



IMPACT REPORT

2018/19



Trustees Report 2019

Now into my second full year as a Trustee I continue to be hugely impressed by the achievements and successes of eve and I feel privileged to play my small part. Yes, the challenges and pressures remain, and in some cases increase, but the dedication of the staff, the volunteers and the positive outlook and determination of the service users prevail. Lives continue to be transformed and the personal testimonies are an example to us all. The excellent programmes not only deal with immediate needs, they also equip and empower service users to embrace the future with confidence and strength.

Through last year the Trustees have been working with Christine to identify a suitable Social Enterprise project through which to develop

the eve mission; we haven't found the right thing yet but we continue to explore ideas and to seek God's guidance. The work on five new accommodation units, much needed as a 'stepping stone' for women preparing to move back into the community, has now been completed. Our thanks to everyone who has made this possible.

Funding continues to be a major challenge; Council funding is now restricted to Housing benefit alone and Central Government funding has all but ceased; hence we are increasingly reliant on the generous giving of Trusts, public sector sponsors and individuals, to whom we are profoundly grateful. Our strategic goal is for a higher proportion of regular, reliable income.

With help from the senior management team, the Trustees have recently completed a management review. As a result of this we are planning to reinforce the senior team with a Business Manager, bolster the admin team and engage a part-time consultant to assist with fundraising. This should give the managers considerably more time to focus on strategic matters.

Of course the people associated with eve do an amazing job, but the greatest source of power is our God, in whom we place our trust for continuing success and prosperity; Jeremiah 29:11: 'For I know the plans I have for you', declares the Lord, 'plans to prosper you and not harm you, plans to give you hope and a future'.

Simon Whipp
Trustee

Objectives for 2018/19

Eve has been successful in meeting its objectives for 2018/19



Increase our Refuge provision to provide safe accommodation to more survivors of domestic abuse.



Deliver a conference that gives delegates the opportunity to consider the way that we work with survivors and the services that we offer.



Develop income generation services.



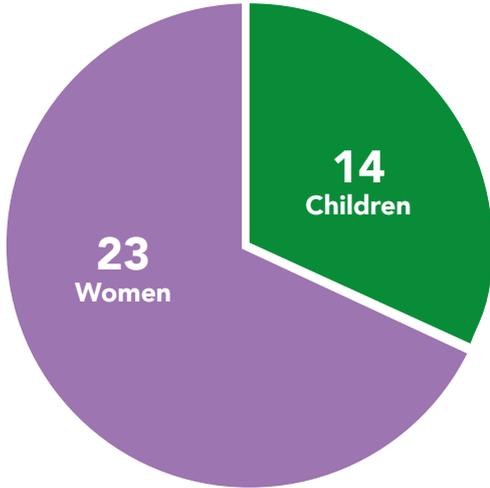
Develop relationships with and services that specifically meet the needs of BAME and disadvantaged groups, including groups that work with children and young people.



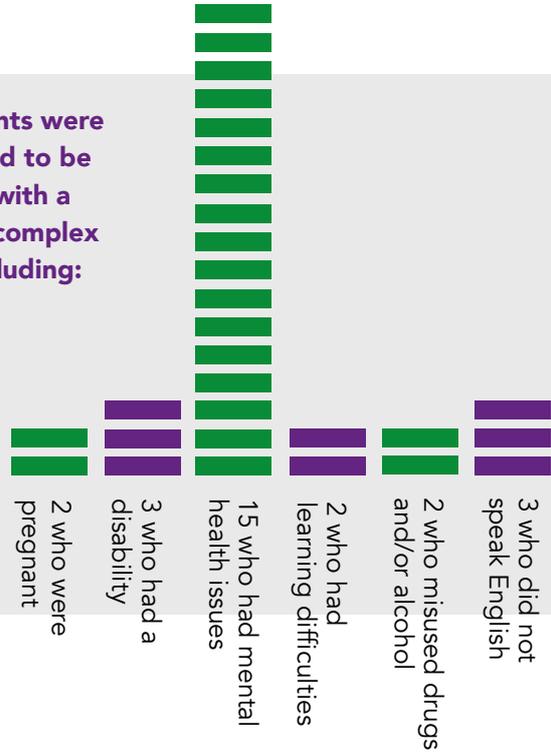
Develop services in line with service users' needs

The following report provides the details in how we have **achieved these objectives**

Refuge



18 residents were considered to be high risk with a range of complex needs including:



6 children were admitted to refuge with child protection issues

0 children were placed on a plan whilst in service.

