

FCWA Annual Report



1st April 2022 - 31st March 2023

Legal & Administrative Information

The Board of Trustees presents the annual report and audited financial statements for the year ending 31st March 2022.

Charity Name:	Fylde Coast Women's Aid
Status:	Incorporated as a company limited by guarantee on 2 nd April 1993 and registered as a charity on 10 th June 1993
Charity Registration No:	1022548
Company Registration No	02806677
Registered Office:	PO Box 33 Blackpool FY3 9GZ
Bankers:	The Royal Bank of Scotland Talbot Square Blackpool FY1 1LE
Auditors:	Champion Accountants LLP 54 Counce Street Blackpool FY1 3LJ
Solicitors:	Barker, Booth and Eastwood 346 Lytham Road Blackpool FY4 1DW
Employment Law & HR Advisors:	Ellis Whittam Woodhouse Aldford Chester CH3 6JD
Report Editor:	Francesca Brett



The Team

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Deana Whalley, Vice Chair
Jennifer Bradley, Treasurer
Sue Crouch, Secretary
Cathy Holder
Laura Lawler
Lynn Saggerson

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Glenda Smith, Service Manager

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Funding Officer

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Kiran Birtles
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Kirsty Edwards
Kirsty Frankie
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Kathy Ridgway
Sabrina Stobbs
Gemma Thorpe

IDVA Support Worker

Karen Hall

Multiple Disadvantage IDVAs

Andrea Bonser
Jessica Brown

Iris Worker

Sara Elliott-Penswick

Independent Stalking Advocacy Caseworker

Stacey Simpson

Triage Workers

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Lisa Wainwright

Fylde and Wyre DA Housing Worker

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Michelle Batty
Karen Bennett
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Jayne Harrison
Rebecca Rushworth

Senior Refuge Worker

Donna Butcher

Refuge Support Workers

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Leanne Hilton
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Louise Whiteside
Lyn Wright
Lindsay Yardley

Connect with Respect & WIRED

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Sam Wilkinson

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Chelsie Mabela
Julia Morgan

Healthy Relationships Worker Fylde and Wyre

Chantelle Highley

CYP Young Person's IDVA

Leah Lomas

MASH C/IDVAs

Cat Marmon
Donna Wade

Volunteer Coordinator

Caroline Eccleston
Charlotte Rawcliffe

Letter from the CEO

At the end of this reporting period, 30 years of delivering specialist domestic abuse services is approaching. What can I say? A fantastic achievement particularly at a time when charities are experiencing increasing demand and financial pressure. A testament to all who have been involved with organisation over the years!

Despite challenges, I am pleased to say that FCWA has been able to deliver on many of our objectives over the last year. The charity held its #Itstopshere conference in December. The #ItStopsHere campaign was born out of Blackpool Council's Safer Streets funding received from the UK Home Office. The funding had an emphasis on Violence Against Women and Girls (VAWG) and improving the safety of Women and Girls in public spaces. FCWA's conference was attended by over a hundred local professionals, and joined by inspiring and inspirational speakers and artists. A brilliant day, which you will read about in this report, allowing us to raise awareness of the VAWG agenda.

FCWA's specialist domestic abuse services continue to be well received across the Fylde Coast. We have continued to strengthen our partnerships and our client feedback has been positive. We have had an increasing number of women facing multiple disadvantages, as part of FCWA's coordinated community response and our partnerships with other specialist organisations we have continued to provide women-centered wraparound services.

Our focus on children and young people has this year created many new and

exciting partnerships. The SafeHaven team has continued to work within educational settings to provide vital preventative work and in addition 1-1 and targeted group work.

We have continued to invest in our high quality refuge accommodation for both victims of domestic abuse and their children, and in our new office premises. Renovations continued over the last 12 months with more improvements planned for the coming year.

The end of this financial year has brought a new challenge with the cost-of-living crisis affecting many of our clients, our colleagues, and all of our communities. We have used FCWA's crisis fund to help support families with necessities when they have been most in need, it is apparent that our support will be just as vital going forward.

Our future priorities will be highlighted in our new strategic plan for 2023-26, which will be finalised within the next few weeks and we are excited to be able to work towards sustaining our valuable services.

To all our workers, Trustees, and volunteers, my utmost thanks from the bottom of my heart for all your commitment and hard work throughout this reporting period, you are amazing.

Finally, I would like to acknowledge the engagement and continued commitment of all our funders and partners.

With very best wishes

Tina Hibbard

Chief Executive Officer

Letter from the Chair

It is with great pleasure that I present this Annual Report for 2022/23 which highlights the continued commitment that Fylde Coast Women's Aid has had in supporting survivors of coercive control, domestic abuse and violence. FCWA has sustained its invaluable services and continues to strive forward for the benefit of its service users.

