

## What we provide



### Refuge and accommodation

We provide two refuges and four self-contained flats in York and Harrogate accommodating up to 22 families at any one time. Families living in the refuge share communal facilities, but have their own bedrooms and bathrooms.

### Support in the community

We work across North Yorkshire providing support to male and female victims who are living in their own homes. This includes safety planning, access to legal help, support to court, advice on housing and benefits and emotional support. We also run 'freedom programmes' with female victims. These are support groups that help victims build social networks and recover from the effects of living with domestic abuse.

### Children and young people

In York & Harrogate we offer individual support to children aged 5 and over. This can last up to 18 weeks and helps children overcome the negative impacts of living with domestic violence.

### Rape support

We run a county-wide helpline for people who've been raped or sexually assaulted and who want to talk in confidence to someone about what's happened. We also provide one to one support, including support to court and referrals to specialist counsellors.

### Awareness and training

We provide training to a range of agencies and can tailor this to meet an agency's individual needs. Our essential on-line training was completed by over 600 professionals last year and receives excellent feedback. Our website now attracts over 1500 new visitors each month.

### Work with perpetrators

We make referrals to our partner agencies so that perpetrators can access accommodation and support. We also have fully trained members of staff who co-facilitate the IDAP (Integrated Domestic Abuse Programme) with probation officers.

## Facts & figures

**3 people a week** are murdered by a current or former partner. The majority of these are women.

**90% of children** who live in households where domestic abuse is taking place are aware that it is happening.

**60% of women** with long-term mental health illnesses have been the victim of domestic abuse or sexual violence. Many men who have chronic mental health problems have also suffered domestic abuse and sexual violence when they were children.

**We received over 2,000 referrals this year.** A large number of people wanted short-term support - advice or legal information. However, over 700 people needed longer-term support which we are able to provide for up to 2 years.

We provided emergency accommodation for over 50 families during the year - the majority stay in our refuges for just over 6 months. Over 300 families were referred to our refuges.

### The future

We are committed to improving access to the services we offer and have plans to develop a free helpline for anyone who is experiencing abuse.

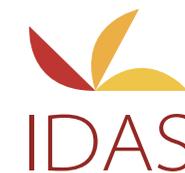
We also hope to be able to do more work in the future to prevent domestic abuse. The only way that we will rid our society of this insidious social problem is by educating and supporting the adults of the future. To this end we are committed to working with schools and developing even more support services for children and young people.

### Our finances

Like all organisations we have concerns for the future. We therefore try to find the balance between keeping reasonable reserves which currently amount to about 7 months running costs with spending on the vital services we provide. Full copies of our accounts are available on request, please email us at: [info@idas.org.uk](mailto:info@idas.org.uk)

### Thank you

We receive donations of money, clothes and voluntary help from so many people, church groups, trusts and organisations. Every donation is important to us and to the people we work with, so we'd like to say a very big thank you to you all.



## Annual review 2011/12



## Working to end domestic abuse and sexual violence

# Case study and feedback



After about 12 months of support Anita told us that she wanted to end the relationship. She also told us that she wanted to report the violence to the police.

She did this and a planned move took place last year. Anita gave a statement to the police. Anita was in a refuge for about 3 months whilst a housing transfer was arranged. In the meantime Paul was arrested for a different offence and received a short prison sentence. Paul was prosecuted for offences against Anita.

Multi-agency meetings were held to discuss the case and plans were drawn up to reduce the risk of Paul harming Anita in the future. Safety measures including panic alarms and fire safety equipment were put in place. A life-long restraining order was granted for Anita meaning that Paul could be arrested if he ever made contact with her.

Since these steps have been taken, Anita has had no contact with Paul. She continues to receive occasional emotional support from IDAS and her relationship with her children has been renewed. She tells us that she is relieved that the relationship

is over but she still lives in fear that Paul will find her and hurt her.

Some of the people we work with are vulnerable not just because of the abuse they've experienced but for other reasons such as their immigration status, mental health illness or drug or alcohol problem. In addition, many men who experience domestic abuse can feel additional stigma and embarrassment about what is happening to them. We would encourage every victim to come forward and seek support regardless of their personal circumstances or any other factor. As feedback shows, the support we provide can help change lives:

*"Life in the refuge has been a very positive experience. The support I have received from my key worker has enabled me to regain my confidence and independence once again. The staff have always been around to help and I have attended useful domestic abuse and positive parenting courses. My key-worker also helped me find a way forward in my career. My 2 year old has also really loved being here and through sessions in the playroom and working with the Children's Worker, she has blossomed into a*

*confident, independent little girl. I cannot thank the workers enough for what they've helped us achieve."*

*"My children were referred to the service by the school teacher who was worried about them as they'd told her that they were scared that their dad would 'get me'. We'd split up because of his violence. First of all the worker came to do an assessment with me to see what the children had experienced. It was a shock for me seeing it written down. When you live it you don't realise how you adapt to the violence and control and 'make it normal'".*

*"The worker did safety planning with the children which made them feel more confident but also helped them separate their dad's bad behaviour with loving him. This made them more able to deal with their feelings. The work was confidential to the children but the worker encouraged the children to talk to me and this meant for the first time I could reassure them that I would not be taking dad back and if anything did happen we would get the police. It helped so much having someone to talk to the children about safety and feelings because at this time I was unable to do it without becoming*

*very distressed which made them stop talking and worry more about me."*

*"I was referred to IDAS after the police came out to my ex-partner who was trying to get into my property and making threats to kill me if I did not let him in. The worker helped me to get legal things in place to stop him coming to my house, this gave me peace of mind so I could work on dealing with what I had experienced and rid myself of the guilt I felt at 'allowing him to do it'. Because it was the end of a long relationship the worker explained this was a time when risk was high so we got a panic alarm installed in my property. This meant that if he should get in I could get the police to come to the property quickly."*

*"After the practical things were in place my worker started providing emotional support. She helped me recognise how the abuse had started in the early days with the small controlling types of behaviour that, at the time, I thought he was doing for my own good."*

*"We also did safety planning around how I would deal with different situations, for example, seeing him in the street or him trying to break into the house."*

*"One worry of mine was that I would meet someone the same and not see the warning signs but the worker went through how I could recognise abusive behaviour in the future and this gave me some confidence back. About 6 months after my support started, I attended the Freedom Programme which is a support group. Talking to other victims about our experiences has helped me come to terms with what I've been through and has also helped me build new friendships."*

*"All in all I am much happier, settled and confident than I was and finally wake up looking forward to things rather than feeling scared and miserable."*

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**Helpline**

**03000 110 110**

**www.idas.org.uk**