Eve received **217 contacts** and were **unable to offer a service to 116 of these** for the following reasons

25

No vacancies

9

not eligible
for service

25

Unsuitable
accommodation

30

unsupported
complex need

27

High risk



**Our occupancy rate
was 81% this year.**

Working with a Faith community partner, Eve is in the process of developing a Community Safe House for single women preparing to move back into the community. The new house will provide accommodation for 5 women.

Community Service

46 52

46 women and 52 children.

participated in our Community Service during 2018/19. These families were able to live in their own accommodation, receiving a range of services at our Women's Centre. Services include, **The Restored Programme, The SHE Programme, Occupational Therapy Services, Group Work Services, Children's Services** and **Keyworker** sessions.

11

children were admitted to the service with child protection issues.

The Restored Programme

Our Restored Programme is the core of all our delivery to our female service users. Providing a comprehensive assessment process, the programme is needs led and highly individualised. Restored is offered across all of our women and children services. Keyworkers support service users to achieve against 5 positive outcomes and to track their journeys so that they are able to celebrate their successes.

Restored includes a range of the following therapeutic interventions and activities:

Group Work

Occupational Therapy Services

Children and Young People's Services

A range of activities that support the development of self-esteem and confidence

Educational development activities

Volunteering activities

We received 38 referrals for The Restored Programme during this financial year and accepted 33 service users onto the programme.

Occupational Therapy Services

39 women and 44 children engaged in Occupational Therapy 1:1 and group work programmes during the year.

Funding from Lloyds Bank Foundation supports delivery of our OT services. Service users took part in a range of therapeutic group-work activities designed to raise self-esteem, improve mental health and equip each user with skills that foster independence, autonomy and resilience by enabling them to better manage their anxiety, stress and emotions and reported feeling more independent and better able to perform activities such as parenting, preparing healthy meals and maintaining safety.

39

participants recorded progress towards independent living from refuge accommodation.

44

participants recorded improved parental/child relationships.

39

participants recorded increased positive relationships, reduced negative behaviours and enhanced motivation

In addition all 83 participants reported improvements in feelings of safety, independence and the ability to make choices and decisions, improved self-esteem and confidence and improved living skills.

The main successes lie in the proof that Occupational Therapy support services provide the tools required to support women and children who are victims and survivors of domestic abuse.

STORY

In August 2018 M and her mother came into our refuge service. M was 10 years old and had no siblings or contact with her birth father.

M had witnessed several different incidents of domestic abuse against her mother and had also lived in refuges previously. M had a social worker but was very reluctant to open up to adults about her wishes and feelings. M's mother had also noticed this and felt that M did not open up to her either. The CYPPs supported the family in finding M a school. M soon settled into school making friends and receiving good reports in her subjects.

M was allocated a CYPP who started to build a relationship with M through 1:1 activities such as

Drawing and Talking. Drawing and Talking is a program used to support children in processing their thoughts through pictures rather than talking. M completed the Rosenberg Self Esteem Questionnaire and scored a low 18. She completed understanding domestic abuse 1:1 with the CYPP. This enabled her to open up about a serious incident whereby her mother was threatened with a knife. M started to attend group work such as Impact and Protective Behaviours. Here, she observed her peers talking about their own feelings and experiences of domestic abuse and life in general. M started to open up more and talk about her feelings and wishes for the future. It was felt that M's mum was in a good place so a referral to DART was made.

M and her mum successfully completed the DART program and

M became more confident in talking about her experience of Domestic Abuse and how she felt then and now. Professionals observed that M and her mum's relationship was becoming stronger. M's social worker noticed a remarkable difference in M as M was verbalising more about how she felt and what she wanted. Mum was surprised to hear M open up about the knife incident as she was unaware that M had witnessed this. She was pleased that M was opening up as she felt able to support her better. M and her Mum became closer and developed a stronger bond.

When M left the service 7 months later M's Rosenberg Self-Esteem score had increased to 28 showing considerable improvement in her self-esteem.

Children and Young People's Services

Funding from Children in Need has supported our Children and Young People's Practitioners to work with 50 children and young people this year.

All children participating in our service experienced or witnessed domestic abuse. However, there were a number of children who directly experienced abuse as well as witnessing the abuse that went on in the home. **We admitted 38 children into refuge whom were classed as homeless due to domestic abuse.**

79 children increased their self-esteem to some level and 39 children made significant progress. All of these children were able to engage in activities with other children and adults, were initiating play with other children and/or adults and were able to engage in conversations appropriate to their level of development.