FCWA welcomed the public consultation which took place after the Domestic Abuse Act was ratified in April 2021. There were over 1000 responses and in July 2022 the inclusion of the words "parental alienation" was removed from the statutory guidance. Parental alienation is a contentious theory which suggests that one parent intentionally presents the other parent in a negative light in order to interrupt the relationship between the child and that parent. This theory is controversial as it can be used by perpetrators as a means of refuting allegations of domestic abuse, potentially placing children in danger. This required future consultation which was proposed to be undertaken by the Family Justice Council.

FCWA also noted the change in law made within the Marriage and Civil Partnerships (Minimum Age) Act 2022 which received Royal Assent in April 2022 and was implemented on 23rd February 2023. The legislation was enacted to protect and safeguard young adults who can no longer marry at ages 16 or 17 years with parental consent and now must wait until they are 18 years old to marry.

The Suzy Lamplugh Trust on behalf of the National Stalking Consortium's super-complaint regarding the police response to stalking was published and confirmation was received from His Majesty's Chief Inspector of Constabulary, the senior representatives from the IOPC and the College of Policing that they have assessed the super-complaint as being eligible to be investigated. FCWA is encouraged by the excellent work of other specialists in the field to strive to effect change for the benefit of victims and it is hoped that improvements will be made in the Police response to stalking.

Debate within the House of Lords upon the Online Safety Bill resulted in confirmation that there would be new changes to enable coroners and bereaved parents to have access to data from social media platforms.

The organisation continues to face many challenges; austerity continues to put pressure on our statutory partners and other funders resulting in funding for our valued and necessary work becoming more difficult to obtain. As a Board of Trustees, we strive to ensure that there is robust governance, strategic leadership and operational quality. Our active email communications and meetings ensure that we keep abreast of these crucial elements of the organisation.

Our services would not be possible without our stable, committed, skilled and effective teams at FCWA. Therefore, on behalf of the Board of Trustees I acknowledge and thank the hard-working team members of FCWA for their immense efforts, commitment and expertise. In addition, I wish to extend thanks to all supporters of FCWA.

Nicola Dewhurst, Chair of Trustees

Mission

To empower women and children to live their lives free from abuse

Governance & Management

FCWA is governed by an independent board of trustees which meets every 8 weeks.



CEO Tina Hibbard and trustees Cathy Holder, Sue Crouch and Nicola Dewhurst with Nazir Afzal, OBE and members of The Sabina Project.

The team of 7 trustees includes:

- Detective Chief Inspector
- Family Law Solicitor
- former Senior Probation Officer
- retired Commissioner for Lancashire County Council & former Assistant Director of Public Health
- former Assistant Director of Children's Services & Deputy Head Teacher
- Senior Accountant
- Volunteer Centre CEO

Funding Review

Moving on from the pandemic, FCWA secured funding from Blackpool Covid Recovery Investment Fund. This funded support for the medically vulnerable through a Covid-safe group incorporating additional safety measures.

Cheshire Community Foundation provided funds for creative project, Butterfly Effect, to make artwork with staff and service users.

Funders were responsive to the Cost of Living Crisis. FCWA received uplift payments from both Lloyds and Esmée Fairbairn Foundation to assist with increased operating costs; and a grant from Wyre Council Household Support Fund.

FCWA also received two grants from Lancashire Community Foundation. A grant to increase outreach provision in Blackpool and a Know Your Neighbourhood grant to continue to expand FCWA's volunteering hub.

Safer Streets Conference

#ItStopsHere

In December, Fylde Coast Women's Aid welcomed 110 delegates to Ribby Hall to a conference to present its Safer Streets project and the themes of misogyny, violence against women and girls, and victim blaming.

Conference speakers



Delegates heard **FCWA's Safer Streets worker, Ali Eland** talk about #ItStopsNow and the Safer Streets project in Blackpool.

Speakers included **Nazir Afzal OBE**, former Chief Crown Prosecutor, who initiated the prosecution of the Rotherham grooming gang.

Nazir shared his insights into misogyny with many stories from his work.

He is a campaigner for women's rights and author of the autobiographical 'The Prosecutor'.

The Sabina Project



The project was set up at Greenwich University in response to the horrific murder of former student Sabina Nessa, who was killed as she was walking home.

President Kareema Motala, Scarlett A Newman, Emilija Jackeviciute, Ceithryn Hamilton, Charleigh Box and George Beeney spoke about the project and their own experiences with courage and passion.

Feminist activist, psychologist and author **Dr Jessica Taylor** gave an informative presentation about victim blaming. She is author of 'Why Women are Blamed for Everything'.

At the end of the day, attendees also watched a performance of 'And Me' by feminist theatre company **Menstrual Rage**, highlighting how women experience misogyny in the daily lives.

Delegate feedback

"Fantastic. Thought provoking. Great to see young people so highly involved. Thank you for the invite. Look forward to the next one".

