I am pleased to present this Annual Review and immensely proud of the achievements it represents. IDAS continues to provide high-quality and innovative services to anyone affected by domestic abuse and sexual violence and, during the year, we have become the largest specialist provider in the region, employing a skilled team of over 100 people.

Our services provide a lifeline to thousands of people every year. Through our emergency accommodation and community support services we helped keep over 5,000 families and individuals safe during the last 12 months. We have also delivered high quality, intensive support to over 150 young people and their families through our innovative Respect programme and won new funding to provide additional children’s services in Scarborough. In addition, our out of hours helpline dealt with more than 2,000 unique callers and use of our live chat service grew by 50%.

Against a backdrop of national austerity, we preserved countywide funding and, in some areas of work, have expanded our provision. This enabled us to reach more victims at an earlier stage. We also won a large contract in South Yorkshire and look forward to developing into the area to provide IDVA services (Independent Domestic Violence Advisor) and refuge accommodation. During the year, IDAS retained its Safe Lives Leading Lights accreditation which was awarded in recognition of the quality of our services, and gained the Women’s Aid national quality standard.

Raising awareness is crucial in ensuring that survivors know about our services and can access vital, life-saving support. In 2016-17 we ran successful campaigns to reach out to people living in rural areas, started a champions scheme to encourage local people to spread the word about our services, and appealed to male victims to come forward for support. In addition, more than 3,000 professionals undertook our online or face-to-face training, over 2,000 people subscribed to our newsletter and there was a large increase in the number of people engaging with IDAS via social media.

Over the next year we will continue to develop innovative, high quality services focusing on improving support for children and young people and working with whole families to reduce the harm of abuse.

Everyone at IDAS plays a vital role in helping us achieve our objectives. Thank you to all the staff, volunteers, patrons and trustees who have worked so hard throughout the year to promote IDAS and to help us deliver high quality support services.

Sarah Hill, CEO.
About IDAS

IDAS is a registered charity and company limited by guarantee, specialising in supporting anyone who is affected by domestic abuse and sexual violence. We are the largest specialist domestic abuse charity in the region and among the 10 largest in the UK.

Based in Yorkshire, IDAS began in 1974 as York Women’s Aid, which was one of the earliest domestic abuse organisations in the UK. We developed into IDAS in 2008 when it was agreed that we should expand to provide services beyond York and start to offer support to male victims. We are passionate about providing high quality services that deliver proven outcomes and keep people safer.

Our services include:
- Refuge and dispersed accommodation.
- Community based support including Independent Domestic Violence Advisors (IDVAs), Independent Sexual Violence Advisors (ISVAs) and outreach workers.
- Support to children and young people through our Respect programme and advocacy services.
- A dedicated helpline available 7 days a week.
- Accredited training, including free on-line awareness training.
- Access to counselling and therapeutic services.
- Support via Live Chat.
- Specially developed therapeutic groups such as the Moving on from Domestic Abuse group (MODA).

Our core services are delivered by fully trained, Safe Lives accredited practitioners overseen by a team of specialist managers. We are committed to providing high quality services that deliver proven outcomes and keep people safer.

Contact details
IDAS, 39 Blossom Street, York, YO24 1AQ
Web: idas.org.uk Email: info@idas.org.uk
Helpline: 03000 110 110
Registered charity number: 1102337
Company no: 4984337
Chair’s overview

IDAS provides essential services for the community of Yorkshire and has reached even more people during the past year.

We are extremely proud that our high-quality services have been recognised for their quality by both Safe Lives and Women’s Aid and we look forward to continuing to develop these during the coming year.

Since taking up the role of IDAS Chair in October 2016, with the assistance of my fellow trustees, we have reviewed our strategic direction, Board governance arrangements and the senior management structure. We are now in a strong position to face the challenges of commissioning and tendering and to expand our area of benefit. To this end, IDAS has been contracted to deliver services in South Yorkshire from April 2017.

In great measure, our strength comes from IDAS’s professional and committed staff. I pay tribute to them, led by CEO Sarah Hill, and also to our volunteers and supporters who in the past year have aided our fundraising activities through community events including running, walking and cycling.

