:1 counselling and therapeutic play by our qualified counsellor. This is for children aged 8 – 19 who have been affected by domestic abuse. This year our worker has received referrals for **33** children.

Over the year the children and young people have helped set-up a new website to support children in the wider community who have experienced domestic abuse and provides them with tools to access further support.

33

Referrals

27

Seen

6

Contacted

Future Plans...

In the near future as an organisation we have plans to further develop and expand the opportunities we have available in a range of different ways.

Women Exploring Business

Our *Women Exploring Business* programme is for women who wish to explore self-employment. This course occurs on a weekly basis teaching individuals basic business skills and helping them go through the entire process from designing a product, advertising the product, creating it and then selling it.

S.M.A.R.T Programme

Our volunteering project is aimed at getting women into the volunteering sector so they can learn valuable skills, add to their CV's and become more involved within their communities. The program started in May 2017 and the high number of volunteers coming forward for the programme show its success.

P.E.E.S.E

The *People Exploring Employment and Self-Employment Project (PEESE)* will offer placements, training, workshops and employability support. The project will provide 12-paid placements across Carmarthenshire and Caerphilly as well as providing educational opportunities, taster sessions and 1:1 support.

Y.E.T.I

The *Young Entrepreneurs of Tomorrow Initiative (YETI)* will work with 18 – 25 year olds to help them move closer towards the labour-market. *YETI* works with 37 unemployed young people to teach them soft skills, ICT skills as well as a range of Aged qualifications in various sectors.

Project Y

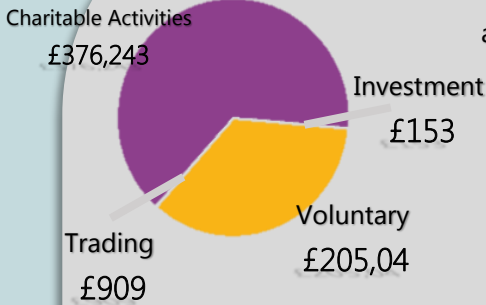
Project Y – Young People Matter will include five components. The *Sparrow Programme* will be delivered to children covering various areas such as; social media, sexting, sexual health, suicide intervention, healthy relationships and healthy eating. This programme will be carried out within schools, youth clubs, colleges and other organisations. The *Purple Heart Programme* is focussed on teenage use of violence in close relationships and is an early intervention programme. *Making Waves* is aimed at those aged 10 – 25 who have been violent or abusive towards other family members. The *Open 4 All* mediation programme will work with the whole family unit with a special emphasis on young people who have either been asked to leave the family home or believe leaving is their only option. Finally, the *Only Health and Legal Professionals Aloud* programme will provide helpful training from a wide range of professionals enabling them to better understand domestic abuse and its effects.

Finance Manager

2016 - 2017

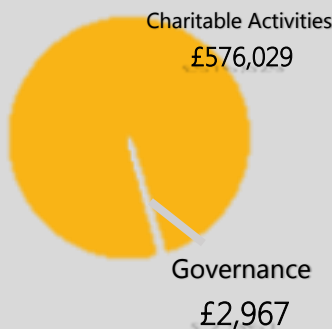
Income

£582,409



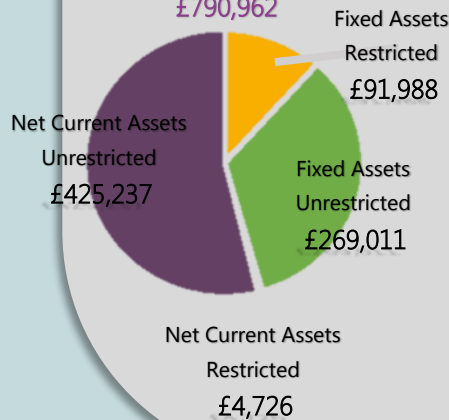
Expenditure

£578,996



Financial Position

£790,962



RESERVES

Our reserves policy is based on financial risk assessment and management of the annual budget in the following year. The Trustees have been guided by the Charity Commission on the calculation and level of reserves.

We have been fortunate to experience continued growth and expansion of the organisation and the reserve level reflects an assurance that it can run smoothly for a period of 3 – 6 months in the event that expected income and its anticipated timescale is not forthcoming, or the stream ends unexpectedly. These funds need to be free and unrestricted and currently stand at the level of **£425,237**, in the range of our guide, calculated at between **£281,309** and **£562,619**. We are looking to increase these reserves held whilst maintained the correct balance between prudence and delivery of our charitable objectives, in line with our intended expansion.