Refuge Provision



Fylde Coast Women's Aid manages 3 refuges across Blackpool, Fylde and Wyre, providing safe, temporary accommodation to 12 families at any one time.

During the last 12 months, 78 women and their 79 children accessed refuge accommodation.

FCWA refuges offer communal living. Residents have their own bedrooms and share a kitchen, bathroom, living room and outside area with up to four other families.

During their stay in refuge women are supported through an individual support plan which identifies their specific needs. This may include:

- Accessing benefits
- Seeking legal advice and obtaining protective orders
- Submitting applications to local housing services for re-housing
- Support with children's issues such as accessing education
- Accessing local health care
- Practical and Emotional Support

QUEEN'S PLATINUM JUBILEE

This year saw the Queen celebrate her Platinum Jubilee. The refuges were decorated in royal themed bunting and the families enjoyed a jubilee buffet. The children, supported by their mums, wrote to the queen and were really excited to receive a card thanking them for their letter.



Refuge

Case Study

Mia accessed refuge accommodation with her two children after escaping an abusive relationship. Mia had no recourse to public funds and had no means of providing for herself and her children. On her arrival FCWA negotiated with Children's Social Care to support the family's initial accommodation costs for refuge provision and give her a weekly allowance for everyday living expenses. An application for the Destitute Domestic Violence (DDV) concession was submitted. The application was successful, and Mia received three months temporary leave, allowing her to access public funds. Mia was supported to apply for benefits, access school and nursery places for her children and register with the local GP.

FCWA supported Mia to source an immigration solicitor and apply to the Home Office for Indefinite Leave to Remain. The application was granted and once the relevant documentation was received Mia was supported to make an application to the local Housing Association for re-housing. After being in refuge for four months Mia secured a brand new two bed property. FCWA sourced furniture and white goods to enable Mia to make a comfortable home for herself and her children.

Mia and her children are happy and settled in their new home and are no longer living in fear of abuse.

Names have been changed to protect Mia's identity.

Christmas Visitors

Two very cheeky visitors Ralphie the Elf and his little friend Edmund made everyone smile with their festive escapades in refuge.



Butterfly Effected

Fylde Coast Women's Aid met street artist Christian Fenn, also known as Seca One. After learning about the Butterfly Effected wellbeing project and the wall art created at Blackpool Teaching Hospital, the team felt inspired and wanted to bring the project to its head office for staff and service users.



After obtaining funding for the project from Cheshire Community Foundation, further discussions took place to discuss how the project would work.

It was structured in three parts.

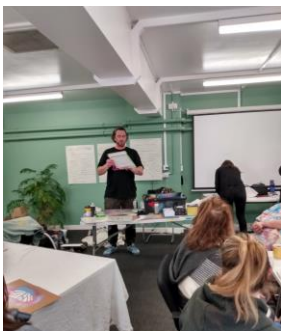
STAFF SESSION: An initial training session with staff to learn how to use the stencils to create butterfly murals and artwork.

OFFICE WALL ART: Decoration of the walls of the hallway and meeting room at FCWA HQ by Seca One with a stream of butterflies.

SERVICE USER SESSION: The third and final part of the project involved service users from FCWA's outreach programme. The twelve participants were able to create their own personal butterfly to take home.

Feedback

The overall feedback was that the participants found it therapeutic and there were many requests to do more artwork in future sessions. Many said that they were inspired by the session to decorate their homes or that they would create more artwork with their children.



The most powerful moment was when one attendees said that she knew exactly where she was going to put her butterfly. She was going to place it over the hand print that her ex-partner had left on the wall when he attacked her. Her butterfly was going to signify a new start, her new beginning, and a life free from abuse.

Independent Domestic Violence Advisor Service

In May 2022, FCWA commissioned an evaluation of the Specialist IDVA Project formally funded by The National Lottery Community Fund. This was carried out by Alan Chapman, a consultant with an extensive background in the voluntary, community, faith, and social enterprise (VCFSE) sector.

There were several elements to the evaluation:

- Desk-based work including documentation review e.g. project monitoring reports and internal paperwork
- Ongoing liaison with FCWA staff
- Interviews with a small sample of stakeholders including FCWA staff, a trustee, service users and partner organisations, with information from feedback highlighted throughout the report

The findings

- 1. FCWA demonstrated great commitment and resilience in maintaining services throughout the pandemic including delivering the Project and making a difference to the lives of service users.**
- 2. The Project has been successful in delivering support that overall achieved its outcomes, and in some cases, exceeded them considerably. This is an even more impressive achievement given the unprecedented challenges posed by COVID-19.**
- 3. FCWA has been reflective throughout the life of the Project on achievements and areas where progress was less marked and taken action to address challenges where necessary.**
- 4. The Project benefitted from its close fit with the wider IDVA team. The complementary nature and links between different parts of FCWA including the Project brought added value to the work and reflect the organisation's commitment to a holistic approach that places the needs of victims first.**

"Fylde Coast Women's Aid is a well-established organisation with a long track-record of services that support victims of domestic abuse in Fylde Coast. They are consistent and proactive in their approach and will go out of their way to find a solution, always putting the needs of the victim first. They are committed to working in partnership and their IDVAs play an important and valued role in the work of the Multi-Agency Risk Assessment Conference (MARAC), ensuring that the voice of the victim is heard. The service always works above and beyond, ensuring creative solutions with complex cases."

