

SAFER NEIGHBOURHOOD BOARD FEEDBACK

The following feedback has been received from the projects that were granted in 2017/18 –

Project	Bid Granted	Organisation	Page
Impact Factor and Junior Impact Factor	£7,700.00	Generation F	6
Freedom Programme	£7,000.00	Freedom Together	9
Substance Misuse Awareness 2	£955.00	DSM Foundation	37
GAV Year 6 "Friends vs Friendly"	£3,960.00	Growing Against Violence	58
Neighbourhood Watch project	£1,500.00	Croydon Borough Neighbourhood Watch Association	59

Organisation	Generation F
Project	Impact Factor and Junior Impact Factor
Amount	£7,700



Generation F CIC & Crossfire Partnership

Delivering multi agency intervention programmes in Croydon

Generation F and Crossfire worked with numerous agencies at 20 high risk primary schools as well as 6 Pupil Referral Units (PRU) and special schools across Croydon. The pupils were taken off of their normal timetable for a day and experienced a variety of workshops instead of normal lessons. A range of topics that addressed MOPAC's objectives were covered during these interactive days.

The overarching theme of safety, decision making and consequences proved hugely relevant and impactful. The engaging sessions provided a powerful learning experience for the pupils. In addition, and outside of the original remit, schools also reported that staff learning had been significant. Learning directly from professionals, the teachers were able to continue to provide these important messages in future lessons through cross curricular teaching.

The benefit of full days as opposed to ad-hoc training is the reinforcement of the overarching learning outcomes from session to session, as numerous professional bodies embed the learning. The 'bonus' element of staff training enhances the provision.

A significant number of agencies were involved with the project. Generation F were able to create a unique learning experience by nature of numerous passionate experts delivering engaging sessions.

Agencies Involved

- Trident – Workshop covering knife crime and gangs
- David Okoro Consulting – An educational consultant specialising in violent crime
- Lives Not Knives – Providing workshops focusing on knife crime and stereotypes
- London Fire Brigade – Covering arson, fireworks and ASB
- S C & O 19 - Guns unit of Police, covering gang violence
- Generation F - Separate workshops on mental health and harming behaviours
- First Aid Buddies – A practical first aid workshop (incl. recovery position, CPR, wounds and bleeding)

- Mighty Men of Valour – A session concentrating on self esteem with student's discussing career opportunities
- Drugs & Alcohol – An in depth discussion revolving around the harsh reality and danger of drugs and alcohol
- ChildLine – This workshop explores mental health, depression within the context of the environment children today are growing up within
- Battersea Education Support Team - This Battersea team explore issues such as dangerous dogs, dog fighting and over breeding, alongside the benefits of good dog ownership
- Prevent – Covering a variety of radical groups this workshop discusses the process whereby young people develop extreme views and ideas
- MET Police – Covering CEOP, stop and search, consequences and any local issues relevant to the school
- Rape Crisis – Covering healthy relationships and boundaries
- Just Enough UK – Variety of workshops covering radicalisation, modern slavery and stranger danger.
- Safer Transport – This session explores safety on all modes of public transport.
- Blue Cross – Covering animal welfare such as dog fighting

All the agencies that attended have signposted their services and offered the pupils and staff support and guidance if required.

The sessions and the presenters are quality assured from their organisations but also work hard as individuals to ensure that they are relevant and able to adapt to societal change. With the culture of young people moving so fast it's important that Generation F provides relevant presenters and topics. It's imperative that the focus remains on the real and current issues that young people face.

All presenters are not only experts in their field but have amazing skills within a classroom environment. This could be simple classroom management skills or the ability to dynamically adjust the pitch to reach the audience.

As the 'trends' of our young people change and there are different issues that each school may face, it's vital that Generation F are flexible. This is primarily achieved by using focus groups within schools, but the lines of communication are open in such a way that any relevant information from pupil, school or staff is fed back. This has clearly been achieved. Alongside the feedback below an example would be how we worked with two schools to rearrange their day and input because of the violence caused by pupils to staff.

Delivering these multi agency days in targeted schools has been embraced by all the schools we have been to. All of the feedback has been fantastic and below are some quotes from the teachers we have dealt with:

Headteacher

"Thank you so much for the day the pupils really enjoyed it and all the visitors engaged excellently with our children, making the day a huge success. Below is a comment from one of our teachers:"

"We thought the impact day was really informative and tailored to the right level. The sessions weren't too long which is really good for our children and they enjoyed it! The people were very friendly and engaged at the appropriate level. Overall, a great day!"

Teacher

"I wanted to email to say a huge thank you to you and all the agencies involved in the Impact Factor day at Cotelands on Friday 10th November 2017. The students thoroughly enjoyed the day and we received some great feedback including requests for return of some of the speakers for an extended session. Our staff were really impressed with the smooth running of the day and the engagement of all the agencies with the young people."

Headteacher

"On behalf of the staff team and students, may I take this opportunity to extend my sincerest thanks for such a successful, positive day. Staff are also impressed with the delivery of the sessions and the positive impact on our students."

Agency

"On behalf of First Aid Buddies I would like to thank you for the opportunity to be involved in your Croydon school project. We had a really interesting session which deviated completely from my lesson plan as a student wanted to learn about catastrophic bleeding."

Pupil

"This was such a cool day. The best bit was learning about the guns department. I also loved the dog."

Freedom Together Community Interest Company

Together we can make a difference



THE MINSTER FREEDOM PROGRAMME REPORT DECEMBER 2017

Course Funders:

THE SAFER NEIGHBOURHOOD BOARD LONDON BOROUGH OF CROYDON-MOPAC

Collaboration with The Minster Infants School

Freedom Together Group Facilitator: Lou Moultrie

Co-facilitator: Mary Glover

1 Volunteers from: Minster Group 2016- Parent Champion

Start date: 22/09/17- End date: 15/12/17

SECTION A

Introduction

Due to the many complex factors, around Domestic Abuse, 'Freedom Together' find the most challenging part is getting women to engage with the service and getting them through the door. This client group can often have multifaceted issues regarding their home life, family, safety and wellbeing. Freedom Together accepts high numbers of referrals for each group with the awareness that attendance can be less than a third and this group proved no different! The women that do manage to find the courage to join the course often talk of the extreme anxiety and fear they face coming to a women's group. This is due to the nature of the course which specifically covers the issues they have suffered such as domestic and sexual abuse.

Please be celebratory to the courageous women who gave their valuable time and feedback for this report of which their comments are included in the **Appendix**.

Referrals

Information is emailed to local services and professionals working with vulnerable adults and children. Posters are displayed in agencies across Croydon. There is also a website for the Freedom Programme where the facilitators' details are currently available. Professionals who refer clients are contacted with confirmation of venue, times and dates which is shared with their clients. All self-referrals are contacted directly. The process has become much more streamline and has allowed women to be booked in quickly. Freedom Together try and contact all the women before the course starts to confirm their place. The Minster School was also open to take referrals from their catchment area.

- 34 women on the Freedom Together waiting list were offered a place on this course
- 6 women cancelled
- 12 women DNA

Attendance

- 16 women attended
- 2 left as unable to change shifts at work
- 122 Individual sessions completed

Venue

The Nest building in the grounds of The Minster School was the set venue for the Freedom Course. This venue has a light and airy room ideal to hold a large group. The room is warm, bright, and spacious. This venue has excellent public transport links to and from Croydon and street parking available in surrounding roads or bays. Parking can be expensive. 100% felt the venue was excellent,

The staff at the school reception play a huge role in the vigilance and security of the group and ensuring their safety and confidentiality.

Crèche

There was no funding available for a crèche.

Collaboration of services

Freedom Together have strong links with local services and collaborate with DASV services in Croydon. Freedom Together invite local agencies to provide information on what is available for women and their children. We tailor services to the needs of the individual groups. Services were invaluable as it encouraged women to look at their future aspirations and recovery.

The following organisations came in and spoke to the women;

- Family Justice Centre- Independent Domestic Abuse Advocates (IDVA)
- Rape and Sexual Abuse Support Centre (RASASC)/ South London Rape Crisis – Independent Sexual Violence Advocate (ISVA)
- Empowering Parents Empowering Children-EPEC (NHS)
- Live Well Advisors- NHS
- Croydon Homestart
- Parent champion- Breakfast Friends Group
- Zumba Teacher -Survivor from Freedom Together 2012 Course

The services covered the following:

- Support
- Counselling
- Advocacy
- Helplines
- Advice & Information
- Wellbeing and Health- NHS
- Children services
- Careers information
- Volunteering
- Young people
- Parenting
- Reporting abuse
- Safety/ Refuges

SECTION B

Detailed analysis taken on session 12.

Women were asked to complete an evaluation form which rated their knowledge before and after attending the course

IMPROVED UNDERSTANDING SINCE ATTENDING THE COURSE ON:

1. 100% DOMESTIC ABUSE
2. 100% CONSENT AND RAPE
3. 100% PERSONAL SAFETY
4. 100% THE EFFECTS ON THE CHILDREN
5. 100% RECOGNISING ABUSIVE BEHAVIOUR IN FRIENDS & FAMILY
6. 100% DISPLAYING ABUSIVE BEHAVIOUR IN YOURSELF
7. 87% PROTECTING YOU AND YOUR FAMILY – 13% ALREADY KNOW
8. 100% SPECIALIST SUPPORT SERVICES 13% ALREADY KNOW LOCAL SERVICES
9. 100% PERPETRATORS BEHAVIOUR
10. 87% THE EFFECTS YOU HAVE SUFFERED 13%- ALREADY UNDERSTAND
11. 100% MANIPULATION AND CONTROL
12. 100% LISTENING TO YOUR GUT INSTINCT- INTERNAL ALARM
13. 100% RECOVERING FROM ABUSE
14. 100% HEALTHY RELATIONSHIPS

IMPROVEMENTS IN SELF CONFIDENCE DUE TO ATTENDING THE PROGRAMME:

1. 100% NOW BELIEVE THEY ARE NOT TO BLAME & THEY HAVE SUFFERED DOMESTIC ABUSE
2. 100% CAN NAME ABUSE AND TACTICS
3. 87% HAVE THE ABILITY TO SPOT A PERPETRATOR- 13% ALREADY KNEW THE SIGNS
4. 87% LOG ABUSE AS IT HAPPENS 13% ALREADY LOG ABUSE AS IT HAPPENS
5. 87% TRUST AND BELIEVE IN YOURSELF 13% SUFFER FROM ANXIETY
6. 100% GET SPECIALIST HELP FOR THE EFFECTS
7. 87% USE COUNSELLING SERVICES FOR YOU AND YOUR CHILDREN- 13% CURRENTLY USING SPECIALIST SERVICES
8. 87% PLAN TO VOLUNTEER, STUDY OR TRAIN FOR NEW SKILLS 13% ARE NOT READY
9. 100% WILL TAKE STEPS TO SAFEGUARD THEMSELVES AND THEIR CHILDREN
10. 100% COMPLAIN ABOUT UNHELPFUL SERVICES
11. 87% REPORT NEW ABUSE 13% NOT CONFIDENT IN SERVICES SUPPORT
12. 87% NOW FEEL ABLE TO GIVE EVIDENCE IN COURT- 13% WOULD BE TOO NERVOUS
13. 87% WILL NOW ASK FOR HELP IF THEY ARE STRUGGLING EMOTIONALLY 13% ARE WORRIED SERVICES WILL SEE THEM AS UNFIT MOTHERS
14. 87% REPORT ABUSE IN YOUR COMMUNITY 13% NO CHANGE -ALREADY REPORT INCIDENTS TO POLICE
15. 87% BE INVOLVED IN COMMUNITY PROJECTS 13% DO NOT WANT TO

RATING THE COURSE 1= Terrible (most negative rating) to 5=Excellent (most positive rating)

1. WAS THE COURSE VALUABLE - 100% =Excellent
2. FACILITATORS MAKE YOU FEEL PART OF THE GROUP- 100% =Excellent
3. FACILITATORS KNOWLEDGE ON DOMESTIC ABUSE- 100%= Excellent
4. FEELING WELCOMED AND SAFE 100% = 100% Excellent
5. THE VENUE- 100% =Excellent
6. THE CRECHE AND CHILD CARE (IF YOU USED)- 100% =Excellent
7. SHOULD THIS BE TAUGHT IN SCHOOLS 13 YEARS AND ABOVE-100% = Excellent
8. WOULD YOU RECOMMEND TO A FRIEND- 100% = Excellent

Emerging Themes

Some women felt unsupported by social services this theme runs through every group and this one was no different. However, women spoke of now understanding that they would not of attended this course had the

threat of having their children removed been there. They felt the course had enabled them to understand why children needed protection from Domestic Abuse. Women felt there was a significant difference to how they coped when they received support from workers who had empathy and knowledge around domestic abuse. Women felt less judged and considerably less likely not to return to the abusive relationships and give evidence against the perpetrator - Named workers are mentioned In the **Appendix**.