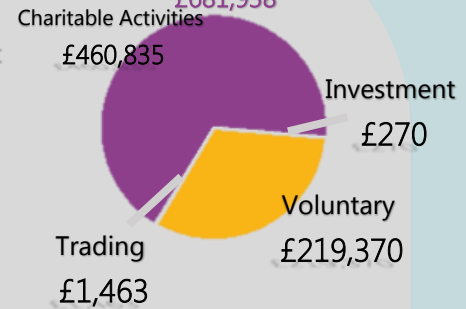
ADDED VALUE AND SERVICE DELIVERY

With the expenditure at **£578,996** and the service-users supported at 1221 we have demonstrated that a fully holistic service can be delivered at **£474** per person per annum. Moving forward, we are confident our reserves will increase in balance with further growth and successful outcomes.

2015 - 2016

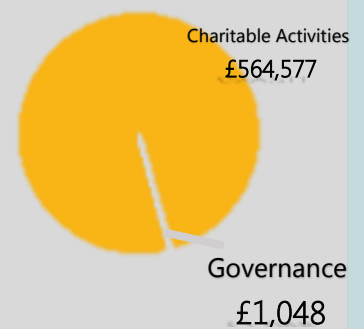
Income

£681,938



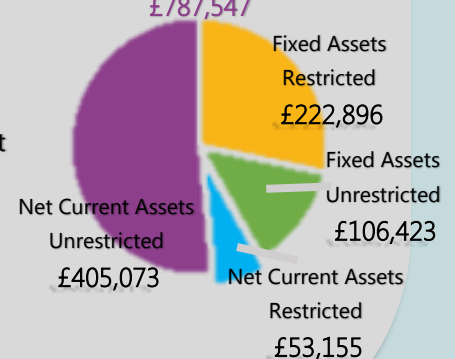
Expenditure

£565,626



Financial Position

£787,547



Across all our programmes and projects this year we have been able to support **1019** individuals and provide training and support to a further **202**! This means this year the number of people supported has increased by **27%** to....

Threshold-DAS has managed to provide life changing support to individuals experiencing domestic abuse for just **£4** per person per annum.

1221
Supported

27%
INCREASE

Final Comments from the CEO

This report gives only a snapshot of the impact we have made throughout the year. It doesn't tell you about the heartache or the devastating impact domestic abuse has on the lives effected. However

it is important to see that this is a celebration of the work we have done throughout the year at

Threshold DAS. Without our work, lives would not have been transformed, families rebuilt and children and young people kept; safe now and in the future. It is because of the heartache that comes with domestic abuse, not only for the victim, but for the wider family and friends, that we strive to create new ideas, new developments and new opportunities.

We have made great progress since we first made a commitment in 1984 through the development of all of our new programs and initiatives. We work passionately and endeavour to change the way society responds to domestic abuse, and strengthen the work we do at every level. All our staff and volunteers are trained to the highest standard to ensure the safety of individuals, and their children, remain at the forefront of all the work we do.

Our refuge provision is the heart of our organisation; by offering sanctuary for many women and children forced to leave their homes for fear of their lives. For individuals and their children living with domestic abuse their homes offer fear and terror instead of safety and security.

We pride ourselves as high quality specialist domestic abuse services and are able to measure our success against positive outcomes for the individuals using our service. Additionally, we have continued to listen to survivors and their children to model our services. In sight of this, we review our services to ensure our organisation and the projects we deliver are needed, fit for purpose, and have long term viability. Understanding that not one size fits all, our support is tailored to the needs of the individuals, families and children we support.

This year we have identified the need for more integrated services across the provision and we will invest time to get this right, so that we can provide a safe place where all issues surrounding domestic abuse can be addressed for the whole family.

We remain flexible and innovative in our approach so that we can take advantage of opportunities when they are identified to supply solutions of inadequate provision. Tackling domestic abuse needs a multi-agency response, to achieve this, we continue to play an active role with both statutory and voluntary partners, to in hope that one day we will have helped put an end to domestic abuse and live in a world where there is equal respect and equality amongst men and women.

Finally I recognise that it has been a difficult year for our staff, as we lost a much loved staff member, however we remained as professional as ever and the service continued to the highest standard in very difficult circumstances. I would like to express my gratitude to our team of staff both paid and unpaid. Their dedication and support has provided a lifeline for some of the most vulnerable individuals in Carmarthenshire and made a real difference to their lives.

Acknowledgements

A huge thank you to all our funders including: Welsh Council for Voluntary Action, Active Inclusion Fund, Supporting People, Children in Need, Comic Relief, Big Lottery, European Funding, Welsh Government, Carmarthenshire County Council, Families First, Tesco, Glenda Davies at Marks and Spencer, Radio Carmarthenshire, Postcode Lottery, Elli Tangent Club Llanelli, Dyfed-Powys Police Commissioner, Lloyds TSB Foundation, Garfield and Weston and Mr X. Without your support none of this would have been possible.



MARKS &
SPENCER



TESCO



radio
carmarthenshire