Rabiya Jiva, Chair, MARAC Lancashire

"The work of Fylde Coast Women's Aid is vital. This is an organisation that is committed to joint working and maintaining communication. It is really important to have the support of its specialist IDVAs as need can be complex. Fylde Coast Women's Aid's services are invaluable and have never been needed more."

Detective Sergeant Anna Willetts, Domestic Abuse Review, Lancashire Constabulary

Stalking



Over the past 6 years, FCWA Specialist Stalking Service was developed to provide an unrivalled package of support for high-risk victims of stalking across Blackpool, Fylde, and Wyre. This work was funded through The Esmee Fairbairn Foundation.

The Specialist Stalking Project has played an intrinsic role within FCWA's community-based services and has enabled extensive support work to be completed with traditionally complex cases. The organisation continues to recognise the need to address this issue as the need for such a service is still apparent.

Unfortunately, the funding for this service ended in December 2022 and so far, the organisation has yet to secure alternative funding. However, FCWA is committed to providing excellent services to victims, the support to stalking victims will be delivered through generic services. FCWA remains an active member of the National Stalking Consortium. This partnership enables the project to share best practice, contribute to National campaigns and lobbying.

Over the duration of the last funding period (3 years):

156 safety plans were completed with individuals

426 Individuals directly benefited from the support of the project

94% of clients reported feeling safer

88% reported that an improvement in their health and well-being

188 professionals received stalking training

86% of the attendees reported an increased knowledge that they could apply to their practice

During the period of funding for the stalking project, FCWA was successful in winning the Independent Domestic Violence Advisor (IDVA) contract in Blackpool. This has meant that both the organisation and demand for service have grown extensively.

As the commissioned service, FCWA receives the majority of the referrals direct from Lancashire Police. A large number of referrals continue to be assessed as harassment, clearly showing that stalking is still largely misunderstood.

The worker has been able to share her knowledge and skills with the FCWA team to improve their knowledge and understanding regarding stalking, allowing FCWA's staff members to develop their skill set in supporting victims.

'I just want to say thank you for everything you have done and still do for me. I will be forever grateful for sticking by me through the ups and downs for supporting me and trying to help me rebuild and value myself again. I couldn't have got this far without you!'

Service User Quote 2022

MARRAC/MASH IDVA Project

Multi-agency work in respect of high-risk domestic abuse has been on-going in Blackpool for almost twenty years. When a high-risk domestic abuse incident occurs or a victim is deemed to be high risk when disclosing incidents of domestic abuse, the MARAC process is triggered. Representatives from partner agencies, from both the statutory and voluntary sector will meet, share information, discuss and implement robust safety plans to safeguard clients and their children from further abuse. Whilst

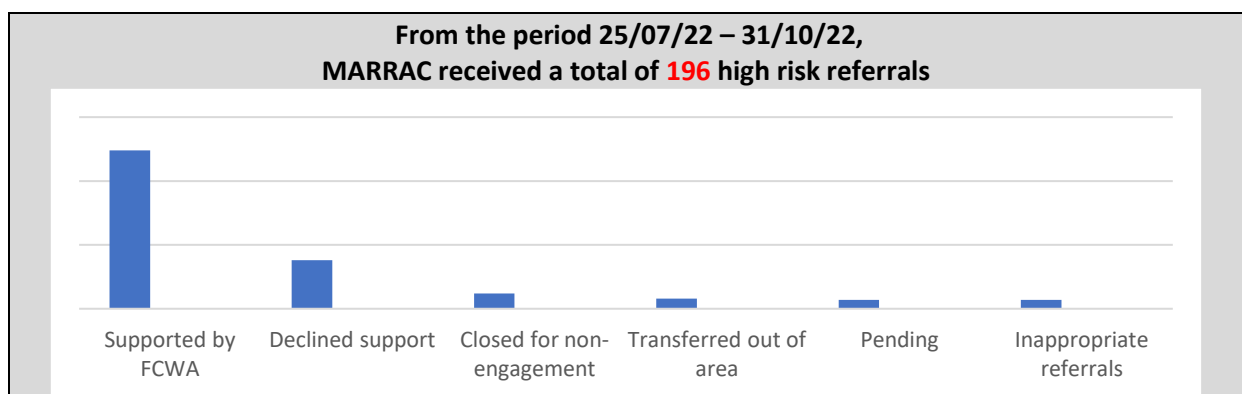
MARAC is not statutory, the process has been adopted throughout the UK.