We have been delighted that Joanne Harris, Joolz Denby, Rory Cowan and Margaret Sentamu have kindly accepted invitations to be Patrons of IDAS and their support and generosity is warmly acknowledged. Thanks are also due to my fellow Trustees for their continued commitment and support for the benefit of the communities and individuals we serve.

Nicholas Long, MBE
Chair of the IDAS Board
Facts and figures

1 in 3 women and up to 1 in 9 men experience domestic abuse or serious sexual violence in their lifetime.

Women aged 16 – 24 are most at risk of domestic abuse and sexual violence but are least likely to report abuse.

Over 90,000 reports of domestic abuse were made to the police forces across Yorkshire during the year.

IDAS supported over 5,000 individuals and families during the year and helped a further 2,000 people via our helpline.

2 women a week are murdered by their current or ex-partner every year and 3 women a week take their own lives because of abuse.

Nearly 60% of rape cases that go to court result in a conviction.

Every day more than 2,000 children live in refuges across England having escaped abuse with their mothers.

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

Emergency accommodation
During the last year we have helped over 100 families escape from their abusive partners into our emergency accommodation. Our refuges provide women and children with high quality self-contained and communal facilities. Our dispersed, self-contained accommodation is suitable for men as well as women who are escaping abuse.

Our refuges are affiliated to WAFE (Women’s Aid Federation of England) which means that we fully support the WAFE principle of an open-door policy, believing victims accounts of their experiences rather than requiring ‘proof’ of domestic abuse. As members of WAFE we are also able to find people safe accommodation all over the UK using their ‘Refuges Online’ facility.

Families can stay in our accommodation for a few weeks whilst they seek legal advice and protection or for up to 2 years whilst they wait for new housing. Everyone who stays in our accommodation, including children and young people, is offered support tailored to meet their needs. Many people are worried about life in a refuge and are often surprised about the quality of accommodation and level of support we provide.
CASE STUDY

Claire, aged 31
Claire came into one of our refuges over a year ago. She had been in a relationship for 7 years with Sammy who was sexually, physically and emotionally abusive throughout the relationship.

Sammy was addicted to cannabis and drank heavily, and Claire was paying for much of his alcohol.

Sammy made demands on her to look a certain way and expected her to be available for sex at all hours of the day and night. If she was not he would threaten and abuse her.

Sammy was constantly degrading, threatening and verbally abusive towards her and once threw her dog out of a window. He would grab her and push her around and would prevent her from leaving the house. Claire had a daughter before she met Sammy and he started to make threats towards her, saying that he would strangle her if Claire ever left him. It was at this point that Claire came into the refuge.

Claire confided in us during her 1-2-1 sessions that both her parents had been imprisoned for sexual offences against her and her sisters which had resulted in the sisters being separated and fostered in different homes. As a result of this, and of her experiences with Sammy, Claire's confidence and self-esteem were very low. She suffered from anxiety and depression and found it difficult to leave the refuge. This was difficult for daily living and going shopping and to doctors' appointments were not manageable for her alone. She had to ask her daughter or staff members to go with her.

The refuge staff offered Claire both practical and emotional support. This included helping Claire get proper medical care, making benefits claims, sorting out housing and referring her for mental health support.

1-2-1 support included sessions to help Claire re-establish boundaries in her relationships, to recognise abusive behaviours and to develop confidence to say no. Claire was eventually able to identify the difference between abusive and healthy behaviours and could define her own boundaries. She felt more confident to end relationships that she felt were abusive towards her and started to make some positive friendships. Claire also started to spend time with a sister most weekends as she lived locally. Rebuilding this relationship was an important step in Claire's recovery.

Throughout her time in the refuge Claire's confidence and self-esteem grew considerably but her anxiety was often debilitating. In part the anxiety was due to Claire’s father telling her as a child that if she ever talked about what he was doing to her, he would find her and kill her, which was worsened by her fear that Sammy would find her. We referred Claire for intensive counselling to help with the anxiety and panic attacks, which eventually became manageable.