67% women signed up to attend Freedom Together fortnightly 'Free 2 B workshops' to ease the isolation they feel –These are self-esteem workshops only available to survivors of DASV. (Freedom Together CIC are reliant on further funding to provide this service)

Outcomes

Cases of concern

Adult Protection

1 x Safe guarding vulnerable adult case. (Reported) Linked to Specialist Services (IDVA) for support and risk assessing. Completed

Adult & Child Protection

1 x Safe guarding vulnerable mother and child. (Reported) linked to Social Care- ongoing case.

1 x referred for specialist support due to trauma caused from a rape two week before the course was due to start. Crime Reported- Linked to RASASC- Linked to services for support with pregnancy/ termination.

2 women's children have been sexually assaulted by their fathers during the abusive relationship both were linked to specialist counselling services.

1 women has left her partner since attending the course after being in a 10-year abusive.

1 women has managed to receive treatment from her G.P for her PTSD and is now on medication.

After completing a session on the effects of DASV & Trauma 100% of women recognised they had suffered trauma within their abusive relationships 100% intend to seek support either through counselling or self-help meditation to aid their recovery.

Disclosures of Rape significantly rose after the session educating women on consent and the sexual controller. RASASC's Independent Sexual Violence Advocates (ISVA) were on hand at the end of this session to provide support & information on their specialist service.

21% cases had previously gone to a Multi-Agency Risk Assessment Conference-MARAC.

Children

31 Number of children within 16 families who attended the course

37% Of mums who attended the course had children on a Child Protection Plan (CPP)

Disabilities

30% of women were registered as having physical disabilities or learning difficulties, all were offered places on the course. The venue has wheel chair access and adapted toilets, the programme tries to encompass all learning needs.

Safety:

Within the group all women are offered information and support regarding safety and the potential danger for anyone in a current abusive relationship. A list of local and national support agencies and emergency numbers are provided for every woman throughout the 12 weeks along with a safety plan.

DASV Freedom Together Survivors Steering Panel

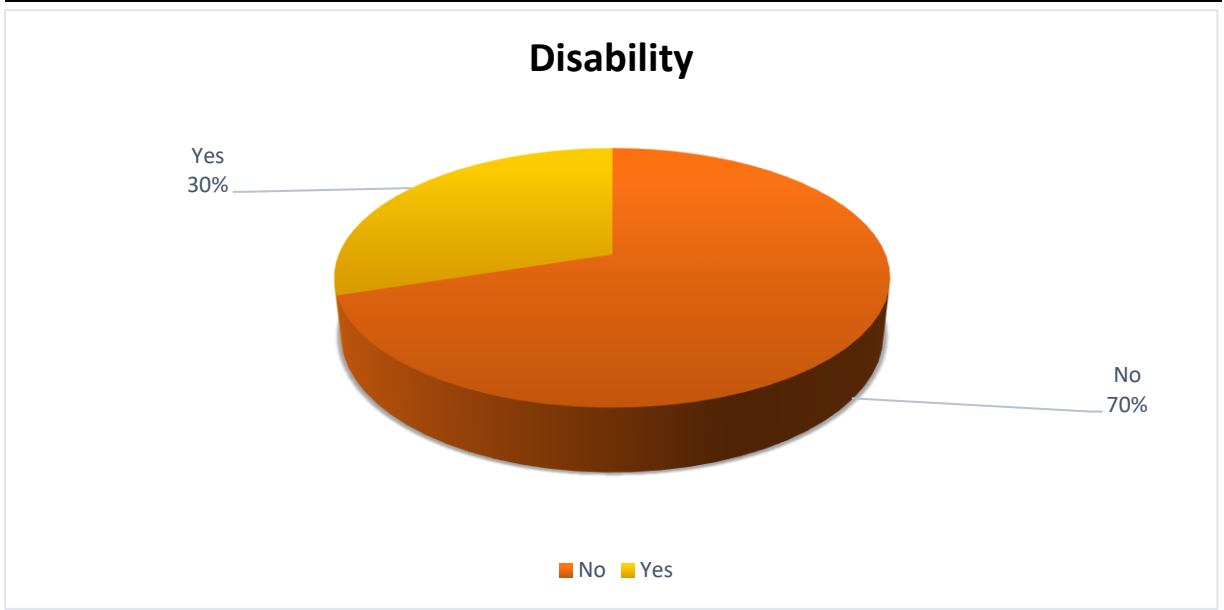
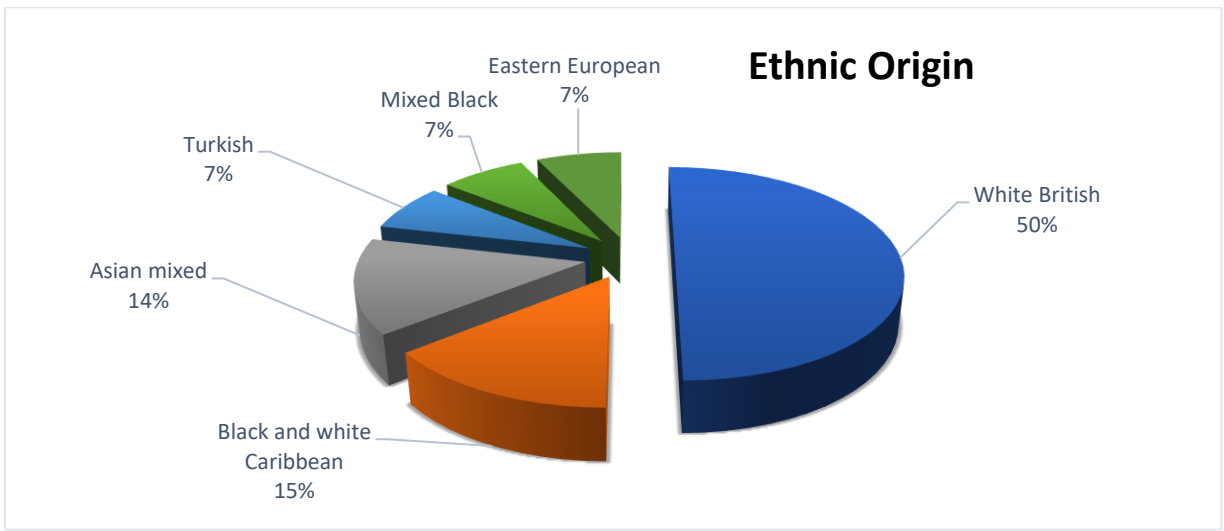
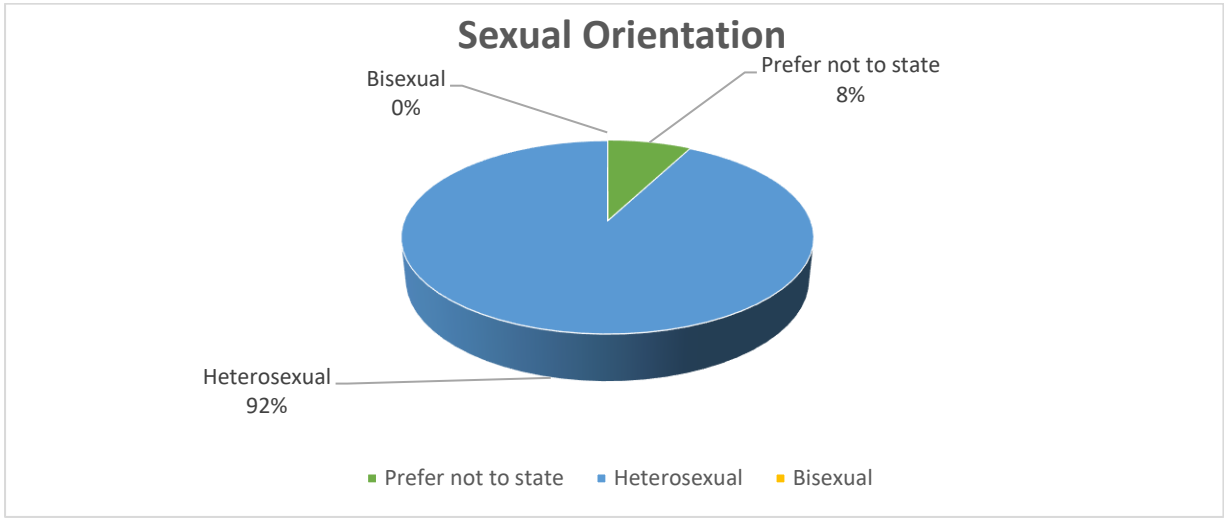
All women on the group were given an opportunity to join the Freedom Together Steering Panel in 2018. Women will be encouraged to have a voice in the way services support women effected by DASV.

All women felt that survivor's views should be part of how services relate and support families; included in the **Appendix**.

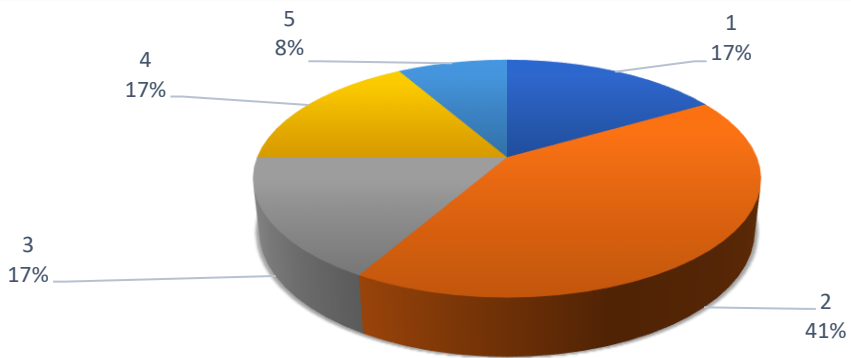
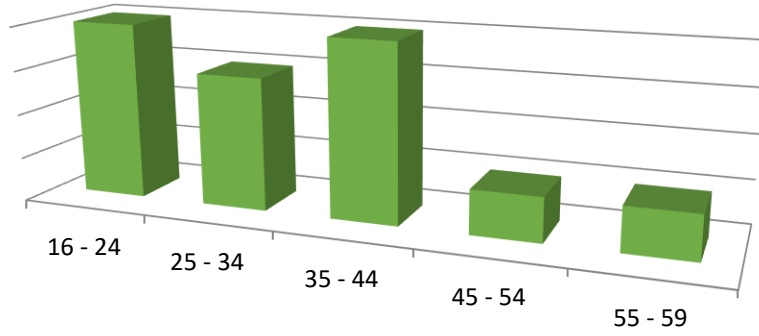
Diversity Monitoring Information

Client information 13 women completed diversity forms from the first session.

We only know what people feel safe enough to tell us!