A recent in-depth multi-agency MARAC review, which commenced in 2018, highlighted several key areas within the existing MARAC process that required improvement. As a result of this, the new MARRAC (Multi-Agency Risk Reduction Assessment and Coordination) Model was implemented and went live in Blackpool on 25th July 2022.

Implementation of the new MARRAC Model

Key Principles

- Rather than focusing solely on the victim, the new holistic approach of MARRAC puts the victim, perpetrator and child, known as the *Three Me's*, at its heart.
- Integrated and co-located, therefore able to provide early intervention for high risk domestic abuse referrals which would ordinarily have been referred to MARAC.
- Consisting of four partners: a **Fylde Coast Women's Aid Independent Domestic Violence Advisor (IDVA)**, Health, Children's Social Care and Police. In addition, external partners provide Single Point of Contacts (SPOCs) from their field of expertise such as Housing, Probation, Adult Social Care, Education and appropriate third sector agencies.
- Timely information sharing, coupled with effective communication with the *Three Me's* should allow the team to understand, assess and respond to the risk in a more timely manner.



Unfortunately, the new MARRAC process hosted by Blackpool Children's Social Care ceased in January 2023. Blackpool has reverted to a revised MARAC model which is now under development. The MARRAC/MASH IDVAs remain an integral role within the Multi-agency HUB.

Male IDVA Project



During the reporting period the Male IDVA supported a total of 54 men.

Almost half of these referrals were made by the police (43%), over a quarter were self-referrals (28%), another 8% were referred by health or mental health services, 3% by social services and the remaining 5% equally split between DWP, solicitors, housing, Horizon and Probation.

November 2022, the Male IDVA attended the National Mankind conference to learn about work in other areas and network with other male IDVAs.

Case Study

A high-risk case of a patient at Blackpool Victoria Hospital was referred in by adult social care.

Within the space of one month, there had been 8 A&E attendances. The victim stated that he had been kicked and his sleeping bag set on fire. He reported that £400 had been stolen from him.

The victim had returned to the area in the last year and was living with family members who were extorting money including Universal Credit and PIP payments, with the threat of violence and physical assaults. The family told him they would pay for his phone contract but failed to do so, meaning that his contract was cancelled and he could only use the phone with Wi-Fi.

He resorted to begging on the streets for food and money. He self-medicated with alcohol, and self-harmed by making cuts on his arms.

He was supported to go to a refuge out of area by train. He was also given help to cancel his bank cards and change banking passwords to regain control of his account. A new sim card with some initial credit was also provided, and he was aided in blocking his family on social media. A note was added to his medical records not to disclose his whereabouts. Unfortunately, the family were able to find out the ward he was on by contacting the hospital. Subsequently, he was moved to another ward

Feedback from clients

"Can't thank u enough, will definitely meet again, it's so helpful to have someone accept and quantify my abuse, thank u again."

"I just want too thankyou for our chats because its helped alot and still does now it gave me confidence and helped me deal with guilt I held onto from the past."

Multiple Disadvantaged Team

The Multiple Disadvantaged Team support vulnerable clients in Blackpool who are experiencing domestic abuse and at least 2 other disadvantages, including Homelessness, Mental Health, Substance Misuse and Offending.

The 2 Multiple Disadvantaged Advisors

involved share a joint caseload and are commissioned by the Changing Future Lives Programme to also cover Wyre and Fylde for the project's beneficiaries. This project encourages multi-agency working to provide effective wrap-around support for vulnerable clients.

Case Study

Client was in an on/off relationship with the perpetrator for 10 years. She has 2 young daughters with the perpetrator, who were placed into long-term foster care. Client witnessed domestic abuse all through childhood, with mother's partner being abusive towards them both. She was using crack cocaine along with other substances and experienced physical, financial, and psychological abuse from the perpetrator, leaving her with no front teeth. Client was also evicted from her property due to the domestic abuse and antisocial behaviour of perpetrator. The perpetrator was arrested and given bail conditions, but due to numerous breaches, was remanded to prison.

The Multiple Disadvantaged advisor built a relationship with client over 12 months, until client was ready to leave relationship. The advisor then supported the client to report to police and empowered client to support prosecution. The worker also supported client to engage with other professionals, including Horizon for her drug use, mental health services and children's social care. Client and the Multiple Disadvantaged advisor worked together to find a suitable dentist. She was then able to have her teeth fixed which in turn, increased her confidence.

Client was able to remain abstinent from substances and is now better able to manage her mental health. The client is due to receive the keys to her new property. She has completed the Know Your Worth course and is due to complete the Power to Change course. The worker liaised with the children's social worker to arrange increased contact sessions – client and social worker have now built a good relationship and are working towards having the children returned to client's care. The client has applied to a college course in Animal Care with support from FCWA and has now secured a part-time weekend job.