After a year in the refuge Claire was offered a 2-bedroom property for herself and her daughter. To make Claire feel safe, re-enforced locks were fitted to the house along with fire
precaution equipment. Claire also had her dog returned to her from foster care.

Claire has started to make the transition to independent living. Her daughter helps with the shopping as she still finds it difficult to go out alone.

Claire continues to receive resettlement support and states that this has been the first time in her life where she has been believed and supported to make the changes in her life that she was desperate to make. “I am at a point for the first time where I feel that I can look forward rather than back. I have found out about going to college and hope to enrol in September. I feel I am becoming the person I was always destined to be.”

Support in the community

Through our commissioned services we have supported 5,000 victims and survivors living in local communities. This support means that they are able to stay safely in their own homes.

Our support includes guiding people through legal processes, completing extensive safety planning with them and providing emotional support to help overcome the devastating impact of violence and abuse.

Living with abuse can affect every area of someone’s life so in addition to specific support IDAS provides holistic support covering a wide range of issues including housing, work and benefits. When needed, we refer people to drug and alcohol agencies and therapeutic services for additional specialist support.

CASE STUDY

Helen, aged 34

I had been with my partner David since we were teenagers and we have two small children together. I heard about IDAS from a report on the local radio and decided to get in touch as things seemed to be getting worse in the relationship. David was always prone to temper outbursts and jealousy but he was becoming more abusive and I was worried that the children were starting to become aware of what was happening. David would regularly shout at me and had started pushing me around. On a couple of occasions after a row he had said that he would like it if I was dead. At first I tried to talk to him about his behaviour but he would shrug it off or blame me. One of the worst things was that he would stop me from seeing my friends and family and on two occasions he physically barred me from leaving the house. It was as though he loved me and hated me at the same time.

When I first contacted IDAS I was worried to leave David as it felt like such a failure. We had been together for so long and I still cared about him. I was also frightened that he might hurt me or himself if we split up.
I met the IDAS advisor for several months and she provided me with practical safety advice and information about my rights and legal options. We talked through what might happen if I reported David to the police and we discussed the impact that the abuse might be having on the children and was definitely having on me. She gave me emotional support which made me realise that things weren’t my fault. She also encouraged me to restart my relationships with family and friends, initially via email and messages.

I gradually grew in confidence and made the decision to end the relationship. I knew that David wouldn’t change his behaviour. After talking things through with my IDAS worker I decided to tell David face-to-face, but asked a friend to be around when I did so. At the time David left the family home without any problems but a few weeks later he started making threats. By this time, I decided that I would contact the police and they gave him a warning about his behaviour. I was lucky because this seems to have stopped him and he hasn’t caused me any problems since. He now sees the children through an informal arrangement with my family.

I want a divorce in the next year or so and think that this might be the time that he becomes threatening again but, thanks to all the support I got, I feel that I have the confidence to deal with this if it does happen. I would advise anyone who is concerned about the behaviour of their partner to seek IDAS’ support.

Children and young people

Children and young people are, in many cases, the hidden victims of domestic abuse or witness what is happening in the family. However, many abusers directly target the children, who become the victims of emotional abuse, violence or sexual abuse.

Abuse and witnessing abuse has a huge impact on a child’s emotional well-being, their behaviour and their school achievements.

Some children act out abusive behaviours themselves or internalise what they have experienced becoming withdrawn and isolated. IDAS are funded to support young people and children via the innovative Respect programme, which works with whole families where the young person is being abusive to other family members.

Through our charitable funding, we also provide 1-2-1 support to children and young
people living York and Scarborough who have suffered domestic violence to help them overcome the negative effects of this.

Our IDVAs and ISVAs support young people under the age of 16 years who have been victimised in their own relationships.

IDAS plan to develop preventative programmes in schools to raise awareness and educate young people about healthy relationships.

**CASE STUDY**

**Harry, aged 10**

Harry lives with his mum and his younger brother and is doing well at school. Mum had been in a long term abusive relationship with Harry’s dad and had received support from IDAS. Dad was also receiving support from the IDAS Positive Steps programme.

