

Impact Report

2022-2023



CarmDAS
GWASANAETHAU CAM-DRIN DOMESTIG
mae pob cam yn gynydd
CARMARTHEN DOMESTIC ABUSE SERVICES
every step is progress

CarmDAS Impact Report: 2022-2023

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Forward:

Colleen Bennett CEO CarmDAS

Our Vision: We believe that everyone has a right to live free from abuse.

Our Mission: Domestic abuse touches all our lives and is a result of gender inequality. We exist to support people to be free of abuse and choose their own journey.

CarmDAS has been providing independent, specialist support to individuals and families affected by domestic abuse and sexual violence since 1978. We continue to applaud the survivors who have reached out for support this year with the courage to take that first step to share their story.

CarmDAS prides themselves on delivering a high-quality trauma informed and strength-based services and finding new ways to meet the ever-increasing demand for the service. In 2021-22 CarmDAS achieved the WWA Quality Standard which was specifically developed for the domestic abuse sector to accredit service delivery and recognise best practice. In 22/23 CarmDAS were delighted to hear they had passed the midpoint review and are continuing to deliver a service of good standard with good governance

The charity in 22 -23 rose to the challenge to not only to maintain the charities core services but to find new funds and opportunities to expand our services and to work collaboratively with partners across Mid and West Wales.

We returned to being fully office-based in 2022 offering flexible support both on line or in person to meet the needs of survivors. Survivors can face many emotional, practical or financial barriers when seeking help for domestic abuse and sexual violence so by offering more face-to-face appointments we hoped to provide more opportunities to build trusting relationships in a safe and confidential space.

The Impact

The Crime Survey for England and Wales estimated that **2.1 million** people aged 16 years and over (1.4 million women and 751,000 men) experienced domestic abuse in the year ending March 2023.

CarmDAS supported **426 Adults** and **231 children**



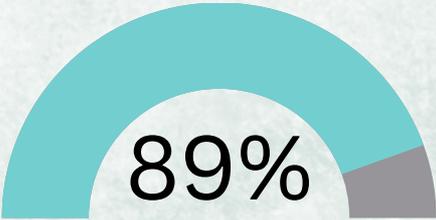
98%

98% of Children and Young People who exited support told us that the support sessions had helped them better understand healthy relationships and learn new things.

Overall, 92% of our adult clients and 98% of our CYP achieved a positive outcome as a result of support by CarmDAS.



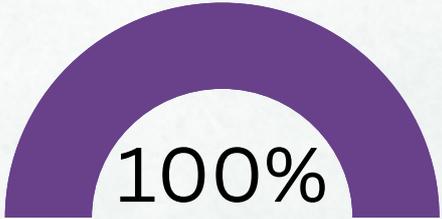
92%



89%

89% of Survivors had improved Mental Health after Wellbeing Support and 86% told us they felt safer.

100% of Survivors receiving Floating Support had a positive outcome at the end of support



100%

41 children attended Our STAR groups (10 week programme) which focuses on healthy relationships, social skills, confidence and self- esteem

66 women attended Carmdas recovery and rebuild courses

Survivor Voice



The views and experiences of the survivors we support are central to our work and inform policy, services and research. We gather feedback through on line feedback forms, focus groups, workshops, interviews and games for CYP so that we can improve our services and learn what we do well and not so well.

Adult Survivor's told us...

Support made me stronger. I feel less guilt and less shame. It helped me understand my children and be able to help them more. Meeting other women who had been through the same things, helped me stop feeling so alone.

I started to believe I was a good mum and I have learned new ways to help me to reinforce positive thoughts.

I have been able to deal with past traumatic experiences. I now feel I can move on in a positive way.

It was a massive support system for me and the staff were so helpful and caring to each of our needs. It was nice to be around people that you could be open with.

The healing process is like a roller coaster there can be extremes highs and lows, but the staff in refuge were my seat belt. They kept me focused and motivated when I couldn't find the inner strength on the low days. The support with financial help, the courts, the housing, answering the hard questions regarding kids and contact and just being a friend saved me from my worst demons. I'll be forever grateful for the staff guiding me through this painful process, that I can now enjoy life as a free, safe woman, showing the way for my daughters, so they will never forget their self-worth.

Children and Young People told us...

"I feel great, better than ever, it's been nice to have someone to talk to that's qualified. My life is so much better I feel more in control of my emotions, I understand how trauma impacts the brain and how this effects the body."

"I feel so much better, I've learnt a lot and I just feel healthier overall."

"I feel better because no-one would have talked to me for that long about this stuff"

"I learnt about different types of boundaries and know what a health boundary looks like, I can put boundaries in place. It was interesting to learn about communication styles, this has helped me to identify where I may be passive and not assertive."

Table of Services



Crisis Support, Outreach, Prevention and Training	Recovery and Rebuild	Children and Young People Support
Refuge	Own My Life- Recovery Programme	DASH- Domestic Abuse Stops Here
Floating Support	The Voice- Recovery Programme	STAR
Sexual Violence	Road to Recovery- Post Separation Programme	Group Work and Activities
IDVA	Wellbeing Support	Bespoke 1:1 Support
Outreach	Peer Support	Play Therapy
Transform Learning Disability Support	Drawing and Talking Therapy	Drawing and Talking Therapy
Safer Streets		Break For Change
White Ribbon		Ask me CYP
Campaigns		Decider Skills
Training		Healing Together
		Respect Young People's Programme

Themes of the year

Children and Young People

The service provides a safe, supportive and welcoming environment for those impacted by domestic abuse and sexual violence. This year Carmdas has seen an increase in the numbers of older young people aged 14+ accessing support.