Safer Streets



The Safer Streets project began in June 2022 and is funded until June 2023. As part of the project, FCWA is working alongside Empowerment and ReclaimBlackpoolMap.com. The aim of the map is to outline the true extent of sexual harassment within Blackpool, as over 90% of instances go unreported to the police.

The map highlights repeating areas, streets and types of harassment. FCWA Safer Streets project raises awareness of the #itstopshere campaign in conjunction with Reclaim Blackpool to promote increased reporting and a more accurate view of the extent of VAWG (Violence against Women and Girls) in public spaces.

FCWA Safer Streets focuses on the night-time economy. Posters have been shared

at the PUBWATCH meetings to display in local bars, pubs and clubs, with an emphasis on the 16 days of action and The World Cup. FCWA Safer Streets worker also distributed cards with a QR link to the Reclaim Blackpool map, handing these out to the public in town at night.

A Safer Streets march through the town centre took place in November. The project also attended International Women's Day celebrations in March 2023.

International Women's Day

FCWA's Safer Streets coordinator held an information stand at The Washington Group's International Women's Day event on 4th March at Blackpool Sixth. She asked the young women to answer the question:

What does it mean to be a woman?

Here are some of FCWA's favourite responses:

"A woman is who and what she wants to be"

"If someone else makes you feel unsafe. It is NOT your fault"

"To be a woman it means you don't let any man control you and be able to wear whatever you want without being judged, you are beautiful and amazing don't let anyone change that"

"To be a woman: Being a woman means your strong and brave, some men understand women some men don't. Women aren't objects!"

Outreach



FCWA's outreach service operates across Blackpool, Fylde and Wyre.

The team of Domestic Abuse Community Practitioners work to reduce risk, promote recovery and improve early identification of escalation through peer support groups and courses.

Peer Support

Peer support groups, led by a DA Community Practitioner and a volunteer, meet in community centres once a week. Support may include emotional and practical help, support with housing, benefits, schooling and parenting; safety plans and where necessary RIC (Risk Identification Checklist) checks.

Following the inclusion of children at a Blackpool peer group Christmas party and consultation, plans are in place to invite children to holiday sessions to alleviate childcare issues and strengthen family bonds.

Themes covered include:

Stalking

Harassment

Gaslighting

Mental Health

Power & Control

Know Your Worth

This FCWA designed course promotes recovery from abuse.

- 5 Blackpool courses with 15–20 clients/wk
- 2 Wyre courses with 6 clients/wk
- 11 clients with 1:1 KYW support

You and Me, Mum

This 6-week course covers the impact of domestic abuse on children.

- 3 courses in Blackpool with 15-20 clients/wk
- 1 course in Wyre

LCC Safe at Home

A Refuge-Home Link worker has visited 4 clients in their new home environment to settle them back into the community. Assistance included:

Safety planning in their new property

Risk assessment

Claire's Law Disclosures

General life administration

Referring onto relevant services for counselling and community groups

The outreach team strives to streamline the transition from refuge to the community, ensuring that they are safe, supported and positive about starting their new life free from abuse.

Outreach

Case Study

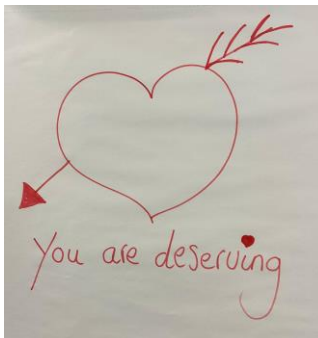
The client has been involved in the service for a few years, she has attended all the outreach courses and regularly attends peer support.

The client was high risk, and her perpetrator received a prison term, but he still tried to continue to contact her, so her baby was removed into foster care. Whilst the perpetrator was in prison, the client was safe. At the end of his sentence, he was due to be released. Even though there was a restraining order, there was a risk that as he knew where she lived, he would contact her. FCWA applied for a Ring doorbell and asked for some extra safety measures to be put in place. This was done quickly. Her ex-partner was released on the Monday, and by Wednesday he had been caught on camera at her house on numerous occasions whilst she was out and once when she was inside.

The client reported it to the police, and he was arrested. He has not been released pending a court case in January for stalking and harassment.

The client reported to staff that she has the knowledge and confidence to 'not go back there again' and taking on board advice and information given at the sessions.

Staff Training



FCWA understands the importance of continuous professional development to equip staff with knowledge to carry out this challenging work. Training this year has included:

- Helping Hands
- Motivational Interviewing
- You and Me, Mum
- Reducing Parental Conflict
- Power to Change

Feedback from client

"Lovely positive group learnt a lot and now have a better understanding. I have found this really helpful. Thank you. Loved being here, made me understand DV a lot more and made me realise I am not alone. A massive thank you. This group made me feel really comfortable and able to share. Was presented lovely and was made to feel I could share."