Although Harry’s mum and dad had split up, they ran a business together and dad was continuing to control mum through the business. There were a lot of arguments ending in abuse and Harry had witnessed these. Harry was confused about why this was happening to his mum and blamed her. Harry was also jealous because he felt that dad favoured his younger brother.

Harry started to mimic dad’s behaviour with name calling and then attacked mum physically while they were on holiday. Social services therefore became involved and organised for Harry to attend a group programme; it was during this that Harry was referred to the IDAS Respect programme. Harry and mum engaged well throughout the Respect programme attending all sessions, 9 for Harry and 7 for mum. Mum’s sessions included looking at domestic abuse and how it can affect parenting by changing the parent-child relationship dynamic. She also looked at blame and guilt and how this affects parenting. Sessions were completed on setting boundaries and challenging behaviour.

Mum was initially unaware of how her own actions could negatively affect Harry and, for example, would shout at him to try to get him to behave. Through support, she understood that she had to role-model good behaviour, and acknowledged that her behaviour needed to change. Further support included sessions on de-escalation, safety planning and conflict resolution and how to be assertive and set goals for Harry.

Harry and his mum each made a recording of how they viewed things, and then watched each other’s. This enabled them to hear each other’s views without causing an argument. It was felt that this was a powerful tool.

Through the sessions, Harry was able to understand the impact of his behaviour. He learnt what made him angry and, through visualisation and role play, how to manage this. He also acknowledged that if he changed his behaviour it would improve his relationship with mum, and that he would feel happier and would be punished less.

As the programme continued, the worker gave Harry some techniques, such as keeping a diary that Harry could use to help identify what triggered his anger, and helping Harry to choose a role model, his nan, who was a very calm and kind woman. Harry would then
stop and think how his nan would deal with a situation that made her angry, and how she would respond, before he responded.

At the end of the programme mum and Harry felt confident that he could control his anger and take time out. Positive changes were identified by mum. These included changes in her own behaviour, the way she spoke to Harry, and the importance of not discussing adult topics in front of him. She also learnt the importance of keeping boundaries and ensuring that bad behaviour is dealt with consistently.

Harry’s dad has now completed the IDAS Positive Steps programme and this has also impacted positively both on the whole family.

Work with people who are abusive

Working with people who abuse is only successful if the abuser actively accepts responsibility for their actions and is motivated to change.

IDAS has developed its own 20-week group called ‘Positive Steps’ which focuses on work with men whose children have been subject to child protection proceedings because of their behaviour. The non-abusive partner is offered support and safety planning through our IDVA service whilst the course is running and for as long as they need afterwards.

The course has been provided several times in North Yorkshire and the results have been extremely positive with a reduction in police call-outs for 90% of the participants. IDAS continues to track group participants with the assistance of the police and social care for up to two years following group completion.

CASE STUDY

Darren, aged 32

Darren is 32 and the father to a boy of 7, Jack. Darren was in a relationship with Sammy for around 8 years and during this time he was controlling of his partner, accusing her of wanting other men and checking her whereabouts and phone constantly. Darren would also become aggressive when he...
had been drinking. Throughout the years he struggled with a worsening drink addiction that he would not face up to. He ran up a lot of debt on credit cards and loans which again he kept secret. Accumulated debts and difficulties over repayment eventually led Darren to attempted suicide.

Darren’s partner ended the relationship. Over the next few months Darren would harass and stalk Sammy, which she was reluctant to report. However, when Sammy began a new relationship, Darren started to harass her more regularly and made threats towards the new male. Darren was charged with harassment and his contact with his son was stopped by his ex-partner. Soon after, Darren broke into Sammy’s home, beating and strangling her. He was stopped when a neighbour called the police.

Darren was given a prison sentence. After the sentence Darren told his probation officer that he wanted to see his son. Sammy also wanted this as Jack had been asking about his dad. Social care became involved as the probation service were concerned that Darren may be a risk to Jack. Neither Sammy nor social care would agree to contact unless they were assured that Darren’s behaviour had changed and he was referred on to the IDAS Positive Steps group. Initially, there were concerns that the group might not be helpful as Darren would not take responsibility for his actions and, to some degree, blamed Jack’s mum for him not being able to see his son.