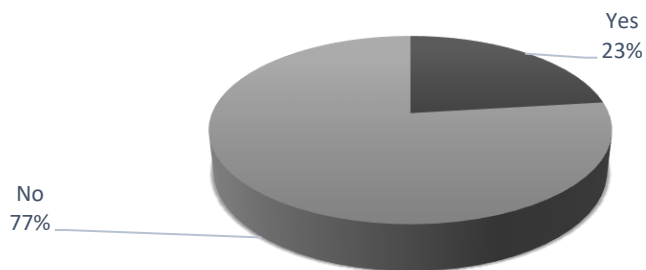


Age

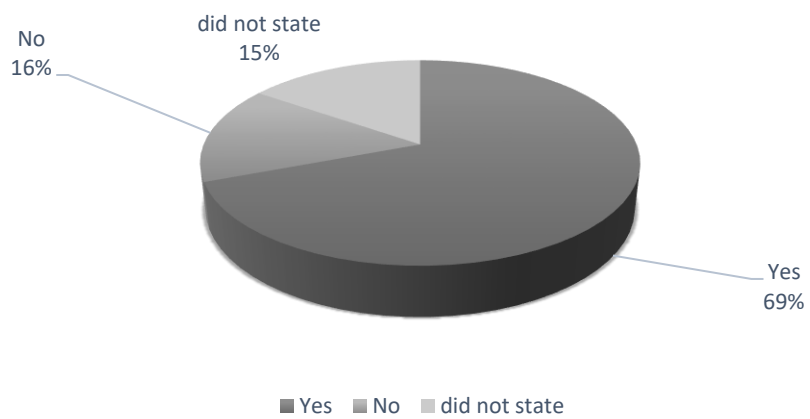


Number of children in each family

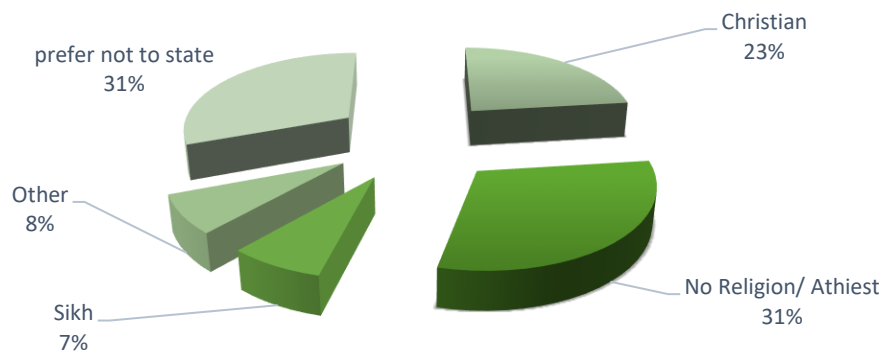
Currently Employed



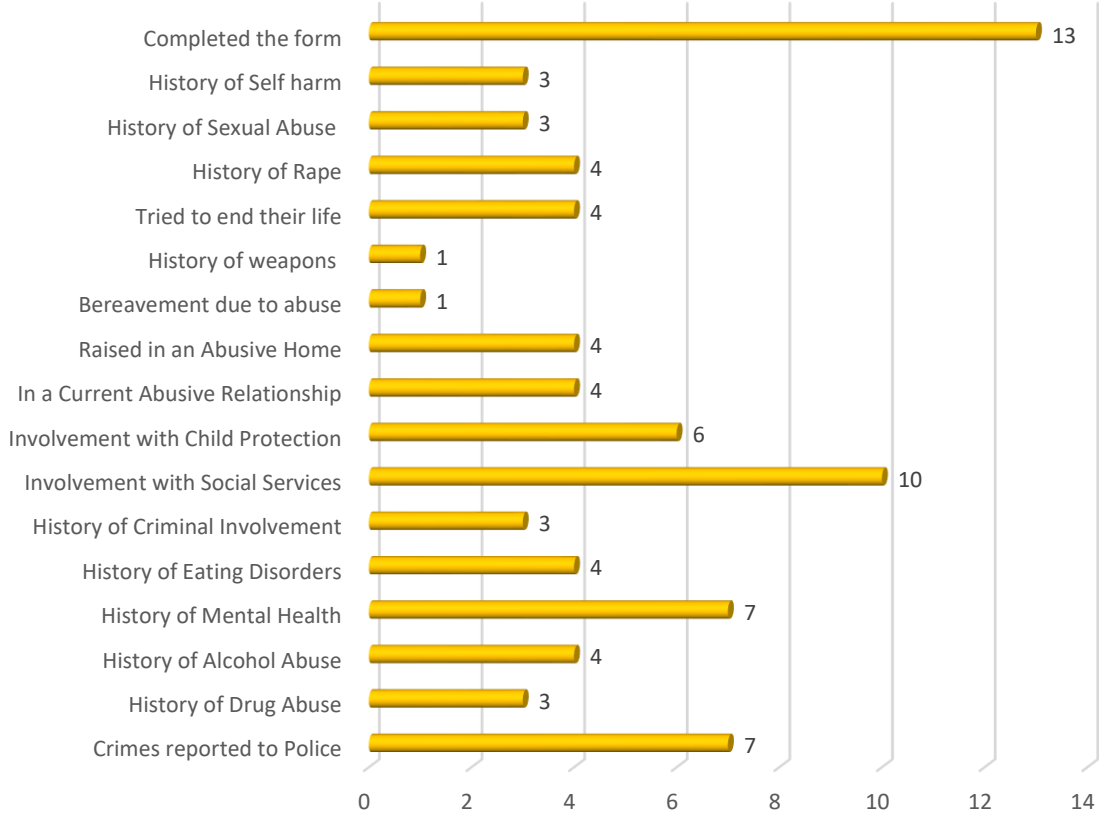
Receiving benefits



Religious belief



History and Effects of Abuse



HISTORIES OF WOMEN AND THE EFFECTS OF DOMESTIC ABUSE

Women were asked to complete a monitoring form at the beginning of the course. There is a significant difference in information provided on forms versus actual information disclosed during the 12-week course. This clearly highlights that statistics are not always a realistic or a true portrayal of real life effects.

Rape was significantly higher than disclosed on the forms as was current abuse.

These findings show the huge monetary cost to society and to women's wellbeing.

APPENDIX

All women have consented to their feedback being used in this report.

Women's feedback throughout the course- THEIR WORDS HAVE NOT BEEN AMMENDED

Freedom Together half way feedback

How did you feel the first day coming to the course?

- Very nervous, very shy...bit of an emotional wreck
- A little unaware of what to expect and worry if it will help
- It sounded stupid how can a course help me in any way?
- Was ok and a bit scared
- Comfortable, heard but nervous
- Anxious\nervous
- Nervous\glad\freer
- I wasn't sure, but I'm glad I came
- 2nd time on course I knew what to expect...I feel safe and free here
- Scared unsure, but sense of achievement
- Nervous, didn't know what to expect, sick, emotional

How do you feel now about attending the course and why?

- It has made me realize that the things that happened to me, I did not imagine, and they were real
- Feel unhappy have conflicting feelings about being here
- Harder than the first time still glad I'm attending... beneficial to understand why I feel the way I do at times. Lots of triggers.
- I want to do this for me
- Free. More aware. Learnt so much.
- I feel good, I feel as though I'm learning a lot
- I feel much better than I did I felt like it was going to be like an AA meeting, but it wasn't, if you don't want to talk you don't have to, which is very comforting.
- I think it helps you a lot
- I feel I have learned a lot about myself and abuse I didn't even realise how bad it was. I have learnt so much
- At times I don't feel I'm in an abusive relationship and then I look forward to attending the course and get one step closer to freedom
- Brilliant, learnt so much, look forward to attending

What is the biggest challenge you have faced since learning about abusive people?

- Recognising what we've been through-(family)
- The biggest challenge has been at myself for always failing to see the abuser, it has made me think a lot more and try to take care of myself
- I learnt that it wasn't just the past abuser but that my current partner was also working the same way
- By walking through the door
- Trying to communicate what I've learned to the perpetrator
- Just realising certain people who have been abusive in the past
- Learning some situations, I've been through were abusive when I didn't realise before
- I now know that it is not normal it makes me look at myself.
- Learning to love myself again not letting situations impact the way I feel about myself

- Understanding me and my reason to abuse (unseen) also now to react to my partners subtle abusive behaviour
- Finally admitting I was a victim of domestic violence and speaking out

How has attending this course made you feel and has it had any benefits to you so far?

- I am starting to understand the issues out there and I'm starting to feel stronger
- Empowered I know that I can make a difference it's ok to love myself
- Huge benefits, very emotional just time to focus on myself kids and our future together
- When I hear other lady's talk I don't feel alone
- I've helped and shared things I've learned with others going through similar situations. I also got back with the only 'liberator' partner and we are so happy.
- It has benefitted my learning, and made me feel more confident about noticing certain behaviours
- I feel like I am learning a lot about why my ex did what he did
- It is helping me so far
- This course has made me feel so much stronger and look forward to the future. Instead of thinking there is something wrong with me
- Things are being triggered, signs of abuse
- Its taught me to laugh again, able to talk + emotional+ listen to others

End Evaluation -Last session- 15/12/17)

What impact has the attending the course had on you, for the better or worse?

- I know I needed help because I thought I was brain washed, this group has helped me a lot
- This course has made me realise there is light at the end of the tunnel, thank you Lou
- I have changed for the better. I am now listening to my 6th sense and trusting myself
- This year I am on medication and therapy. It has helped me feel part of the group. I have helped survivors in the past and did not realise I also needed help. I realised everyone in this becomes fucked up not just me. I used to see all women as perps
- Result of the course I am more aware of my surroundings now and the issues involved in abuse
- This course has encouraged me to seek out services which I wouldn't have used before
- I spent a long time blaming myself. The first few sessions were exhausting, it opened my eyes. I have gone for counselling and am now thinking of a future and in work.
- I have learned that I buried to much
- Educational/ I feel I have finally broken the cycle of abuse. There is hope
- The course has made me feel I am not going mad
- The course should be out there. The word 'Domestic' needs to be changed
- Wow I never cried so much in 12 weeks after 30 years of abuse. You have made me cry lots.
- I am very proud and happy I came to the course but worried and sad it has come to an end. I don't want to walk out the door and feel alone again. This group of ladies have made me feel happy, human and welcome and not alone. Depression, anxiety and loneliness are the worst feelings I cannot wait for the next course or group. This course gave me faith that things will get better and I can survive

What agencies have supported you and been instrumental in you and your children being safe and why?

- The Family Justice Centre (FJC)- Because they are supportive and understanding
- FJC- Workers were knowledgeable
- Social Worker- I am alive due to social workers intervention
- Rape and Sexual Abuse Support Centre (RASASC) – I never respected myself, put myself in danger. I feel I do not need to anymore they gave me a voice
- RASASC- Advocacy Team for Court Case

- Harris Upper Norwood- Excellent they have had training
- FJC- I felt welcome they made me feel safe
- FJC- if it wasn't for them I wouldn't have gone for counselling
- FJC- Supporting
- RASASC- heart
- FJC- They care
- School- West Thornton Liaison support Cherrie she was excellent – (Heart shape)
- Minster Infants School- Got help from Family liaison. Mary Glover I came here, and they gave me her, she helped me so much
- I listened to motivational speakers and I read, I didn't go for help
- FJC- Helen really listened to me this time. Before March I had no hope but she really cared and listened. I do not know if I would be here.
- Women and Girls network

Named staff women classed as excellent from the FJC- Esra. A, Claire. B, Michaela. D, Helen.

What agencies would you avoid asking for help/support even if you and your children were at risk of harm and why?

- Children Services- Because I don't want my son taken away from me
- Social Services- They don't care enough for families
- Social Worker didn't appear to care much- I didn't get support
- Social Services- As a child under Child Protection for my own childhood. They moved my mum away from Croydon no support she was left vulnerable.
- Social Services- Trauma stays with you all your life, no consideration to individual needs
- Social Services- Don't appear to care. Services run by the government do not show empathy. Other services show empathy!
- Croydon Police- When I called them out they were sarcastic. They don't understand Domestic Abuse
- Police should be re-trained- I feel they are not supportive. Police listen more when you go through the FJC
- Social Services- there work is based on stats. You receive threats 'if you don't do this we will take your children away'. I must explain everything- he doesn't (perpetrator)
- Social Services- The system is not supporting women. I am glad they gave me an ultimatum otherwise I would have gone back to the 'perp' but I would never call them again, they do not support you. But at the same time, I needed that push.
- Work- No empathy, cold
- Social Worker- Said we will support you. Went to court my SW wasn't there then he was booked off for 3 days. If I had been given some support at the time I wouldn't be in the situation I am in now!
- First place I did go was the school. (10 years ago) No empathy, not helpful. Now still iffy about the school
- Got help from Family Liaison
- FJC-I asked for help before, three times in total from them in the past. They didn't listen to me years ago. They have changed now! Weapons were kept in the house. I had to be abused for another 10 years again before I got helped. Sometimes services are not listening
- School secondary- I was shocked, a girl I know was Raped. The school tell her to 'Grow up', not helped or supported. (Last month- November 2017)
- School secondary- My daughter and son needed help and support. They didn't get any but also the children did not want the teachers to know because of the repercussions at school (No confidentiality between students and teachers- bullying continues)

2 Croydon High schools named as unhelpful or inadequate towards supporting their students effected by abuse and violence.

