



**Programme Title: Domestic and Sexual Abuse Survivors Programme**  
**Overview: 6 x 2 hour weekly sessions**

WEEKLY SESSIONS	LEARNING OUTCOMES
<b>Week:</b>	<b>The attendee will:</b>
1. <b>The Background</b> – What is domestic Abuse	Understand through discussion and facilitation what domestic abuse is by looking at the physical, sexual, financial and psychological aspects.
2. <b>Understanding</b> – Why people abuse.	Understand through case study and group discussion the tactics used to gain power and control.
3. <b>The family</b> – Breaking the cycle of abuse.	Understand through group work the cycle of abuse from pregnancy to adulthood and its potential effects on future generations and effects that positive action may have on those.
4. <b>Awareness</b> - Healthy Relationships - Early warning signs and healthy relationships.	Understand through group discussion and facilitator input early warning signs of an abusive partner and look at how a non abusive partner behaves.
5. <b>The next step</b> – Why stay and how to leave safely.	Understand through case studies and group work why women stay in abusive relationships and how to stay safe in and out of the relationship.
6. <b>Moving forward</b> – Finding yourself, your vision, self esteem and assertiveness.	Understand how to empower themselves by reconnecting with their hopes for themselves and their families and understanding ways to achieve those.

**Evaluation process:**

Pre and post course evaluation will be obtained from the attendee and if applicable their supporting agencies. This will be followed up by a 6 month evaluation with all parties.



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#### **The Survivors Programme includes:**

- Programme delivery by two facilitators
- Pre course risk assessment
- Course administration
- Course material and handouts
- Training facilities
- Free child care places
- Networking and support group opportunities
- On-going risk assessments throughout the duration of the programme
- Optional focus group participation
- Course feedback supplied to agencies or organisations sponsoring an attendees place
- Signposting to employment and education opportunities

#### **Languages available:**

The Survivors programme can be delivered in English in all areas and we currently have two facilitators in Great Yarmouth who can deliver the programme in Lithuanian or Russian.

#### **Identified outcomes:**

They will have had the opportunity to meet with others and share experiences and move their lives forward.

They will have identified the extent of domestic abuse and tactics used.

They will have identified experiences of being subject to abuse.

They will have identified how children are affected by domestic abuse through the different stages of growth.

They will have identified that the absence of an abuser will improve children's lives.

They will be able to recognise the early stages of the process of abuse.

They will have knowledge of how to stay safer within an abusive relationship.

They will have knowledge of how to leave an abusive relationship as safely as possible and who to access for help and support in doing so.

They will demonstrate through evaluation how they have changed as a result of the survivor programme.

They will have identified a wide range of attributes possessed by non abusive persons.



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They will have had the opportunity to explore issues that have enabled them to break the cycle of abuse and thus reduce repeat victimisation for them and future generations.

They will have the skills, confidence and knowledge to consider options for returning to work or education.

They will have developed new supportive social structures that enable them to have a fulfilling and rewarding life.

### **About us:**

Empowering-Communities are a not for profit social enterprise set up to help and empower victims, local communities, vulnerable people and their families. To date we are self sustaining, raising money by helping communities across the UK tackle crime and disorder. As an organisation we have no boundaries in relation to the communities, people and organisations we can work with. More information about our work can be found on our website [www.empowering-communities.org](http://www.empowering-communities.org)

### **About the Survivors Programme:**

The Empowering-Communities Domestic and Sexual Abuse Survivors Programme can be delivered to survivors, their family and friends. The programme can also be delivered to employees from statutory bodies and the voluntary sector. Through the effective delivery of the programme we aim to build community confidence, reduce repeat victimisation both now and for future generations. The programme will also help raise awareness of these issues and provide a support network for victims. Our vision is that the support networks grow into a crime reduction and community engagement partnership.

Following consultation with several practitioners and service providers we have designed the Survivors Programme to be 6 weeks long. This is because 12 week programmes were considered to be too much of a commitment for both attendees and facilitators.