Safe Haven Children & Young People's Team



FCWA has 4 projects within the children's team offering support to children and young people across the Fylde Coast



Connect with Respect



1-1 and group support for children and young people age 9-18 across the Fylde Coast. For individuals who have experienced domestic abuse and to help children develop and maintain healthy friendships/relationships.

This year Safe Haven completed the final 6 months of the Connect with Respect project.

Think Ahead and Look Ahead – Targeted Work

The project has enabled children and young people to gain an understanding of factors contributing to healthy friendships/relationships, how to identify potential dangers, understanding feelings and safety planning.

Workers provide a safe environment to enable individuals to have the opportunity to talk openly and gain an understanding of what they have experienced. Working with young people in understanding boundaries, respect, risk taking, anger and consent.



Many young people have experienced control and abuse within their own intimate relationships. Workers have supported individuals with:

- coercive control
- applying for Claire's Law Disclosure
- multi-agency meetings, liaising with parents/carers
- supporting young people living in semi-independent accommodation



Thoughts from a young person aged 15

"I found it most useful talking about Healthy Relationships and the Boundary work was good, I feel like my attitude as a person has changed from it, in a good way, I've become calm with things"



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WIRED

Ways to Identify Risk of Exploitation & Danger

WIRED provides therapeutic support to children and young people (CYP) aged 9-18 years across Blackpool, Fylde and Wyre who are affected by child sexual exploitation (CSE) and/or domestic abuse. The project is funded by Henry Smith Charitable Foundation.

Children and young people are offered weekly support sessions for 8-12 weeks which take place in community settings where CYP feel comfortable to help them overcome harm; prevent re-victimisation and promote healthy relationships.

1-1 Support Work

WIRED explores a range of themes:

- The myths & stereotypes associated with sexual violence and exploitation
- Confidence building and how to affirm, define and increase it
- Online safety – the potential dangers and how to execute safety measures when developing online relationships
- Self-image – exploring the benefits of identifying and embracing their strengths and other aspects of their unique character and personality
- The importance of self-care and how to maintain and improve our mental health and wellbeing

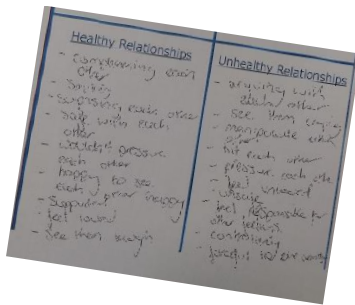
A 16-year-old girl who was supported by the WIRED project said *"For a long time, I did not accept what had happened, but the support from FCWA has helped me to acknowledge that it was not okay and was not my fault"*

Outcomes of 1-1 Support

- Post-support - 75% of CYP reported they felt better equipped to cope
- 87% said they felt that their self-esteem had improved
- 84% stated that the support received from the WIRED project has enabled them to think more positively

Children and Young People's Domestic Abuse Worker

Support for young people aged 11-16 living in Blackpool who have experienced domestic abuse in the home or within their own intimate relationships.



- Bespoke package of work tailored to individual need
- Boundaries
- Okay, not okay behaviours
- Understanding domestic abuse
- Risk assessment & Safety planning



Feedback from young people supported

"I can talk to someone about my past, someone that can help"

"I can talk to someone that will listen to me and understand me"

"We looked at healthy and unhealthy relationships, it will help me to know what's good and bad in the relationship"

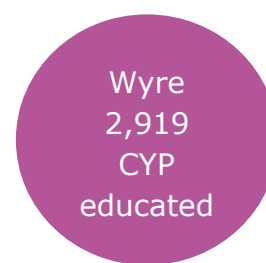
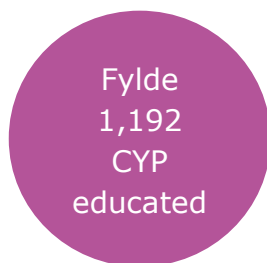
Healthy Relationship Workers

FCWA employs two workers covering the secondary schools in Blackpool, Fylde and Wyre areas to deliver educational sessions to 11–16 year olds in mainstream and special education needs schools and pupil referral units. The work in Fylde and Wyre is funded by LCC and in Blackpool this is OPCC funded.

The sessions delivered are in line with the PSHE curriculum and meet some of the outcomes outlined in the Statutory RSE Guidance.

- Close working partnerships with school staff
- Sessions tailored to individual school to better address need/ issues
- Each school offered at least 20 hours of delivery per academic year
- Targeted group work provided for young people identified by schools as needing extra support

Total number of children and young people educated during April 22- March 23



"Thank you so much for delivering your recent sessions, our staff and students have benefited greatly"

A secondary school in Wyre

The Volunteer Hub

FCWA relaunched The Volunteer Hub in September 2022. The Volunteer Hub is a vital part of FCWA, ensuring that there are suitable volunteers in place to assist in the delivery of many of the projects. The Volunteer Hub is responsible for the recruitment, development and retention of FCWA's volunteers. Since the relaunch, The Volunteer Hub has undergone a large transformation, including the development of a new training and induction process. As of 31st March 2023, FCWA's volunteers completed a combined total of 88.25 hours.