What tools/ skills will you take from attending this course?

- ✓ My self-awareness
- ✓ Recognise and look out for signs of a perpetrator
- ✓ Tactics of a perpetrator
- ✓ Use support
- ✓ Knowing support networks for me
- ✓ Everything
- ✓ Trust my instincts
- ✓ Abuse
- ✓ Self- love
- ✓ All I have learnt on the course
- ✓ Strength to say no and make my own choices
- ✓ Support and help

What would you like to dump before you leave this course?

- Regret
- Negativity
- Everything
- ***** (perpetrators name)
- I'm not worthless
- ***** (perpetrators name)
- Suppression
- My mother
- The ***** family
- Guilt
- My father in-law
- Self- blame

What touched your heart whilst attending this programme?

- ✓ I have cried more in this 12 weeks than in my whole life. I never thought it possible in a group
- ✓ All the other womens strength
- ✓ I'm not alone, there is hope and how amazing all the women in the course have shown it's not my fault
- ✓ Making friends
- ✓ Not being alone with this
- ✓ I am a good person
- ✓ I am going to be more positive
- ✓ Protecting myself and to be more careful
- ✓ Louise and the women in the group
- ✓ I'm not alone
- ✓ I love myself and don't feel bad about it anymore
- ✓ Lou and Mary (facilitators)
- ✓ Stay on the journey

Professions of some of the women who attended the course:

- TEACHING ASSISTANT
- CONSTRUCTION MANAGER
- SHOP ASSISTANT
- STUDENT- CRIMINOLOGY & PSHYCOLOGYSHOP ASSISTANT

- STUDENT- MASTERS IN LAW

Founder Lou Moultrie would like to say a huge THANK YOU to the London Borough of Croydon- Safer Neighbourhood Board – MOPAC for funding 'Freedom Together CIC'.

To 'The Minster Infants School' for providing a FREE safe and welcoming venue for the Women attending the course.

Lastly thank you to all the wonderful volunteers and all local agencies for your endless belief, time and support towards helping END VIOLENCE AGAINST WOMEN AND CHILDREN.

END OF REPORT

Together we can make a difference!

FREEDOM TOGETHER

07903580100

Lou.moultrie@hotmail.co.uk

Freedom Together Community Interest Company

Together we can make a difference



THE FAMILY CENTRE FIELDWAY PROGRAMME REPORT DECEMBER 2017

Course Funders:

THE SAFER NEIGHBOURHOOD BOARD LONDON BOROUGH OF CROYDON-MOPAC

Crèche Funders: CROYDON COMMUNITY FUND

Collaboration with The Family Centre Fieldway

Group Facilitator: Lou Moultrie

2 Volunteers from: Winterbourne Group 2014 and Family Centre Fieldway Group 2017

Start date: 20/09/17- End date: 13/12/17

SECTION A

Introduction

Due to the many complex factors, around Domestic Abuse, 'Freedom Together' find the most challenging part is getting women to engage with the service and getting them through the door. This client group can often have multifaceted issues. Issues regarding their home life, family, safety and wellbeing, Freedom Together accepts high numbers of referrals for each group with the awareness that attendance can be less than a third. The women that do manage to find the courage to join the course often talk of the extreme anxiety and fear they face coming to a women's group. This is due to the nature of the course which specifically covers the issues they have suffered such as domestic and sexual abuse.

Please be celebratory to the courageous women who gave their valuable time and feedback for this report of which their comments are included in the **Appendix**.

Referrals

Information is emailed to local services and professionals working with vulnerable adults and children. Posters are displayed in agencies across Croydon. There is also a website for the Freedom Programme where the facilitators' details are currently available. Professionals who refer clients are contacted with confirmation of venue, times and dates which is shared with their clients. All self-referrals are contacted directly. The process has become much more streamline and has allowed women to be booked in quickly. Freedom Together try and contact all the women before the course starts to confirm their place.

- 31 women offered a place on the course
- 2 women cancelled due to work commitments
- 14 women DNA

Attendance

- 15 women attended the course
- 1 women was recognised by someone using the centre on 2nd session suffered extreme anxiety, was offered a place for 2018 in Croydon
- 1 women left course as had to return to work
- 1 women back with the perpetrator- left the course
- 1 woman did not return after session 9. Her teenage son has gone missing after fears he is running drugs for gangs, he has a warrant out. (no update)

- 1 woman unable to complete the course, suffering Post Traumatic Stress Disorder (PTSD) due to DASV. She wants to return when able
- 1 women's sporadic attendance due to perpetrator slashing her tyres weekly- (affecting her anxiety and cost). She has reported, NFA due to lack of evidence
- 1 women sporadic attendance substance misuse due to DASV

Venue

The Family Centre Fieldway is in the heart of New Addington and to the East of the London Borough of Croydon. It was the set venue for this group. There are great transport links from Central Croydon, the Centre also houses a large free car park to the left of the building. This was an open catchment group to Croydon ladies so most woman did travel across Croydon. We arranged the course times for midday 11-1pm so that women who had children in nursery's & schools had ample time to get to and from pick-up points.

The Centre provided a large, warm and bright room with a dining area where women could have lunch or coffee after the group. Centre staff are welcoming to the women and are particularly sensitive to the group's needs of safety. The Family Centre has collaborated with Freedom Together for over 3 years providing the venue, reception and sometimes creche, working to end Violence against women and families across the London Borough of Croydon.

Crèche

FUNDERS COMMUNITY FUND PROVIDED BY – The Family Centre

The Family Centre secured funding for the crèche enabling families to attend the programme. Women who used the crèche commented on how friendly the childcare staff had been.

Collaboration of services

Freedom Together have strong links with local services and collaborate with DASV services in Croydon. Freedom Together invite local agencies to provide information on what is available for women and their children. We tailor services to the needs of the individual groups Services were invaluable as it encouraged women to look at their future aspirations and recovery. The family Centre generously gave bags of various fruit, vegetables, bread and cakes through the Tesco's food share projects. Which were greatly received and added to the women feeling valued. Some women who lived in the area were also able to use the food store provisions.

The following organisations came in and spoke to the women;

- Family Justice Centre- Independent Domestic Abuse Advocates (IDVA)
- Rape and Sexual Abuse Support Centre (RASASC)/ South London Rape Crisis – Independent Sexual Violence Advocate (ISVA)
- Empowering Parents Empowering Children-EPEC (NHS)
- Live Well Advisors- NHS
- Croydon Homestart
- Family Centre Fielway- Tesco's Fare Share- Food store

The services covered the following:

- Support
- Counselling
- Advocacy
- Helplines
- Advice & Information
- Wellbeing and Health- NHS
- Children services
- Careers information

- Volunteering
- Young people
- Parenting
- Reporting abuse
- Safety/ Refuges

SECTION B

Detailed analysis taken on session 12.

Women were asked to complete an evaluation form which rated their knowledge before and after attending the course

IMPROVED UNDERSTANDING SINCE ATTENDING THE COURSE ON:

1. 100% DOMESTIC ABUSE
2. 100% CONSENT AND RAPE
3. 100% PERSONAL SAFETY
4. 87% THE EFFECTS ON THE CHILDREN- 13% ALREADY KNOW EFFECTS
5. 100% RECOGNISING ABUSIVE BEHAVIOUR IN FRIENDS & FAMILY
6. 100% DISPLAYING ABUSIVE BEHAVIOUR IN YOURSELF
7. 87% PROTECTING YOU AND YOUR FAMILY – 13% ALREADY KNOW
8. 87% SPECIALIST SUPPORT SERVICES 13% ALREADY KNOW LOCAL SERVICES
9. 100% PERPETRATORS BEHAVIOUR
10. 100% THE EFFECTS YOU HAVE SUFFERED
11. 100% MANIPULATION AND CONTROL
12. 100% LISTENING TO YOUR GUT INSTINCT- INTERNAL ALARM
13. 100% RECOVERING FROM ABUSE
14. 100% HEALTHY RELATIONSHIPS

IMPROVEMENTS IN SELF CONFIDENCE DUE TO ATTENDING THE PROGRAMME:

1. 100% NOW BELIEVE THEY ARE NOT TO BLAME & THEY HAVE SUFFERED DOMESTIC ABUSE
2. 100% CAN NAME ABUSE AND TACTICS
3. 100% HAVE THE ABILITY TO SPOT A PERPETRATOR
4. 87% LOG ABUSE AS IT HAPPENS 13% ALREADY LOG ABUSE AS IT HAPPENS
5. 100% TRUST AND BELIEVE IN YOURSELF
6. 87% GET SPECIALIST HELP FOR THE EFFECTS- 13% ARE CURRENTLY USING SPECIALIST SERVICES
7. 87% USE COUNSELLING SERVICES FOR YOU AND YOUR CHILDREN- 13% CURRENTLY USING SPECIALIST SERVICES
8. 87% PLAN TO VOLUNTEER, STUDY OR TRAIN FOR NEW SKILLS 13% ARE CURRENTLY WORKING
9. 100% WILL TAKE STEPS TO SAFEGUARD THEMSELVES AND THEIR CHILDREN
10. 74% COMPLAIN ABOUT UNHELPFUL SERVICES 13% NOT CURRENTLY CONFIDENT TO COMPLAIN, 13% ALREADY FEEL CONFIDENT TO COMPLAIN
11. 87% REPORT NEW ABUSE 13% NOT CONFIDENT IN SERVICES SUPPORT
12. 100% NOW FEEL ABLE TO GIVE EVIDENCE IN COURT
13. 87% WILL NOW ASK FOR HELP IF THEY ARE STRUGGLING EMOTIONALLY 13% ARE WORRIED SERVICES WILL SEE THEM AS UNFIT MOTHERS
14. 87% REPORT ABUSE IN YOUR COMMUNITY 13% NO CHANGE -ALREADY REPORT INCIDENTS TO POLICE
15. 87% BE INVOLVED IN COMMUNITY PROJECTS 13% DO NOT WANT TO

RATING THE COURSE 1= Terrible (most negative rating) to 5=Excellent (most positive rating)

1. WAS THE COURSE VALUABLE - 100% =Excellent
2. FACILITATORS MAKE YOU FEEL PART OF THE GROUP- 100% =Excellent
3. FACILITATORS KNOWLEDGE ON DOMESTIC ABUSE- 100%= Excellent
4. FEELING WELCOMED AND SAFE 100% = 100% Excellent
5. THE VENUE- 87% =Excellent, 13% = Good

6. THE CRECHE AND CHILD CARE (IF YOU USED)- 100% =Excellent
7. SHOULD THIS BE TAUGHT IN SCHOOLS 13 YEARS AND ABOVE-100% = Excellent
8. WOULD YOU RECOMMEND TO A FRIEND- 100% = Excellent

Emerging Themes

Most women felt unsupported and victimised by social services this theme runs through every group and this one was no different. Women who were high risk said once they received specialist support from ISVA's/IDVA's it made a significant difference to their confidence helping them move forward and feel believed - Named workers are mentioned In the **Appendix**.

Women spoke of the gap in their support once perpetrators have been arrested. The victims felt police no longer saw them as 'at risk' and their contact was dropped by local services.

Failures by the police along with a lack of understanding of domestic abuse was a worrying pattern and had culminated in a lack of trust to report further crimes.

Again, ladies wanted more groups for survivors and more things for women who were suffering the same isolation. All women signed up to attend Freedom Togethers fortnightly 'Free 2 B workshops' – (We are reliant on funding to provide this service) Regular self-esteem workshops only available to survivors of DASV.

Outcomes

2 Womens court cases

1 perpetrator sentenced to 8 years

1 perpetrator sentenced to 6 years

2 women's children have been sexually abused by their fathers during the DA relationship.