The 6 week programme is more than just a training course it is a community engagement initiative. The programme has been developed in-line with Empowering-Communities BASIS Crime Reduction and Community Engagement model to ensure we can maximise citizen participation to solve a community problem.

To ensure sustainability and the best service delivery facilitators will be trained across Norfolk and managed centrally by the Empowering-Communities team and a dedicated project manager/coordinator.

Applying the BASIS model and a 'franchising mindset' will ensure the continuous development of the programme, the sharing and replication of good practice.



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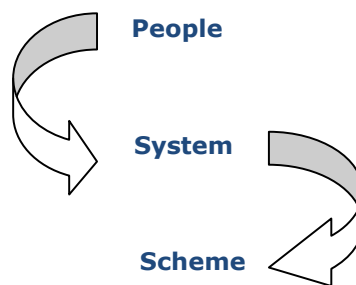
### **System dependent not people dependent:**

We know from experience that where people have been trained to deliver a domestic abuse programme and left to run their own courses the service delivery has been inconsistent.

The Survivors Programme is administered so that it is **System dependent** not people dependent. Which means:

- The service delivery is not dependant on any one individual
- The programme 'authors' will not be the scheme
- The programme is a set of procedures, actions and information that interact and work well together

**To ensure the Survivors Programme becomes a mature, sustainable scheme we have implemented a system to run the scheme and people will run the system.**



### **BASIS Model:**

Beneficial (provides value to the survivor, their family, friends, statutory bodies and support agencies)

Accessible & Affordable

Structured

Informative & easy to understand

System dependant & sustainable



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### **The Survivors Programme Crime Reduction Partnership:**

The Survivors Programme will foster effective and sustainable partnerships with local authority departments, statutory bodies, support groups, survivors, their family and friends to improve the quality of life within their communities. It will create 'community champions', networking opportunities and local support groups.

#### **A mature scheme attitude:**

There are four key stages in the life of any crime reduction or community engagement scheme. Knowledge of these stages and being able to identify each stage helps communities and service providers understand why some schemes do not reach maturity (the fourth phase). We have applied a 'mature scheme attitude' to our Survivors Programme to ensure it grows to become a mature, robust and sustainable partnership.

Our mature scheme attitude means that:

- We have a clear vision of how the Survivors Programme will be delivered when it is fully operational.
- We know how our 'mature' scheme will operate and act.

#### **'Mature Franchise mindset' holds the key to the Survivors Programmes success:**

Schemes that fail in the Introduction and Growth phases can be costly not just in financial terms but in terms of staff time, staff confidence and the loss of community confidence in service providers and their organisations.

It is for this reason that at Empowering-Communities we advise anyone starting or running a crime reduction or community engagement scheme to look at their scheme from a franchising perspective. This doesn't mean they will actually franchise their scheme but they should develop it with a 'franchising mindset'.

We know that the Survivors Programme will reach maturity because it:

- Follows the BASIS Model
- It has been set up to be run as a 'mature' scheme from day one
- Is system-dependant and not people-dependant.



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### **Pilot Programmes 2010:**

Great Yarmouth Pilot programme January 2010 – 14 free places available (funded by Empowering-Communities)

Norwich Pilot programme February 2010 – 14 free places available (funded by Empowering-Communities)

### **Programme prices:**

The Survivors Programme is priced per attendee at the rates below:

Voluntary sector - £234\* per person per 6 week programme (£39\* per person per session)

Statutory bodies - £294\* per person per 6 week programme (£49\* per person per session)

On average a minimum of 12 paid attendees on each programme will be required and room size permitting, if 16 paid attendees are on a programme we can provide 2 free places.

### **In-house programme costs:**

In-house programmes start from £1950\*. Significant savings can be made if an organisation can provide a suitable venue with child care facilities.

**Note:** As a not for profit organisation we proudly plough all our resources and revenues from our programmes back into the development and delivery of the Survivors Programme and other new services and initiatives to help and empower survivors of domestic and sexual abuse.

\* Plus vat and paid in full before the commencement of the 6 week programme.

### **For more information please contact:**

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