22 children started to experience progress. All of these children were short-term service users in families that moved on to other accommodation within six weeks.

Through observations by staff and parents we saw that they showed some progress in developing their self-esteem, settling better and more quickly in activities, becoming less anxious when separated from their Mums and developing their confidence in being able to talk to other children and adults.

18 children came into the service on a Child Protection Plan. Out of these, 4 left the service with no professional involvement, 11 stepped down to a Child In Need and 3 were put on an Early Help Assessment.

A further 11 children were admitted on Child in Need. Out of these, 9 left the service with no professional involvement, and 2 were moved to EHA. 3 children accessing the service are also on EHA and remain on this.

Our CYPPs engaged families in specific interventions such as Domestic Abuse Recovery Together (DART), 123 Magic, Theraplay and 1:1 sessions around development of good bed time routines, weaning and fussy eaters. Each of these activities encouraged children and their mums to spend time together, playing and enjoying each other's company. We have worked to encourage mums to develop relationships with other professionals such as Health Visitors, signposting them for support, information and advice where appropriate. Mums have reported that their relationships with their children have improved through participating in these activities and interventions, citing that children are more able to listen

and act on instructions, talk to them about things they have done or that might be worrying them, are more able to control their emotions particularly anger.

CYPPs provided trips and outings to encourage mums and children to experience activities together that they might not otherwise have done. These have included the Christmas Pantomime, Roller skating and the Christmas Party. Children attending the Christmas Party were all given Christmas presents and the families were given seasonal foods to enjoy together at home.

Crèche activities for children aged 0-4 were provided for 26 children. CYPPs completed individual observations on each child attending Crèche activities and were able to note that 18 had experienced significant progress in their social and emotional wellbeing. These children were initially very anxious at being separated from mum. CYPPs

worked with these children to help them settle as quickly as possible, supporting mum to attend activities and leave for longer periods until the child was happy to be left. Activities in Crèche included messy play, animal assisted therapy, rhyme time, stories and free play. Free play includes opportunities for role play, turn taking, sharing, use of large and small motor skills etc. Some children were initially uncomfortable with messy play and/or being near the guinea pig, but with gentle encouragement they were able to overcome their fears and engage in these activities eventually enjoying them. Other children had limited large or fine motor skills, having been unable to participate in activities such as throwing a ball, riding a tricycle or using paints before.

39

children have experienced significant progress in having improved family relationships and 22 children started to experience progress

4

families participated in Domestic Abuse Recovery Together, and 3 completed the programme. All the parents and children participating in this programme have stated that their relationships have improved. 10 children were recipients of the improvements in family relationships.

2

families participated in 123 Magic. 5 children experienced improvements in their family relationships

7

families attended the Christmas Pantomime at the local theatre. 14 children experienced improvements in their family relationships through this activity.

8

families attended summer activities at the local skate centre. 14 children experienced improvements in their family relationships through this activity.

3

families engaged in 1:1 sessions to alleviate problems with bedtime routines, weaning and eating. 4 children experienced improvements in their family relationships through these interventions.

7

families attended the Christmas Party and 14 children experienced improvements in their family relationships through this activity.

STORY

Taking about RESTORED programme and Freedom course in particular I would say that my healing process from the effects of prolonged domestic abuse started with the Freedom Group Work programme. If I am to describe the abusive mind-set that majority of victims of domestic abuse have as being like a "disease", the Freedom program was the antibiotics. The structure of the course and its content challenges core beliefs and stereotypes that allow victims of domestic abuse not only to endure the abuse but to blame themselves for it. Freedom "cures" you of the wrong way of thinking and makes it crystal clear that there is no excuse for abuse.

For me personally, it has been a very painful and emotional healing process that took almost 9 months. Freedom sessions at times triggered emotional flashbacks to my past abuse, panic attacks and various anxieties. Nevertheless that was the only way to "get better". By fully engaging in the course through pain and tears, I have managed to process hurtful emotions, challenged my core beliefs due to various cultural, social and other factors and regained clear rational thinking, positive self-esteem and a healthy outlook on life.