Both mothers are now seeking specialist support for themselves and their children.

1 woman has left her abusive partner after several attempts she feels attending the course twice has enabled her to never go back as she understands the effects upon her 3 children and herself. She has successfully moved home. The last assault he broke her jaw which needed surgery. She has since signed up to volunteer for Home start and plans to get a good job. He continues to pester and stalk her breaching orders. She has reported to the Police. Her name is down to volunteer for Freedom Together.

1 woman left the group after the 3rd session- in a current abusive relationship

1 woman has left her partner however he continues to stalk her causing criminal damage to her car most weeks along with other harassment. She doesn't plan to move as it will disrupt the children's schools and her only support network is in Croydon. She continually reports him to the Police, but they are unable to charge him. She feels this is what he does, wears her down until she is exhausted and lets him back. She does not want him in their life but needs extra support. (This is at the point where women on the course say they feel isolated and are not receiving additional support because they are not deemed as at high risk).

1 woman has ended her marriage after years of emotional and financial abuse, she is struggling with the constant head working from him but has put a support plan in place with her closest safe friends. She knows this will be difficult as his pester power is relentless. In between assaults he showers her with gifts and promises that SHE must change.

After completing a session on the effects of DASV & Trauma 100% of women recognised they had suffered trauma within their abusive relationships 87% intend to seek professional support services in the future to aid their recovery 13% are being treated through medication and therapy for PTSD and Brain Trauma- (caused by physical injury to the brain).

Disclosures of Sexual Violence and Child Abuse significantly rose after the session educating women on consent and the sexual controller. RASASC's Independent Sexual Violence Advocates (ISVA) were on hand at the end of this session to provide support & information on this specialist service.

87% of women on this course are on the waiting list for the fortnightly '**Free 2 B Workshops**'. All women felt this service would continue their growth, self-esteem and confidence, reducing the isolation they feel the DASV has encroached on their lives. (Not currently funded)

Children

36 is the number of children within the 15 families who attended the course

43% Of family's mums who attended the course had children on a Child Protection Plan (CPP)

Disabilities

11% of women registered as having physical disabilities or learning difficulties and were all offered places on the course. The venue has wheel chair access and adapted toilets, the programme tries to encompass all learning needs.

Results

57% of the ladies on the course were high risk to domestic abuse, all their cases had gone to a Multi-Agency Risk Assessment Conference-MARAC.

Safety:

Within the group all women are offered information and support regarding safety and the potential danger for anyone in a current abusive relationship. A list of local and national support agencies and emergency numbers are provided for every woman throughout the 12 weeks along with a safety plan.

DASV Freedom Together Survivors Steering Panel

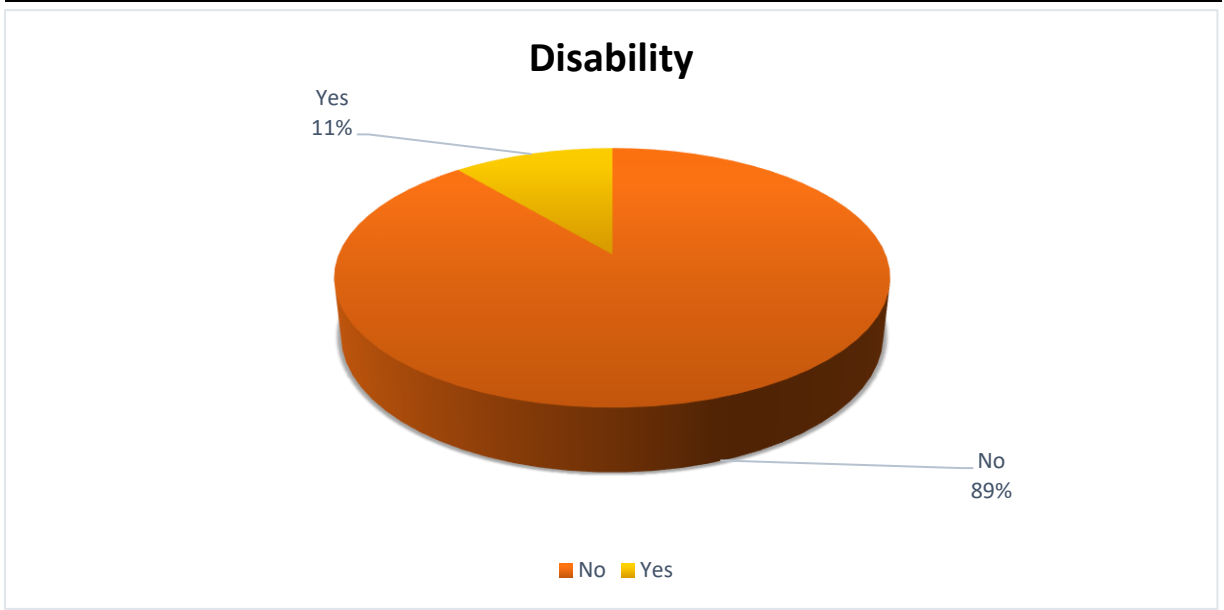
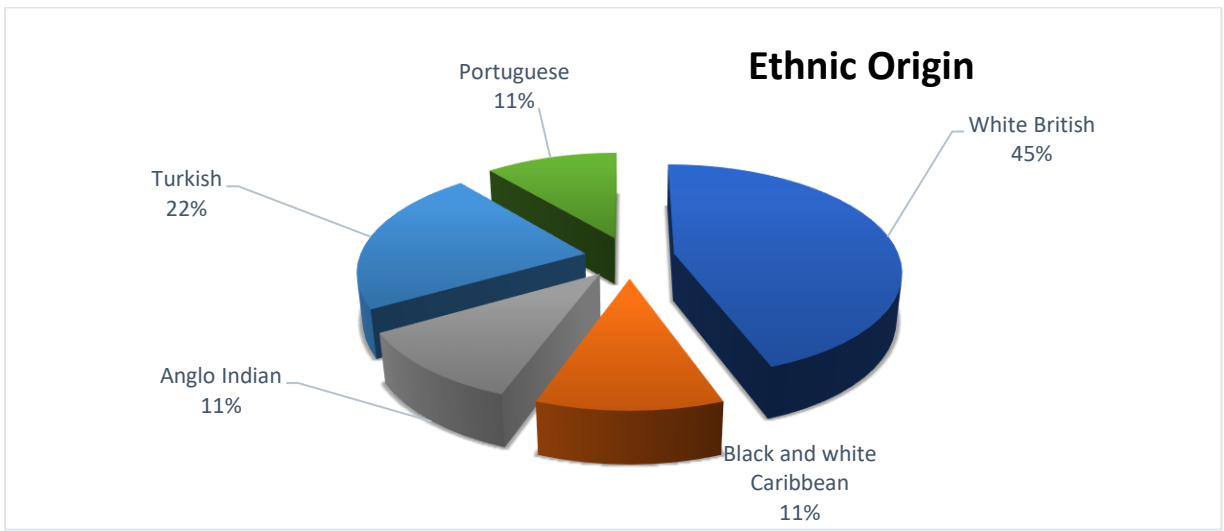
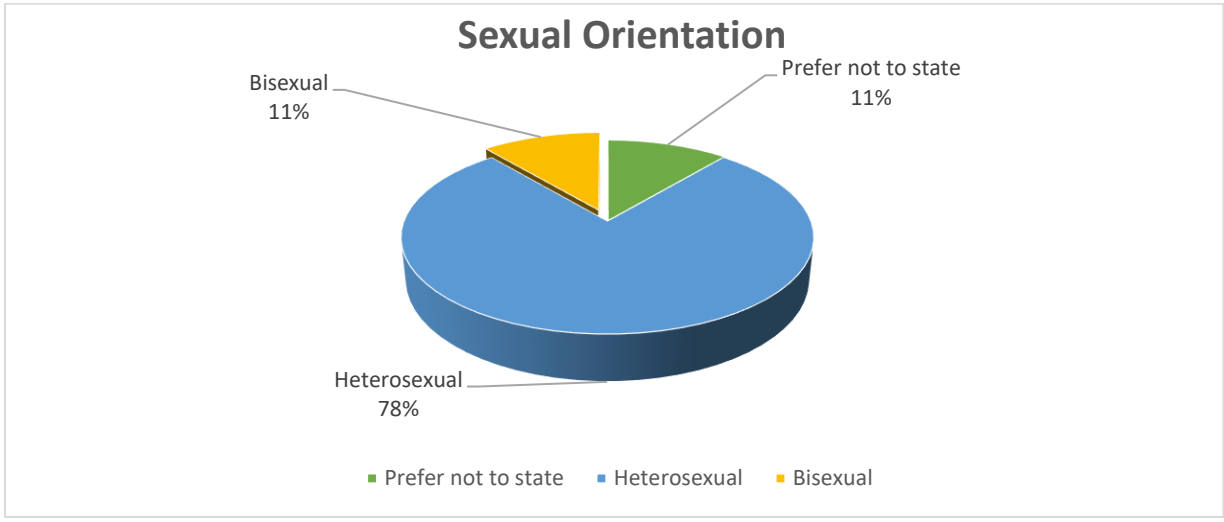
All women on the group were given an opportunity to join the Freedom Together Steering Panel in 2018. Women will be encouraged to have a voice in the way services support women effected by DASV.

Most women felt really motivated to write down their experiences of services; included in the **Appendix**.

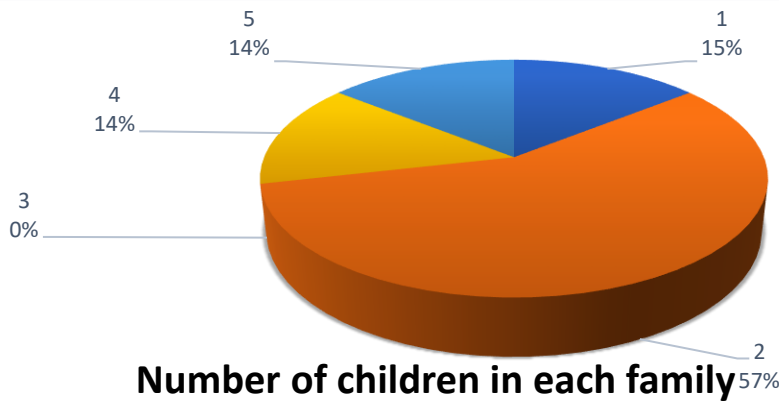
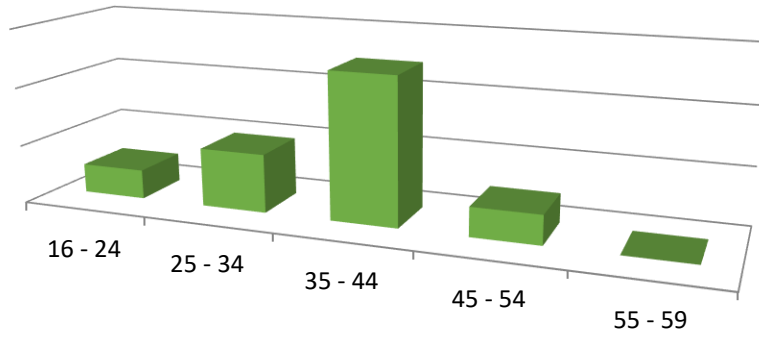
Diversity Monitoring Information

Client information 9 women completed diversity forms from the first session.

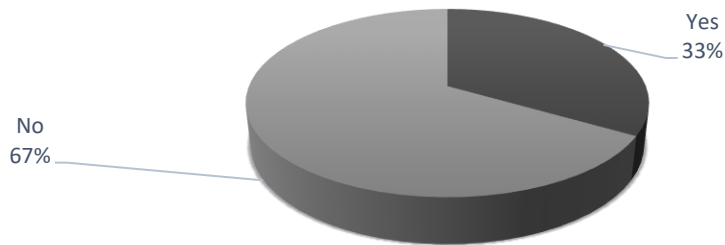
We only know what people feel safe enough to tell us!