Case Study

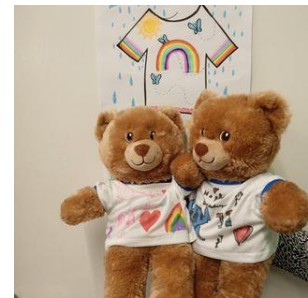
Volunteer A had not worked for 18 years, after being a full time parent to their children. Volunteer A had tragically, and suddenly, lost their son. This traumatic event had a huge impact on their mental health, leading to a period of time where they struggled to leave the house independently without experiencing panic attacks. Volunteer A began a voluntary role at FCWA to build their confidence and gain skills, knowledge and experience that would help them gain full time employment.

After a period of mentoring, training and shadowing, they were able to spend their voluntary hours being proactive and assisting in the delivery of projects and services. Volunteer A achieved their goal of gaining full time employment, and decided to continue within their voluntary role alongside their employment.

Quotes from Volunteers

"I volunteer to give back to the organisations that helped me when times were hard. It's rewarding supporting ladies in times of need when they need it and it's the little things that matter most."

"Many years ago I was grateful to have counselling that probably saved my life. The ladies who were leading the groups were volunteers and I asked the question - 'so, why are you doing this?' and their response was simply 'someone was there for me'. So, now it's my turn."



Fundraising

Amongst the amazing donations received this year:



Donations from Beaverbrooks

Victoria's Victrex Dance-a-thon with AA Dance involved 5 non-stop hours of dancing and raised a fabulous £1605. Many thanks to Victoria Neame and everyone else who was involved.

Fylde Fairtrade group and participants **The White Church; St Cuthbert's, Fairhaven Methodists, Church Road Methodists, Kirkham Methodists and St Annes United Reformed Church** donated Advent Calendars and Easter Eggs for the families supported by FCWA.

Forbes Solicitors donated Mother's Day and Easter treats.

Morrisons Blackpool Community Champion made donations throughout the year including Christmas dinner for all the refuge residents, and donations of tea, coffee and food.

BWF Labour Women's Forum, Blackpool South branch held a Christmas social and fundraiser in support of White Ribbon Day. Service Manager Glenda Smith gave a talk at the event which raised over £600.

Boston Manor asked fans to bring toys to their Blackpool gig which were collected in person by FCWA Safer Streets worker, Ali.

The Charles Hilton Memorial Fund is a legacy fund which supports children. This year FCWA was chosen again and received a gift of toys and selection boxes for children in refuge.

Beaverbrooks Web Despatch department donated an incredible £2,400 towards the play area at Blackpool refuge. Staff at Beaverbrooks also held a collection of toiletries which was matchfunded by a cash donation of £80.

Philip Rogers and friends completed the Rob Roy Way, raising a fantastic £2100.

Yorkshire Bank donated £1000 towards new bunk beds after FCWA was nominated by refuge worker.

My Bump My Baby held a toddler session at **Dots and Pots** and gave all proceeds to FCWA.



Charles Hilton



Toiletries and food

If you would like to make a donation or raise money for FCWA with a sponsored event, please get in touch.

Email: funding@fcwa.co.uk

News and Campaigns

- April** National Stalking Awareness week #BridgingTheGap
- July** Report by the College of Policing, HMICFRS and IOPC on police perpetrated domestic abuse
- Sept** Suzy Lamplugh trust join with L’Oreal to launch *Lipstick is not a Yes* campaign
- Nov** 16 days of action
The legal age of marriage to increase from 16 -18 years old
Launch of stalking super-complaint



- Dec** Safer Streets Conference hosted by FCWA
Reclaim the night march in Blackpool
- Feb** Valentine’s Day gift bags made for peer support group attendees by thoughtful volunteer Bev.
Sexual abuse and sexual violence awareness week #ItsNotOK
- March** Government publish plans for tougher sentencing for domestic abusers who kill their partners and have a history of domestic abuse

FCWA’s Safer Streets project promotes the #itstopshere campaign at the Winter Gardens; Blackpool and the Fylde College and The Washington Group’s International Women’s Day event at Blackpool Sixth



International Women’s Day theme *Embrace Equity*

Thank you



Fylde Coast Women's Aid would like to extend a big thank you to all the agencies, organisations, churches, groups and individuals who have supported FCWA through fundraising, donations and volunteering their time throughout this year. Your help and support is vital and highly valued.



FCWA

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WOMEN'S AID

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Company Registration Number 02806677