More over the personal skills I gained on the way through the RESTORED programme and the priceless knowledge I gained, empowered me to be a stronger better and more resilient human being. I am able to face and stand up now, not only to my perpetrator, but to the legal and social care systems which unfortunately are not sympathetic to the victims of domestic abuse to say the least! As an example, I have been to court 17 times and lost 15 of those. In the two hearings that I won I represented myself against fully equipped and prepared legal teams. From being in Freedom and Stay Free I knew my rights

and I had a renewed confidence and emotional self-control in order to be able to stand up for what is right and just for me and my children.

The biggest advice I can give to all those brave souls who are starting their journey with RESTORED is come with an open heart and mind. Suck it all in and let it process in your heart as much as in your mind. It is going to be an emotional rollercoaster; at times it will be very ugly and painful but you will be lead through it by highly trained professionals and support workers who will hold your hand all the way with a smile and a shoulder to lean on! As part of RESTORED I accessed a professional counsellor to help me to process everything. If I did it so can you!

Today I am a confident successful young woman with a healthy outlook. I have no more anxiety or panic attacks. I run my own business and looking after my 4 amazing children. I just started my second degree in Art in Belgium, I continue to educate myself regularly, attending various courses and I have even started to learn French. My life is amazing and I am the happiest I have ever been. On the outside however my circumstances haven't really changed much, I still have the perpetrator in my life as we share our 4 children and money is a struggle, but what has really changed is me and my abilities to handle abuse and anything else coming my way! I am more successful than I have ever been. It has been a long 9 months of self-development, rediscovery and really hard work but I have finally been reborn to my true authentic self.

My advice would be to participate in as much of the programme as you can however trivial it might seem at the time. Allow yourself to have hope and believe that you are not a victim, you are a survivor!!!

The SHE Project

Integrated Support Service
12 families

Minimum Safety Support
2 families

SHE Restored
14 families

Eve worked with 14 families through the SHE (Safe, Healthy and Empowered) programme this year. SHE is funded by The National Lottery Community Fund to deliver activities that support women, children and families who

are victims of domestic abuse to develop self-esteem, confidence and resilience. SHE has enabled women to choose the right support for their families. Some women have chosen a minimum engagement with SHE for safety support only and this has maintained and strengthened their safety whilst their partner, or ex-partner, has engaged in the programme. Other women and children have engaged in the full Restored programme which works holistically to build the strengths of women and children to enable them to move on from domestic abuse.

3 Families on SHE have been lowered from Child Protection plans to no further Children's Services' intervention as a result of engaging with the Restored programme.

SHE service users have become more assertive and have been able to use their new skill with their partners/husbands to work out better ways of communication between them. They have a better

understanding of what domestic abuse is and the effects it has on them and their children. They recognise through the group work that they are not responsible for their abuse, they are not to blame. Women have developed the confidence to ask for advice about abusive situations they may be still experiencing.

Women have been enabled and supported to press charges against their perpetrators through the police for the abuse they have experienced.

Women who initially only wanted minimum support have asked for Integrated Support once they have had some intervention with SHE project staff and have continued with the support even when partners have completed or been de-selected from the Evolve programme.

Evolve

An important part of the SHE programme and the support to families participating, is the Evolve programme (formerly known as Fresh Start). Evolve is a programme to enable male partners and ex-partners to choose to change the attitudes, beliefs and values that allow coercive and abusive behaviours.

Our Domestic Violence Perpetrator Team have delivered the 30 week programme, which is based on the Duluth method and is in the process of being assessed by Respect for their Safe Practice Award.

This community based programme has attracted referrals from a relatively wide section of the client population indicating the value of access to this type of programme. The service is continuing to see

an increase in referrals from other professionals in the statutory, voluntary and public sector. The Evolve programme has allowed men to take responsibility and be accountable for their abusive behaviours. Through weekly sessions the men have been able to safely explore issues, patterns of behaviour and the consequences of it. By being able to gain this understanding, they have been able to change cognitively and behaviourally to make positive changes.

Men currently on or who have completed Evolve have been able to gain an enhanced awareness of self and others, including an understanding of the impact that Domestic Violence has had on their partner and children.

Of the 12.76% of men who have completed the Evolve programme there have been no police call outs or incidents whilst on the course

or since completing the programme.

There has been an improved relationship between the men on Evolve and their partners/ex-partners which is underpinned by respect and more effective communication.

47 men and 2 women have been referred to Evolve.

29 men and 1 women were assessed.

23 men were offered a place on the programme.

6 men have completed Evolve.

Training

Eve is established as a source of good quality training in the area of Domestic Abuse and related subjects. This year we have recruited and trained a new part time Training Co-ordinator to extend our team and delivery.