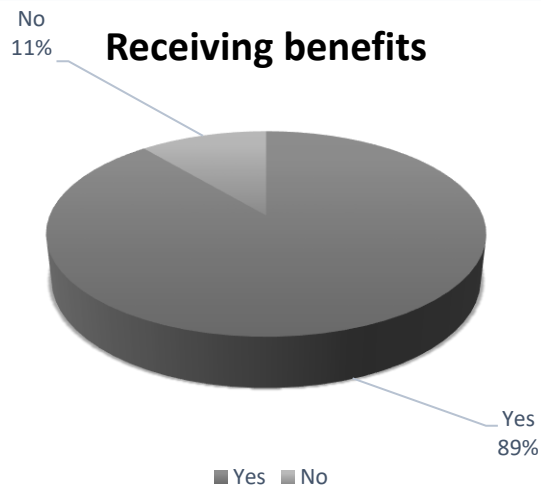
Age

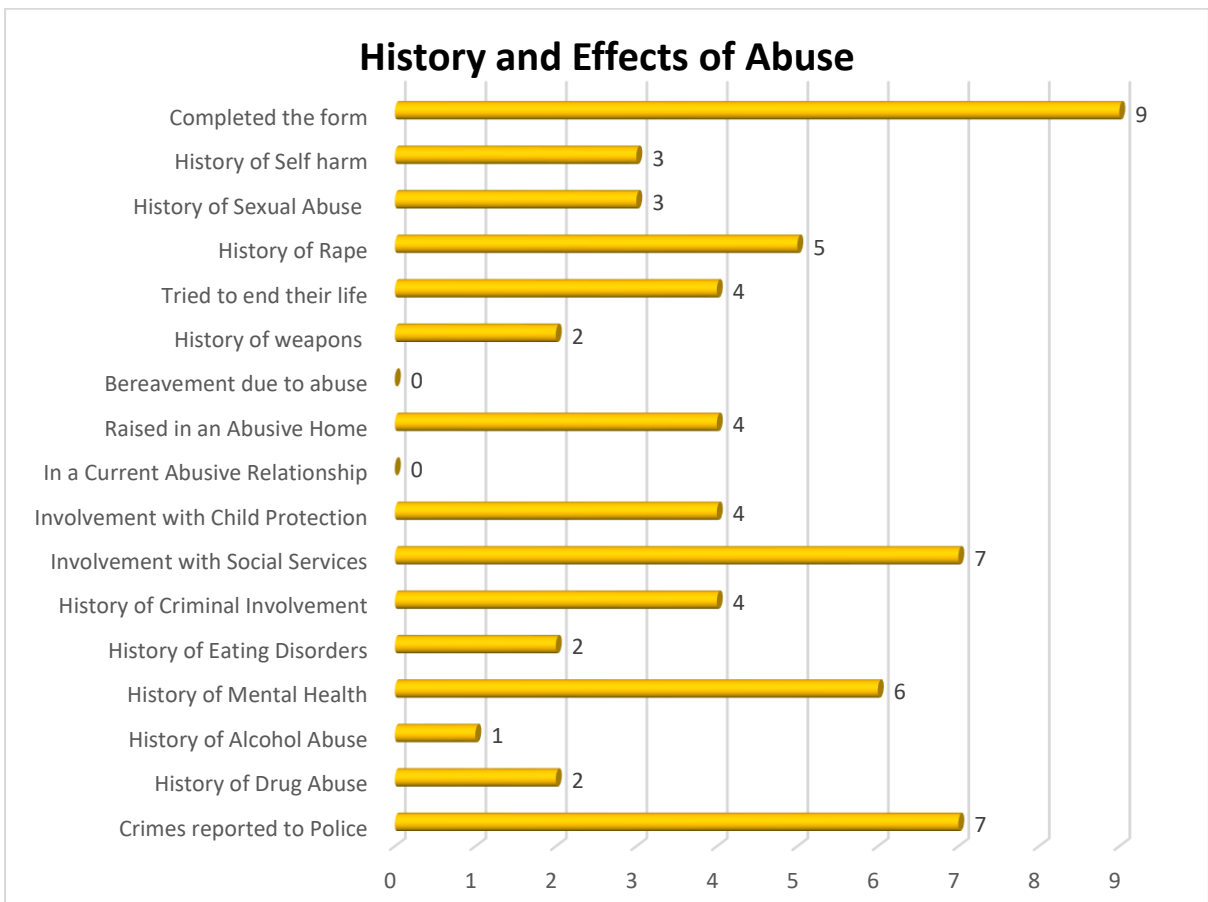
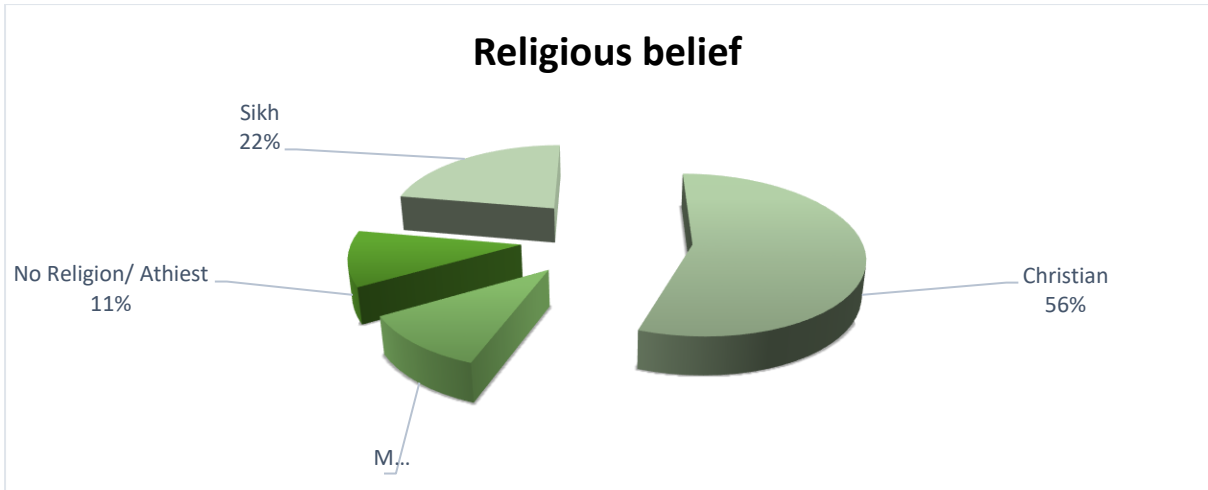


Currently Employed



Receiving benefits





HISTORIES OF WOMEN AND THE EFFECTS OF DOMESTIC ABUSE

Women were asked to complete a monitoring form at the beginning of the course. There is a significant difference in information provided on forms versus actual information disclosed during the 12-week course. This clearly highlights that statistics are not always a realistic or a true portrayal of real life effects.

CSA and Rape was significantly higher than disclosed on the forms as was substance misuse.

These findings show the huge monetary cost to society and to women’s wellbeing.

APPENDIX

All women have consented to their feedback being used in this report.

Women's feedback throughout the course- THEIR WORDS HAVE NOT BEEN AMMENDED

Freedom Together programme half way feedback

How did you feel the first day coming to the course?

- Happy and looking forward. Happy that I would learn more and it would strengthen me
- Felt worried about the unknown
- Nervous-anxious but curious
- It's helpful, very honest by words when we mean the domestic abusive
- I didn't know what to expect was hopeful of the rewards I will gain... felt happy I was finally doing something about all the shit I'm dealing with

How do you feel now about attending the course and why?

- It's slowly sinking in
- It's good to learn about other people's ideas what they think and what they lived before. It's all about domestic violence It's about us.
- Relaxed, knowledge is power look forward to sessions enjoy learning and not being judged understood
- More relaxed in myself, I want to come as I feel I'm learning
- Happy that I was signed up because it's made me stronger, more confident and assured me I will NEVER get back in his presence

What is the biggest challenge you have faced since learning about abusive people?

- Terrible memories that last for the rest of the day.
- Trying to change how I react to abusive behaviour.
- That I am a victim of domestic violence and that he will never change
- We learn to become more stronger and we learn to speak so we don't feel very down. Because we not the only one, there is a huge number of women's in the world.
- Keeping no contact with him as have a child with him. I want to hate him.

How has attending this course made you feel, has it had any benefits so far?

- I know it's wrong
- It is benefits me a lot, so we know the what is the violence and the meaning
- I have left!! Yippee!! I'm so much more confident and have hope for me and my children I am worth it!
- What I'm learning I am putting into action, lots of emotions but wiser

- Confident, not alone, happy, sure that I did the right thing. Stronger mum.

Womens feedback for the End Evaluation -Last session- 13/12/17

What impact has attending the course had on you, for the better or worse?

- I needed education really badly on it all. I didn't really see things as domestic abuse, so this course teaching me that it actually isn't right the things he was doing and knowing now what a normal relationship is. You get so involved in your relationship, that's all you know you think that's what all men are like. I really thought and still sometimes think it now that he may slightly change. But that me now gradually realising he is NOT going to change and it's not going to be a happy family.
- I still do not want to say it 'I have suffered domestic violence' but I am slowly coming to terms with it and that is huge for me.
- It's been a lot of good things on this course, knowing how to spot perpetrators.
- I have been relaying what I have learnt here to my daughter and she told me I have abusive friends. She was right!
- Its helped me look at perpetrators in the family. I was abused by my mother and her partners. So linking that I have always been abused from when I can remember and then into my marriage. My daughter's dad is also abusive verbally. Educating myself on what's a good partner and what's not and realising I don't have to take that anymore, I'm worth a lot more than someone thinking I am a door mat. I am now thinking about my life and hopefully how I can help other women.
- Listening to all the stories, hearing about all the services and realising I can do a lot more to change my own life and women and children's lives. I don't want the same for my children at all.
- I wouldn't be sitting here today as a single lady if it wasn't for this course. The first course I did, I had to come I was told I must and I really didn't want to. I thought it would be a waste of time but was told my children would be taken into care if I didn't come. A couple of weeks into the first course I kept thinking Oh my god!! Oh my god!! That was my reaction through the whole of the first course OH MY GOD!! I didn't know, I didn't realise, I didn't recognise... so I self-referred for a second course as I couldn't take it all in. But I went on to plan (only because of this course) to leave safely sorting paperwork, housing, bills it took me 3 months planning. I just wouldn't have done that before I would have just plodded on and I would not have stayed gone, I would have gone back. I have been on the floor with money its not been easy and it has been the main reason I have returned before but this time I thought No, this is not right. I also learned that it does affect your children and how much it had affected mine. For that reason, I will never go back. Before this course I thought how can I do it to the kids its their dad and they love him, all that same old bollocks- I own it now, it's no good for children at all! Its not easy to say but I now know its 100% true they are better off without their abuser dad.

- Peace in my brain is worth it all. Its shit sometimes now I have left him. I'm left with housing and finances, but the peace is worth it.
- Since I attend this course it really benefits me. I start to know what it is domestic violence about. Of course, my life has changed I start to know a little bit about myself I can be proper woman now. Before I wasn't really sure what domestic violence and thinking only me going through this situation. But I see many things and listen to all the stories here and know now. It's all learning yesterday I had court, I was there, and I was not weak, I was smiling and feeling happier, everyone could see. I was smiling, he was staring to scare me.
- One thing I have learnt on this course is strength not to go back. He has done things whilst iv been here that he used to do. They harass you so much that its sometimes just easier to go back but this time I think just keep doing it to me, I'm not going back.
- I have to be so thankful I am here as I look around this course and hear of all the things the perpetrators are doing, that was me before and realise I have some time free while he is in prison. But in 8 years he will be back out doing that but I still have 8 years of peace. I didn't realise. I felt guilty for him before this course.
- Thank you so much for helping me through. Your kind words, listening ear and support and belief in me has been amazing. Your passion for the work you do is truly incredible. I am so grateful to have this opportunity.
- My ex is now head working our daughter because he's allowed to be in contact by letters.
- This course has changed my life in so many ways. I feel like the majority of my life I just struggled through growing up around perpetrators I just thought it was the 'norm'. I literally jumped from one to the next. I've used drugs, used alcohol, whatever I could to try and muddle through. Where now I don't feel I need any of that now because I know it's not me for once. I have all the tactics played out still by my children's dads, but I know what they are doing, so I respond differently. This time a couple of years back I would have been in a complete mess, reacting to them. Even with family member I am different, it's done amazing things for me. At last I can be me, I even got married to please my family, so I could be what they wanted me to be.
- After coming back ...I am now in counselling and spoke about things I have never spoke about before, thank you.
- I never thought I had been affected by sexual stuff but the session on 'consent' I realised that it was fear, you end up laying there hating it lying there whilst he's been calling you a dirty slag, scared. Its Rape.
- So yes 2 courses in has changed my family's future.
- Thank you for having me on your group, for giving your time and care to all it has been a journey of life that I won't forget.