Over several months Darren attended both the group and additional 1-to-1 sessions. He gradually started to understand that his behaviour was his responsibility and that his anger would have a bad effect on Jack. Darren started to accept the changes he needed to make and, through the group, was given tactics and methods to enable him to do this. Darren also took the decision to stop drinking as he felt that when he was drunk, he became less inhibited in his behaviour.

Following the group completion, Darren was allowed contact with Jack which has been maintained. There have been no further instances of abuse or harassment.

Our helpline, live chat and groups

Our helpline is active every day of the year, so we can help people when they most need support, not just during office hours.

We also offer support via our Live Chat Service which is available on weekdays. This has proved particularly helpful for people who don’t have the confidence to speak to someone in person. The number of people accessing the service has increased substantially during the year.

Our specially developed therapeutic recovery group, the MODA, is offered throughout the county of North Yorkshire, and helps over 200 women every year recover from the negative impacts of domestic abuse. During the year we also tried out a group in Selby to help people overcome the impacts of sexual violence, and hope to roll this out further in the next 12 months.
Our champions scheme

The IDAS champions scheme was developed during 2016 to help us spread the word about domestic abuse and to give local people and professionals the information and tools to help those around them.

During the year over 100 people have expressed an interest in becoming a champion and we are busy training people to fully take on the role. Anyone can join the scheme and we have social workers, health visitors, hairdressers and students signed up. Over the next year, this will help us reach more people across the region.

Our referrals

Our referrals came from over 40 different sources last year with the majority, just over 60%, coming from the police.

Referral sources

<table>
<thead>
<tr>
<th>Source</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Police</td>
<td>62%</td>
</tr>
<tr>
<td>Self</td>
<td>16%</td>
</tr>
<tr>
<td>Other</td>
<td>9.3%</td>
</tr>
<tr>
<td>Social Care / Family Support</td>
<td>7.3%</td>
</tr>
<tr>
<td>Health</td>
<td>2%</td>
</tr>
<tr>
<td>Housing</td>
<td>1.2%</td>
</tr>
<tr>
<td>Mental Health Services</td>
<td>1.2%</td>
</tr>
<tr>
<td>Drug / Alcohol Services</td>
<td>1%</td>
</tr>
</tbody>
</table>

Age

People of any age access IDAS services. However, the largest proportion of our clients are under the age of 35.
Gender
Around 90% of our referrals are for women or girls.

Ethnicity
In line with the make-up of the local population, around 96% of our clients record they are white British and the next largest grouping is white Polish.

Training and consultancy
Our free online domestic abuse and rape awareness training grows in popularity each year with over 3,000 people completing this in the last 12 months.

During 2017 we were commissioned to provide accredited training to social workers, family prevention workers and health visitors across North Yorkshire, providing inputs to more than 500 practitioners and their managers.

Partnership working
For many, IDAS offers all the support they need. However, the impact of abuse can be far-reaching and some people will need a range of agencies to help them overcome their experiences. Partnership working is therefore crucial to IDAS, so we regularly refer to, and work in partnership with, a range of agencies including counsellors, drug and alcohol specialists, social care and debt and benefits advisors. We work closely with our partners at Kyra Women’s Centre, the Supporting Victims Unit and Changing Lives to offer additional support and carry out joint home visits with the local domestic abuse police officers where needed.

To offer victims the best protection it is vital to have a multi-agency approach to support, thus ensuring that everyone communicates and understands the risks of each particular case. For high-risk cases this is achieved through the Multi-Agency Risk Assessment Conferences (MARAC) which we always attend, alongside the police, health teams and social care. The MARAC provides the opportunity for all the agencies to meet and agree the most effective ways to keep victims safe.

The Making Safe scheme operates across North Yorkshire. Making Safe is a scheme that helps remove perpetrators from the family home to ensure that safe support can be offered to the rest of the family without them needing to access refuge accommodation.