We have delivered **28 courses to 151 individuals in 5 different agencies** with a range of core courses and bespoke programmes written especially for the audience. There has been 3 rounds of our Core Training Programme delivered to new staff and volunteers and further delivery of training updates to existing staff and volunteers.

Clients have ranged from private and statutory sector to third sector and community organisations including Re:Store, BMI Three Shires and Brook Weston Academy. Training evaluations are consistently good to excellent, with participants citing the knowledge, expertise and delivery style of our Training Co-ordinators as a reason for their enjoyment of the course.

Our first ever Symposium attracted 54 delegates from 20 organisations across the private, statutory and third sectors. Feedback was excellent and has encouraged us to plan another event for January 2020. Participants said that the calibre of the speakers was exceptional and that they would recommend the Eve symposium to colleagues.

Inter-Agency Networks & Partnerships

Partnership and inter-agency networking is a key factor in providing holistic services for our service users, and is often a requirement of service delivery. Eve is an active member of a wide range of networks and forums, including Northamptonshire Against Domestic and Sexual Abuse (NADASA) and Community Safety Partnerships.

We have worked with Northampton Community Safety Partnership to provide information, advice and guidance to women in different communities across the town and have supported the Police in their information awareness campaigns.

We have further developed our partnership with The University of Northampton, working with the Institute for Public Safety, Crime and Justice to deliver the SHE project.

Contracts

Eve holds a number of contracts with funders to deliver a variety of services across the organisation.

These are:

- The National Lottery Community Fund to provide specialist, holistic services for women and children through the Violence against Women and Girls strategy. This is a 3 year contract running from May 2016 to April 2019 and is delivered in partnership with The University of Northampton.
- Henry Smith to provide core funding for salaries from June 2016 to June 2019.
- Lloyds Bank Foundation to provide funding for Occupational Therapy Services from September 2016 to March 2020.
- Children in Need to provide funding for Children's Services from September 2017 to August 2020.

Management agreements

Our refuge, Valley House, continues to be owned by EMH Homes and is managed by Nene Valley Christian Family Refuge (known as Eve) under a management agreement.

Objectives for 2019/20

During the next financial year, we intend to achieve our aims by continuing to build and develop our services so that they persist in meeting the needs of the families we work with.

Our aims are:

- To protect those at risk and strengthening them to protect themselves
- To proclaim a future and freedom for those damaged by abusive relationships and struggling to break free
- To provide the resources to enable those who despair to develop identity, security and purpose
- To prevent another generation of abusive relationships
- To prepare survivors, through a variety of opportunities, to build the confidence and independence required to participate in healthy lifestyles and in society.

In order to meet these Aims, our Objectives will be to:

- Increase our Refuge provision to provide safe accommodation to more survivors of domestic abuse.
- Deliver a conference that gives delegates the opportunity to increase their knowledge and understanding of working with survivors of domestic abuse with complex needs.
- Develop income generation services.
- Develop relationships with and services that specifically meet the needs of BAME and disadvantaged groups, including groups that work with children and young people.
- Develop services in line with service users' needs.

Donors & Grants

(Cash and in kind) inc. Cheques received by Admin (2017-2018)

Abington Avenue United Reformed Church, Ailsa Loake, Alexandra Kelly, Alicia Taylor, Alison Al-Hijaj, Alison McQueen, Alison Mercer, All Nations Church Northampton, All Saints Church Earls Barton, All Saints Church Flore, All Saints Church West Haddon, Amy Scarborough, Angela Fox, Anonymous donors, Astcote Methodist Church, Aubrey Mercer, Audrey, Avon & Northants Community Foundation

B E Ringrose, B K Myles, Barclays Bank Pensioners Club, Beth Lothian, Bethan Fanthorpe, Brenda Hall, Bright Horizons, Briony Capell, Brixworth Community Church, Burton Latimer Baptist Church

C Roberts, Carey Baptist Church, Caroline Moore, Catherine Hemingay, Catherine Scott, Charlotte Stocker, Cheryl North, Chloe, Christchurch Group Northampton, Christian Celebration Church, Christina Ali, Connor Goodhew, Curves Ladies Gym

D A Bridgens, D L H Ross, Danielle, David Blakeborough, Debbie Culverhouse, Deirdre Lawrence, Denise Collinson, Denise Johnson,