What agencies have supported you and been instrumental in you and your children being safe and why?

- ESDAS (East Surrey Domestic Abuse Service) – They were very supportive, they made me feel safe to talk. I felt I could trust them and they let me make my own choices. But I do think they were on point as they realised that I went from medium risk to very high risk.
- FJC (Family Justice Centre)- There was one lady who went above and beyond, Amel McKenna. She was fantastic, she really knew a lot about how to deal with my case. When I was dealing with the council she knew more about the management move than the housing advisor. She understood about all my options when the housing advisor had been in her post for 20 years yet did not know about Dual housing.
- Paladin- Went above the call of duty, they helped me write letters to the CPS, helping with reading through letters. I do not know who these ladies are as I have never met them, it has all been through email or phone calls, but they are there for you and stick with you. They are going to take my case to parliament along with other high-risk cases to try and make changes.
- Stalking Helpline referred me to Paladin
- The Family Justice Centre- provided me with a solicitor which sorted it all out. They contacted Croydon Council and got me housed. They were good and helping, they listen and try and sort it really help me.
- Surrey Police Witness Care/ protection, Hannah. She really did care, she still contacts me now. She referred me to other services. She took things further when services let me down.
- Esra from FJC, if it hadn't been for her I wouldn't have got on this course. Esra must have recognised what I was going through and never said it was abuse but said to me about coming on this course. I would not be able to do this without that service. I had no idea until I got here how much abuse I had been through. I came for my ex but learnt my dad, my first partner, my second partner and my ex. They were all abusers!
- National Domestic Helpline- I can honestly say for advice and support they were fantastic. After attending this course last term, I realised I wanted to leave but knew I needed support. I explained my thoughts and fears and she helped me approach the situation with a clearer head. So, I did and left him a week later, it was that bit of reassurance and stop worrying Social Services will take your kids off you that helped.
- RASASC- Have been amazing, I would never have survived without them.
- Social Services- One social worker I had was nice she just knew how I had been treated.

What agencies would you avoid asking for help/support even if you and your children were at risk of harm and why?

- Police – I felt let down they didn't catch him and did not arrest him. It was only when he stabbed my mums partner they took notice and then went on a man hunt for him. They did not listen before that happened.
- Social Services- They do not understand how I feel, how I have been affected, how I still loved him and how I found it hard to go against him. They did not understand I was being controlled and did not support me through it. They made me feel even more alone.
- Social Services- They judge you and need better training. One told me 'my daughter wouldn't put up with that, it couldn't have been that bad'. I would not bother telling them anything again. (this lady's ex- partner was sentenced to eight years in prison this year for the abuse)
- Social Worker- No empathy, she put in a safer guarding report that because I did not leave I was not protecting my child. Now my ex-husband- perpetrator uses her comments with his solicitor and other services to turn it on me and say I am a bad mother. More Abuse it's not good for women to feel they are the problem!
- Surrey Police- I had an incident a couple of weeks ago when they really really let me down, they were not sympathetic. My ex had broken his non- molestation order, he came to my home and was banging on my door for 45 minutes and because it had not been put on the system by a police officer the week before, they would not arrest him and let him go. They looked at me as if I was wasting their time even thou I could show them the court statements I could show them everything, but he just kept looking at his watch because I could not find the conditions of the non- molestation order. The next day the borough commander contacted me to apologise but it could have been too late for me. I have no choice but to use them again and this was my only bad experience with them but it is that one time could have been my last.
- Police- They let me down, one of the detective I spoke to said that your ex has given a plausible account however when he had read my report it had reminded him of how he treats his wife, that's normal. (Croydon Police Officer 2016)
- Social Services- I left my ex-husband. I asked them for supervised visits to be put in place when he saw the children. They left me for 5 weeks. Social services did not even contact me because they were changing over social workers. Within that five weeks myself and the kids suffered the most amount of emotional abuse, five solid weeks for three hours a day and in the end, I had to call the Police as he could no longer contain himself. Then they listen, they just paper push!!
- Social Services- my ex uses social services to find out what car I have, my new address, so they do not listen, and he continues stalk me, slashing my tyres weekly etc it doesn't stop.

- Police-I lost all confidence in them some 3 years ago they dropped the charges after I had been assaulted and because my husband said he was drunk and couldn't remember doing it even though my oldest daughter witnessed the assault.
- Social Services- I tried to explain what I was going through they had no empathy no understanding, yet I spoke to Esra at the FJC- she knew straight away what he was doing. How can you use services when they do not understand domestic abuse?
- Social services- order me to let the children see their father, he gets drunk abuses them verbally and emotionally. Then I am told that I am not protecting my children by letting him do this! What am I meant to do? I do not trust social services and they do not understand domestic abuse. Made me feel completely helpless. I was also advised that because my daughters are older- (between 8 and 16yrs), I should ask them to call the police. I find this disgusting, I am meant to expect my daughters to call the Police on their abusive dad. I am a ** year old women and I could not do it how can my children, Absolute madness!

What tools/ skills will you take from attending this course?

- ✓ Assertiveness, if I am unhappy about something or someone then I will trust my gut and keep a distance
- ✓ Not have a relationship until I have FULLY recovered, which may take years but that's ok
- ✓ Consent with sex
- ✓ Agencies
- ✓ Take care don't blame yourself
- ✓ Taking care of me
- ✓ Understanding domination and identifying tactics
- ✓ Recognising manipulation and control
- ✓ Naming the abuse, Isolation, emotional and psychological

What would you like to dump before you leave this course?

- Guilt
- Fear
- HIM, MEMORIES OF HIM, FEAR OF HIM!!
- Anxiety
- PTSD
- Brain damage/ trauma
- ***** (perpetrators name)
- Guilt
- Worried, Fearful, guilty, scared, low self esteem
- No confidence
- Giving In
- Blaming myself
- ***** (perpetrators name)
- Finding excuses for him

- Negative words

What touched your heart whilst attending this programme?

- ✓ I Love, Family relationship
- ✓ Hope
- ✓ Consent- Saying 'NO' and they just carry on, means RAPE
- ✓ Effects on my children
- ✓ CONSENT
- ✓ How to value my feeling more
- ✓ I am a mum and my kids need me to take care of them on the right path
- ✓ I'm not alone
- ✓ Consent- Feelings
- ✓ Feeling safe and understood by women in this group
- ✓ Loving my self- and God more
- ✓ Others story's, you need to stay strong
- ✓ Love myself
- ✓ Finding healthy relationships

Professions of some of the women who attended the course:

- TEACHING ASSISTANT
- HAIRDRESSER
- HOUSING ADVISOR
- COUNSELLOR
- LECTURER

Founder Lou Moultrie would like to say a huge THANK YOU to the London Borough of Croydon-Safer Neighbourhood Board – MOPAC for funding 'Freedom Together CIC'.

To the London Borough of Croydon- Community Fund for funding the crèche.

To 'The Family Centre Fieldway' for providing a FREE, safe welcoming venue and crèche for the families attending the course. – Tesco Fare Share food donations from The Family Centre

Lastly thank you to all the wonderful volunteers and all local agencies for your endless belief, time and support towards helping END VIOLENCE AGAINST WOMEN AND CHILDREN.

END OF REPORT

Together we can make a difference!

FREEDOM TOGETHER

07903580100

Lou.moultrie@hotmail.co.uk

Organisation	DSM Foundation
Project	Daniel Spargo-Mabbs Foundation
Amount	£955.00



Title and a description of the proposed projects/activities	SUBSTANCE MISUSE AWARENESS EDUCATION FOR YOUNG PEOPLE WITH SPECIAL EDUCATIONAL NEEDS AND FOR YEAR 6 TRANSITION TO SECONDARY SCHOOL
OBJECTIVES OF THE PROJECT	<p>The project will aim to:</p> <ul style="list-style-type: none"> • Increase awareness in young people with special educational needs and disabilities of the risks and consequences of substance misuse, both in a personal and community context, and in terms of potential involvement in the criminal justice system. • Increase awareness in year 6 students of the substances that they may encounter following their transition to secondary school and of their risks and effects. • Increase children and young people's personal resilience to pressure from peers in both groups to participate in substance misuse, or criminal activity around substance misuse.

Planned activity	Report
To pilot a specialist drug and alcohol education programme with a Croydon special school for children and young people with learning difficulties and autism.	<p>Croydon College's tutor of 16-18 year old SLDD (Students with Special Needs and Disabilities) piloted our planning and resources in March 2018 with her Leap Entry 3 class. This is a group of 10 students with moderate learning difficulties. Most students have Autistic Spectrum Disorder and related social and communication difficulties.</p> <p>The first lesson covered the risks of alcohol, the second the risks of drugs, and the third focused on peer influence, decision making and harm reduction. Lessons were planned to be very active and interactive, and included discussion, role play, practical activities, video clips and making posters for other students. We loaned the class a bag of physical resources, including 'beer goggles' and stacking cups, measuring jug and tumbler for measuring units of alcohol, and ball pit balls and cards for a game to raise awareness of how easy it is to drink too much.</p> <p>Feedback from the tutor was very useful in making improvements. She reported that students engaged very positively with activities and that they were well suited to their needs and abilities. She said they were the first age-appropriate resources she had ever found which addressed relevant issues for 16-18 year olds. She felt more time would have been better to cover everything at the slower pace the students needed, and they needed to have more regular recap</p>

	<p>because they find it difficult to retain information. Students responded particularly well to the more hands-on activities and role play. 100% of students reported that they enjoyed the lessons, found them useful, and said they understood better how to stay safe. All but one said they knew more about the risks of drugs and alcohol; one said 'maybe'.</p> <p><i>See Appendix A for student and teacher feedback, Appendix B for student posters.</i></p>
<p>To pilot a transition programme for year 6 pupils focusing on resilience, choice and risk contextualised to drugs and alcohol and related risky behaviours, in preparation for their move to secondary school.</p>	<p>A one-day interactive, drama-based workshop on resilience, choice and risk contextualised to drugs and alcohol was delivered by DSMF on 27th June 2017 to twenty year 6 pupils at St David's Primary, Purley, in partnership with Christ Church Purley children's worker Jude Barber. Entitled 'Mission: Transition', the workshop used drama, research, discussions, games and Daniel's story, and was designed to prepare pupils for secondary school, through enabling pupils to develop a toolkit of ideas, tips and techniques to make good decisions, choose friends carefully and to be positive role models for others.</p> <p>Pupils were given the opportunity to explore and identify their core values, to develop a 'toolkit' of strategies to develop their resilience, and to record what they most looked forward to and feared about secondary school, so these could be shared and addressed at the end of the day. It also included information about the risks of tobacco and alcohol as well as an age-appropriate introduction to the risks of illegal drugs through a 'research lab' activity.</p> <p>Pupils engaged very positively with all the activities, and demonstrated improved understanding by the end of the day of their core values, and how their choices can affect consequences. They also articulated a wide range of things they were looking forward to about secondary school, as well as their fears and anxieties, and were in many cases able to support each other as peers to address some of the latter. Feedback was very positive from teachers and pupils, and the school has already booked a provisional date for the workshop to be repeated in summer term 2018.</p> <p><i>See appendix C for pupil and teacher feedback, Appendix D for Mission Transition booklet, Appendix E for photos of core values ranking activity and pupils' comments about secondary school on 'wonder and worry wall'</i></p>

Fiona Spargo-Mabbs
May 2018

We would really appreciate your feedback on delivering Making Safer Choices programme to your students. Your comments will inform our ongoing review of the programme and help us ensure the programme is as effective as possible for students and teachers.

Thank you!