I just wanted to say again how grateful I am for everything you did for me, for your support and most of all for your unfailing kindness. I find it difficult to express just how much you have helped me.”

There is nothing IDAS can do to improve the service. Best people I have ever had the pleasure of meeting - Great work!”
IDAS are pleased to play a full and active role in Making Safe and have supported over 1,000 families through this service in the last year alone.

**Awareness raising**

During 2016 - 2017, IDAS has undertaken a number of awareness-raising campaigns targeting doctors’ surgeries, hospitals, colleges and universities across York and North Yorkshire.

We have continued to develop our social media presence and have seen a steady increase in followers on Twitter and Facebook. We have attended Pride events, met with Soroptimists and women’s groups across the county and have started closer working with faith groups. We have also met with local MPs. We have held several fundraising events, including a cycle and a run. In addition to raising money, these events raise awareness and engage people who otherwise might not come into contact with IDAS.

We took part in Safeguarding Week in 2016 providing workshops, information sessions and training throughout the county.

IDAS has featured on a number of radio shows across the county, in press reports and the

IDAS have given me a better life, I’m more confident, happy and entering into a healthy relationship, IDAS has saved my daughter from making similar mistakes.
CEO has appeared on Look North and ITV Calendar during the year.

Our work with the universities in York led to the development of a domestic violence policy for use within the universities. We continue to train student welfare officers and student champions to deal with domestic abuse and sexual violence on campus.

We have continued to hold professional open sessions across North Yorkshire and these have facilitated improved communication and strengthened relationships with partner agencies including Home-start, CAB, Army Welfare Services and Local Authority prevention teams.

Quality and standards

We pride ourselves on the quality of our services and these are regularly reviewed by our local authority and police and crime commissioners.

During 2016 – 17, we retained our Safe Lives Leading Lights status. This means that we’ve achieved a standard of excellence in the delivery of our community based services. We also achieved the Women’s Aid quality award for our support and refuge services.

In addition, we became a Mindful Employer during the year and look forward to working towards the PQASSO quality mark over the next 12 months.

Thank you for everything you have done for me. Things are still on-going with Emily’s dad and it will never end I’m sure, but I feel like the support you gave me has given me my life back.

You made me feel like I’m not alone and realise that he is the one with the problem, not me. Now every time I have to deal with him I always imagine telling you what has happened and try to think what you would say. I can’t thank you enough.

I’ve met someone new, fallen in love and am now married. The police have interviewed Emily’s dad and the case has been passed to the CPS to look at. None of that would have happened if it weren’t for you.”
Our impact

We believe that we have made a significant difference to the lives of thousands of adults and children living in Yorkshire through our services and awareness-raising activities. For many, the support we provide is crucial; for some, it is life-saving.

We monitor the differences we make to clients by assessing 29 different outcome measures, which demonstrates the significant effects of our services:

- 98% of people we provided with long term support reported that there had been significant reduction in harm from others.

- 94% said that they were felt greater confidence and were more able to make positive choices following our support.

- 96% of those suffering from depression, low confidence or anxiety, said that our support had enabled them to manage their mental health and well-being better and 94% reported improved self-esteem.

Crucially, over 98% of people accessing our support said that it made them feel safer. These positive outcomes are confirmed by the feedback we request from all clients, in which over 90% of respondents rate our services as 10 out of 10.

Over 90% of respondents rate our service as 10 out of 10.

Plans for the future

IDAS remain determined to continue to deliver and develop services that we know are essential for the safety and well-being of thousands of victims and survivors living across Yorkshire.

In addition, we are committed to continual improvement and to developing new and unique services to meet the needs of our clients. Specifically over the next year, we aim:

- To develop our work in schools.
- To accredit our group work packages.
- To work with abusive couples.
- To expand our services over more geographical areas.
- To work towards the PQASSO quality mark to show our commitment to excellence in the area of governance.