Dr Souths Primary School Islip, Duke Street Evangelical Church

Earls Barton Co-op, Edie Jennings, Eileen Moran, Ellis Johnson, Emily Holiday, Emily Lowther, Emily Rycroft, Emma Banks, Emmanuel Group of Churches, Eric Walker, Eva Trjkula

Golden Giving donors, Greencore, Guilsborough Church

Hannah Davis, Hazel Barnes, Helen Coope, Heyford Stowe Flore Brockhall Church, Hunsbury Harmonettes

Ian Elmes, Irewamide Onadeko, Islip Womens Institute, Ivet White

J Dale, J Hayes, Jake Arkell, Jane Emerton, Jane Smethers, Janis Dickens, Jennifer King, Jenny, Jenny Osborne, Jenny Scott, Jo Brown, Joan Love, John Malin, John McCormick, John Moulding, Jose North, Judy Boore, Juletta Pemberton, Julianne Fifield-Brown, Justine Davies

Karen Ellis, Karen Parkhouse, Karen Shanks, Kate Adenegan, Kathryn Brickwood, Kathryn Spencer, Katy Jeffery, Kim Brown, King Richard Court

Social Group, Kislingbury and Upton Baptist Church

Laney Hoelzel, Laura Cruekshank, Laura Farmer, LEM Online Ltd, Len Howard, Lisa Albone, Liz Hunt, Lizz Folwell, Local Giving donors, Louisa Fowler, Lucy Harris-Johnson, Lucy Howard, Lynne Proctor

Major J Baker, Maggie Munday, Malcolm Arnold School, Marion Farmer, Martin, Maureen Johnson, McIntyre Hudson, Mercedes AMG, Meryl, Michela Cadden, Michelle Barrow, Michelle Cooney, Michelle Farrell, Michelle Keeny, Michelle Rooney, Mo Smith, Morrisons plc, Moulton Evangelical Church, Moulton Womens Institute, Mr Franklin, Mr Walker, Mrs Carol Halliday, Mrs Wood, N E Tyler, Natalie Campion, Nationwide Building Society, Nora Taylor, Northampton High School, Northants Community Volunteers, Northfield Womens Institute, NSB Olivia Heartly

Pam Mills, Pamela Taylor, Park Avenue Methodist Church, Paulerspury Church, Penny Nicholson, Peter & Diana Mair, PollyAnna Bryce

QPI Legal, Queensgrove Methodist Church, Queensgrove Toddler Group

Riannah Sahunta, Richard Smith, Richmond Homes, Ron Bridges, Rowena Mann

S Crouch, S L Raven, S Pollock, Sally Bevan, Samantha Eales, Samantha Fammon, Sarah Bennisson, Sarah Cross, Sarah Howard, Shannon Rutter, Shirley Richards, Simone Goodman, St Albans Foodbank, St Benedicts Church, St Giles Church Desborough, St Giles Church Northampton, St Johns Church Chelveston, St Marys Church Burton Latimer, St Marys Church Northampton, St Vincent de Paul Society, Steph England, Storehouse Church, Stowe Church, Sue Cross, Sylvia Tilaks

Tim Ward, Towcester Road Methodist Church, Tracy Ginn

University of Northampton

Vicky White, Victoria Road Congregational Church

Weedon United Reformed Church, West Haddon Craft Group, Wilson Foundation, Wollaston Baptist Church, Wootton Park School

Zoe Rumford

"Thank you for your wisdom, support and encouragement and for making me believe that I am a good mum, doing the right things! Building me up as a Mother, you have not just saved me, but my whole family."

(a mother accessing Children's Services)

"Your gentle support and fun attitude helped me immensely in my healing process and restored my self esteem."

(Woman accessing Occupational Therapy Services)

"Thank you so much and may God bless you abundantly with love, grace, joy and peace."

(Woman accessing Restored Programme)

"We always walked away with feelings of great support. Everybody was so lovely that we felt we were important."

(Woman accessing Restored Programme)

It gave me the strength to leave the relationship, which, if I hadn't have had that support, I wouldn't have been able to do. I'm absolutely convinced of that.

(Woman accessing SHE Programme)

"I think it really helped my relationship because my husband was also on the SHE Project. So we've sort of been able to work together better and communicate better, and I guess because he started to see how his actions caused a lot of stress or impacted the relationship negatively, he started to improve. I also started to be a bit more patient with him as well, and I think that's just because of the information I was given."

(Woman accessing SHE Programme)

"This programme has changed the way I look at the world, my whole family are much happier with the way I talk about things."

(Man accessing Evolve Programme)



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