Name (optional): Mirja Oksanen	Year group/ ages: Leap Entry 3
School/ college: Croydon College	Dates/term: Feb/ March 2018
<p>Context</p> <p>Please tell us a bit about your group – numbers, abilities/levels, age range, how often the class is held, how frequently these lessons were delivered (e.g. weekly, twice a week?), any information or issues that might be relevant</p> <p>Leap Entry 3 is a group of 10 students with moderate learning difficulties . Most students have Autistic Spectrum Disorder and related social and communication difficulties.</p> <p>The sessions were delivered over a three week period weekly (two weekly sessions and two week gap followed by the final session)</p>	
<p>What worked well?</p> <p>Any particular session/s, resources, topics, activities, approaches? Anything else? The session on alcohol awareness was the most successful one. Students could engage more with more hands on activities and subsequently remember this session best.</p>	
<p>What didn't work so well?</p> <p>Any particular session /s, resources, topics, activities, approaches? Could you suggest how this could be improved?</p> <p>The drug awareness session was the most challenging to deliver due to a larger content and the amount of information included . I have delivered similar session previously (less detailed) and also found it challenging then.</p> <p>Perhaps more practical activities/ roleplay?</p> <p>Some of the videos, the drug one in particular, were slightly confusing because the context is so unfamiliar to the learners</p>	
<p>Did you make any changes to the sessions?</p> <p>If so what and why? Did the changes work well? Would you recommend them for others?</p> <p>I spent considerably longer on each session than I anticipated.</p> <p>The learners were more engaged when they could relate it to more on the personal level such as how their behaviour / others' behaviour could affect them.</p>	
<p>Were there any unexpected outcomes, either positive or negative?</p> <p>N/a</p>	
<p>Any little anecdotes or quotations you could share?</p> <p>n/a</p>	

Any other comments? Anything either the Foundation or other teachers need to know?

The resources were suitable but with my group of learners needed more time. Also, I feel that a recap session/s would be useful. Thank you very much

Please return email your comments to fiona@dsmfoundation.org.uk. Thank you for your time.

T R O P P 3

Get Somewhere safe
if you dont feel safe.

Don't mix alcohol and
drugs or different drugs.
Stick with your friends
but make your own choices

TOP TIPS

- Watch your drink (spiking) and your drinking (units)

- Don't mix alcohol and drugs, or different drugs - or anything!

Don't do anything you regret

TOP 3

- Stick with your ^{affairs} ~~own~~ - But make your own choices
- Beware of risks around you
- Get somewhere safe if you don't feel safe

Mission: Transition Summer 2017

Kingswood Primary and St David's Primary

Pupil feedback

What did you learn?

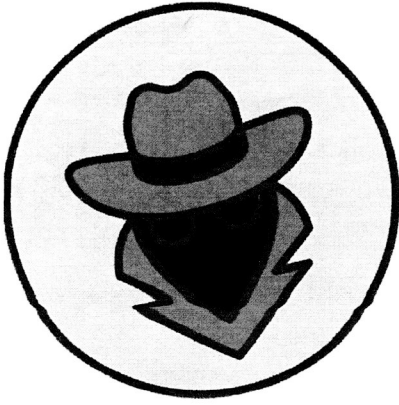
- Be yourself when you are making new friends
- How to stick to my values
- How to make the right choices
- I have learned how important it is to make your own decisions and the consequences of your actions
- How not to be overpowered by peer pressure
- Don't let peer pressure control what you do
- Not to go with the crowd and do what I believe in
- Not to give in to things I know are wrong like drugs and alcohol
- How powerful drugs and alcohol are
- Who to listen to
- Be honest to your parents; think what your mum would say
- Listen to trusted adults
- Not to be scared at secondary school

What did you enjoy best?

- Drama
- Warm up games
- Writing worries and what you're excited about on post-its
- I enjoyed hearing our nice post-it notes
- Discussing worries
- I liked games where you choose what to do
- I liked how after each activity we discussed what we had done
- Research about alcohol
- Learning about Dan's story
- Acting Dan's story
- Being reassured about secondary school
- Finding out about friendships

Comments:

- "I think it was perfect"
- "It was AMAZING!"
- "It is just so good workshop I have ever seen in the world!"
- "It really helped me"
- "Talk to us again in secondary school, and come back and speak to next year 6"



School: St David's School

DUPLICATE EVALUATION

MISSION:Transition. What do you think were the particular strengths of the workshop?

- Interactive and engaging.
- Highlights key issues that the chd may face including peer pressures.
- The true story makes it more real and clearly got the chd thinking. Also liked encouraging nature of chd:chd feedback.

Please give us your feedback on the content, pitching of information, range of activities and pace of the workshop.

Content Clear, appropriate and relevant to the age and development of the chd.

Pitching Excellent. Very motivating and engaging.

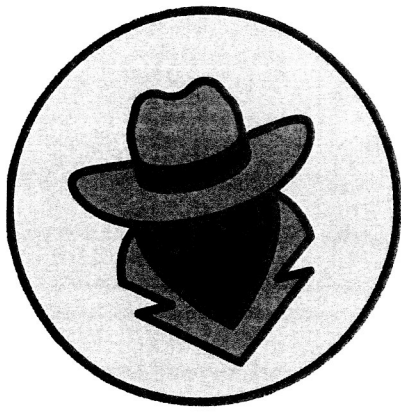
Activities Good range of hands-on and written tasks backed up with a useful booklet to keep.

Pace Good. Lots to squeeze in during the day. All the chd were on task and interested throughout.

How could the workshop be improved or developed further?

- Male presenter too (if possible)
 - More time to complete work and present it.
 - Do it slightly earlier in the term so that it is not affected by Induction Days at Sec. Schools
- Thank you!**

Please return to Jude Barber, Christ Church, Between 861 & 863 Brighton Road, Purley, Surrey, CR8 2BN or email: jude@christchurchpurley.org.uk



School:

Kingswood Primary

MISSION: Transition. What do you think were the particular strengths of the workshop?

This workshop was an incredible experience for the children and adults of Kingswood. The story of Dan was such a powerful way to get the message across - the children were still talking about it after the weekend. It was sensitively handled for primary children but the power of the story meant it had a real impact and I know

Please give us your feedback on the content, pitching of information, range of activities and pace of the workshop. *will influence the children.*

Content There was such a lot packed into one day. It was really well structured.

Pitching It was very emotive for the children but it was pitched perfectly and in an incredibly sensitive way.

Activities

Activities were very supportive of the objective - Children were constantly active.

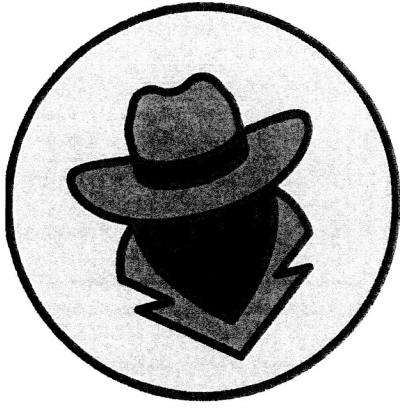
Pace Pace was good - there were times when it was

How could the workshop be improved or developed further? *slowed down so the children could reflect which was really important*

Thank you!

Please return to Jude Barber, Christ Church, Between 861 & 863 Brighton Road, Purley, Surrey, CR8 2BN or email: jude@christchurchpurley.org.uk

DUPLICATE EVALUATION



School:

Kingswood

DUET EVALUATION

MISSION: Transition. What do you think were the particular strengths of the workshop?

Engaging the children with fun activities, talking about sticking to core values and enabling the children to relate to Dan's story.

Please give us your feedback on the content, pitching of information, range of activities and pace of the workshop.

Content Excellent.

Pitching Spot on.

Activities Great.

Pace Just right.

How could the workshop be improved or developed further?

Perhaps more emphasis could be put on the kinds of 'excuses' or get out/say no lines for their toolkits.

Thank you!

Please return to Jude Barber, Christ Church, Between 861 & 863 Brighton Road, Purley, Surrey, CR8 2BN or email: jude@christchurchpurley.org.uk

MISSION:

Appendix D



TRANSITION

Name:

Primary school:

Secondary school:



NAME:

ALIAS (code name):

D.O.B.

STRENGTHS & SKILLS:

NEW MISSION: What are you most looking forward to about secondary school?

Core values:



AGENT PROFILE

RESEARCH LAB

RESEARCH SUBJECT:



KEY QUESTIONS:

1. Why do people want to take/have it?
2. What are the dangers, side effects and risks?
3. What persuasive **FACTS** can you find?

QUESTION 1 NOTES:

RMEMBER– Introduction, clear points, persuasive language, rhetorical questioning, eye-catching, factual and emotive (engage people's emotions).

RESEARCH LAB



QUESTION 2 NOTES:

Blank space for notes related to Question 2.

QUESTION 3 NOTES:

Blank space for notes related to Question 3.

CASE FILE



NAME: Daniel Spargo-Mabbs

ALIAS (code name): Spargo-Flabs







D.O.B. 27th May 1997

STRENGTHS & SKILLS: Making people laugh, making friends, asking really good questions, playing guitar, performing drama and photography.

NOTES:



We know what is right and wrong, but we need good resilience training to be able to keep to our CORE VALUES.

-  Know your core values – Remember what you know is the right thing to do.
-  Sound confident (even if you don't feel it!).
Say 'no,' in an easy way. (e.g. "Na I don't fancy it/no thanks/not this time/I am alright at the moment" etc.)
-  Find a friend around you who agrees with your core values and stay with them.
-  Think ahead – What are the possible issues and what would you do?
-  Listen to yourself - if you have a bad feeling, it is probably not right for you.
-  Remember - everyone is different – just because someone else is okay, it might not be okay for you.

What will YOU do?

(Tick the ways YOU will be resilient)

RESILIENCE

+VE PRESURE

There are always ways in which we can turn a situation around.

We can be a POSITIVE ROLE MODEL.

When we do the right thing and are confident and strong in what we say, then others will join us too!



How could you be a positive role model in these situations?

- A new pupil has started school. S/he is really popular and everyone wants to be friends with him/her. The new pupil sees you and asks if you want to smoke with them outside school with 'Everyone else.' You see a group of others waiting at the school gate – some look nervous and you know that they have never smoked.**
- Your best friend has started to act differently and hang out with new people. You have smelt alcohol on your friend's breath and seen a nasty bruise on their leg. Your friend said that they got the bruise from falling over. Your best friend invites you out with them and you are offered alcohol.**

NAVIGATION

Secondary school is exciting, but many are worried about making good friends.

Remember:

- everyone else feels the same way & everyone wants to make friends!**
- there are lots of new friends just waiting to meet you!**
- choose friends who you like and share your core values!**

Your best friend is worried about making new friends - can you write your TOP TIPS to help them when they start Secondary school?

1

2

3



Organisation	GAV (Growing against Violence)
Project	GAV Year 6 "Friends vs Friendly"
Amount	£3,960

The funding was to deliver within at least 10 different primary schools to at least 450 students.

The following schools quickly booked sessions

Ark Oval
Winterbourne Girls
Rowdown
Woodside
Heavers Farm
Selsdon
Harris Academy Benson
Fairchildes
Norbury Manor primary
Winterbourne boys

Harris Academy Benson also asked for a parent session to be delivered which was undertaken by GAV.

The total number of students who received the Friend versus Friendly session was actually 840 students who received the two hour session.

The students responded very positively to the session and joined in the discussions with enthusiasm. The feedback collated was positive.

- Shaun Willshire (Operations & Safeguarding manager)

(Further information to follow)

Organisation	CBNWA (Croydon Borough Neighbourhood Watch Association)
Project	Neighbourhood Watch
Amount	£1,500

I can report that our Scam leaflet has since been delivered to all residential properties in Ashburton and Coulsdon West wards.

Our recent concentration of effort has been on fundraising as there was a real problem of us having to close the charity as funds were running out. You may have read our coverage in our own newsletter, the Advertiser and my Radio London interview.

I think the Awareness sessions are best included in our annual conference later this year, which we now know can go ahead.

In view of the changes in the police command structure I am proposing to meet with my opposite numbers in Sutton and Bromley to see if / how we can work together. As the three boroughs are suffering from an increase in residential burglaries in the south.

- Brian Udell (Chairman of CBNWA)