Financial review

Treasurer’s statement

In 2017, IDAS’s income increased to just under £2 million thanks to growth in income from contracts and grants. We spent slightly more than we received during the year but, because of gains in investments, we were able to retain an overall surplus of £10,000, bringing our reserves to just over £850,000. At this level, in line with the Charity Commission’s guidance, our reserves provide us with the necessary degree of financial security should any of our income streams cease unexpectedly.

The balance sheet is strong and can support further growth of services in the coming year. Net current assets were £291k at the end of the year with total net assets of £866k.
### STATEMENT OF FINANCIAL ACTIVITIES

#### YEAR ENDED 31 MARCH 2017

<table>
<thead>
<tr>
<th></th>
<th>Unrestricted Funds £</th>
<th>Restricted Funds £</th>
<th>Total Funds 2017 £</th>
<th>Total Funds 2016 £</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Income</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Donations</td>
<td>50,945</td>
<td>16,645</td>
<td>67,590</td>
<td>34,417</td>
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<tr>
<td>Income from charitable activities</td>
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<td>5,894</td>
<td>1,910,709</td>
<td>1,781,294</td>
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<tr>
<td>Investment income</td>
<td>2,704</td>
<td>-</td>
<td>2,704</td>
<td>3,205</td>
</tr>
<tr>
<td>Other income</td>
<td>7,494</td>
<td>-</td>
<td>7,494</td>
<td>19,085</td>
</tr>
<tr>
<td><strong>Total income</strong></td>
<td>1,965,958</td>
<td>22,539</td>
<td>1,988,497</td>
<td>1,838,001</td>
</tr>
<tr>
<td></td>
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<tr>
<td><strong>Expenditure</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Costs of raising funds</td>
<td>(44,985)</td>
<td>-</td>
<td>(44,985)</td>
<td>(36,714)</td>
</tr>
<tr>
<td>Expenditure on charitable activity</td>
<td>(1,982,962)</td>
<td>(16,642)</td>
<td>(1,999,604)</td>
<td>(1,779,153)</td>
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<tr>
<td><strong>Total expenditure</strong></td>
<td>(2,027,947)</td>
<td>(16,642)</td>
<td>(2,044,589)</td>
<td>(1,815,867)</td>
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<td></td>
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<tr>
<td><strong>Net (expenditure) / income and net movement in funds for the year</strong></td>
<td>(61,989)</td>
<td>5,897</td>
<td>(56,092)</td>
<td>22,134</td>
</tr>
<tr>
<td></td>
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<tr>
<td><strong>Other recognised gains and losses</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Gains/(losses) on investment assets</td>
<td>(66,534)</td>
<td>-</td>
<td>(66,534)</td>
<td>(9,873)</td>
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<tr>
<td></td>
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<tr>
<td><strong>Net movement in funds</strong></td>
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<td>5,897</td>
<td>10,442</td>
<td>12,261</td>
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<tr>
<td><strong>Reconciliation of funds</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Total funds brought forward</td>
<td>855,654</td>
<td>-</td>
<td>855,654</td>
<td>843,393</td>
</tr>
<tr>
<td><strong>TOTAL FUNDS CARRIED FORWARD</strong></td>
<td>860,199</td>
<td>5,897</td>
<td>866,096</td>
<td>855,654</td>
</tr>
</tbody>
</table>

*Full accounts are available on request.*
Structure and governance

IDAS has developed a strong structure which allows for the delivery of excellent services and organisational growth.

The Board of Trustees are responsible for strategic development, guaranteeing financial soundness, and ensuring adherence to policies and procedures. During the last 12 months’ a number of Board sub-committees have been developed to strengthen strategic oversight and to ensure continued effective governance. These are; finance and resources, fundraising and profile raising; audit, quality and performance and governance.

Our Chief Executive Officer is responsible for recommending and implementing strategic development and ensuring the effective management of human and financial resources. A team of Project Managers oversee, support and case manage skilled, qualified practitioners.

IDAS has further strengthened its management structure with the addition of key posts including Head of Business Development and Head of Client Services. These posts will assist in our plans to develop services, identify new funding streams and ensure best practice in delivery. Together with our Chief Executive Officer the holders of these posts will form a senior management team.

Trustee recruitment and training

Our Board comprises skilled and knowledgeable trustees recruited from a wide range of backgrounds including the law, human resources, marketing and finance. Trustee vacancies are advertised widely using national and local trustee and volunteering internet sites, in volunteer bureaus, the local press, through our statutory and voluntary partners, and with local businesses and organisations.

IDAS has a comprehensive training and induction package specifically for Board members which ensures that every new trustee understands the responsibilities of their role, the principles of financial management and gains significant awareness about the organisation.

Staff, trustees and professional advisors

Staff

IDAS employees come from diverse backgrounds and have worked in various settings including social care, criminal justice and counselling services. They all undergo a rigorous recruitment and individual induction process and receive on-going training and support. We continue our commitment to ensuring that all our adult support workers receive accredited IDVA (Independent Domestic Violence Advisors) training.

Trustees

The trustees give their time voluntarily and without remuneration. They were, for the time under review:

Jane Adam
James Cannon
Peter Colley
Sue Collins
Claudia Gilham
Francesca Haynes
Our supporters

IDAS has some amazing supporters including our volunteers, champions and patrons.

Our volunteers help in a range of ways including befriending clients, fundraising and helping out in the refuges.

Our champions help us spread the word about the range of services that IDAS can offer and are also trained to respond to first disclosures of abuse.

IDAS is also extremely grateful for the continued support of our patrons throughout the year who, in addition to taking part in fundraising events, have given their commitment to helping us develop greater public awareness of domestic and sexual violence.

Thank you

Along with our volunteers and patrons we are extremely grateful to have the support of a number of businesses and groups across the county and would like to say a big thank you to them and to our commissioners for all the funding and assistance they’ve provided throughout the year.

Businesses and organisations include:
Acomb Methodist Church
Alne WI
ASDA,
Aviva
Beaverbrooks Charitable Trust
Bell Group
Benenden Healthcare York
Betty’s Harrogate

Nicholas Long, MBE (Chair)
Sarah Opie
Paul Scully (Hon Treasurer)
Jill Widgery

Patrons

Margaret Sentamu,
Leadership Consultant

Joanne Harris,
Writer

Joolz Denby,
Artist

Rory Cowan,
Actor

Bankers
The Unity Trust Bank
Brindleyplace,
9, Brindley Place,
Birmingham
B1 2HB

Independent Auditors
Townend Accountants
Fulford Lodge,
1 Heslington Ln,
Fulford,
York
YO10 4HW

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Our commissioners include:

The Office of Police and Crime Commissioner
North Yorkshire County Council
City of York Council
Selby District Council

Thank you also to the many individuals who have given their time and raised valuable donations having been so generous in their support of our work, many of whom have completed personal challenge events, held raffles and bake sales and donated monthly through our regular giving scheme. Particular thanks to Andrew Overton who continues to raise awareness and funds through Becca’s Walk in remembrance of his sister.
Become involved

There are many ways that you can become involved and help IDAS and all those we support.

Volunteer
Volunteering need not be a big commitment. As well as hands on volunteers we are looking to recruit teams of champions who can help us raise awareness about IDAS services.

Fundraise
Many of our support services, particularly those for children are under-funded. Help us help more people by donating money or organising an event. Or why not take part in one of the IDAS events that are organised each year. Last year over 200 people joined us on walks, on our cycle and on the York 10k run.

To donate please visit: www.justgiving.com/idas

Spread the word
Talk about us! We will all have friends and family members who are experiencing domestic abuse and sometimes we are simply not aware of this. By simply talking to people about IDAS and the work we do, you will help raise awareness and help get people talking about their own experiences. This may help someone access the support that they need.

Like us on Facebook
Follow us on Twitter @idasfor100

Visit our website: idas.org.uk for more information about any of our services.
Contact IDAS
39, Blossom Street York YO24 1AQ UK Charity no: 1102337. Company no: 4984337
Free, confidential helpline: 03000 110 110   E-mail: info@idas.org.uk   Website: idas.org.uk