A boy ages 16 told us in feedback:



"I feel great, better than ever, it's been nice to have someone to talk to that's qualified. My life is so much better I feel more in control of my emotions, I understand how trauma impacts the brain and how this effects the body."

Emerging issues within this age category have been:

Consent/ Harmful Sexual Behaviour: CarmDAS attended Colleg Sir Gar and UWTSD as part of sexual violence awareness week to raise awareness and to talk about consent. Young people told us that they do not fully understand what consent looks like, sharing about their first sexual relationships and how to say no to behaviours that make them feel uncomfortable.

Education and Non-Attendance: CarmDAS has seen an increase in referrals where the child or young person is not attending or partially attending education.

CarmDAS has seen an increase in number of neuro-divergent young people being referred. The team recognise that the young person is their own expert and works with them to ensure their support needs are met i.e.the support is accessible and understandable.

Participation: CarmDAS is developing a youth forum that aims to support the involvement of young people who want to help to create new initiatives, express ideas and opinions or current youth issues to drive a positive change.

Moving forward: CarmDAS will be delivering in local colleges 'CYP Ask Me' which is an early intervention and prevention set of modules that educates about attitudes, beliefs and actions that underpin gender based

New links have been formed with the Carmarthenshire Youth Council. We were pleased to have been invited to contribute to the making of their new drama documentary which raises awareness of how young people are affected by domestic abuse in the home and what support they can access after they report the domestic abuse to the police.

Post Separation

Parents are telling us about child to parent abuse and asking for support to improve their relationships.

In 2022-23 CarmDAS co-produce with members of the Peer Support Group and Rockpool Life CIC a post separation recovery programme. The programme named 'Knowledge is Power, Road to Recovery' covers issues including setting boundaries, safe communication, legal issues, understanding family court, rebuilding relationships with children and young people and resilience.

A pilot of this programme was delivered to Survivors of Domestic Abuse in Pembrokeshire referred via the TAF team. The feedback was very positive and CarmDAS moving forwards in 2023-24 intends to deliver the programme to reach a higher number of participants.

Sexual Abuse

Survivors tell us that sharing or disclosing about sexual abuse is not easy for fear of being judged, feelings of shame, guilt or embarrassment and perceived negative consequences of reporting.

Grant funding has enabled CarmDAS to provide specialist support to those who have experienced sexual abuse both currently or historically. The support offered is both practical and emotional and is tailored to individual need. At CarmDAS wellbeing sessions with a trained ISVA can create a confidential space for individuals to build trust, manage anxieties and focus on strengths be able to share their story.

90 % of those who ended support in the year reported that have experienced a positive outcome .

Many people don't want speak to the police for a range of different reasons and no-one is ever pressured to report. It is important to know that a disclosure of sexual violence does not mean the survivor has to report. The service makes sure everyone is provided with support and information so they can make informed choices and know their rights and options.

In the year CarmDAS recorded that **18** survivors disclosed they reported sexual abuse to the police before they accessed support and **15** survivors chose with advocacy to report whilst on support.



Collaboration



CarmDAS is proud to share some examples of new ways we have worked collaboratively this year across Mid and West Wales. Domestic Abuse is a multi-faceted issue and working collaboratively is vital to enable us to ensure that services for domestic abuse are consistent and relevant.

IDVA Service



This year Carmdas in collaboration with four other specialist domestic abuse agencies (Dal i Godi) were delighted to have been awarded the Dyfed Powys IDVA (Independent Domestic Violence Advisor) contract. The service is commissioned via funding from the Police and Crime Commissioner for Dyfed Powys and the Mid and West Wales Regional Violence Against Women, Domestic Abuse and Sexual Violence (VAWDASV) Grant.

The partnership includes CarmDAS, Calan DVS, Montgomeryshire Family Crisis Centre, Threshold DAS and West Wales Domestic Abuse Service. The specialist partners making up Dal I Godi all have a deep understanding of the impact of and need for responsive services for high-risk victims of domestic abuse.

The main purpose of the IDVA service is to address the safety of victims at high-risk of harm from intimate partners, ex-partners or family members, to secure their safety and the safety of their children.

Safer Streets is a programme for local communities which addresses violence against women and girls and sexual violence. The aim of Safer Streets is to work together to stop street harassment, sexual violence, violence against women and girls and domestic violence and to learn to become an effective active bystander.

CarmDAS invited individuals, groups, partners and business in the local communities to work together to have more understanding of the issues and more awareness to affect change in their community. Carmdas in collaboration with other Mid and West Wales specialist DA support services groups developed and delivered the training to support and promote change for the women and girls across their communities.

Safer Streets



White Ribbon: A Community Approach



Last November we joined forces with Carmarthenshire County Council and Carmarthen Town FC, and other local sports groups, to raise awareness of the White Ribbon Campaign which is the world's largest movement of men and boys working to end violence against women and girls. A time to focus on the good that can come from unifying and supporting one common cause.

Speaking on behalf of Carmarthen Town Football club, Communities Manager, Paul Ashley-Jones added:

“We are proud of our partnership with CarmDas and understand the importance of showing that we as a club support the white ribbon Campaign urging our supporters to stand together to end violence against women and girls”.

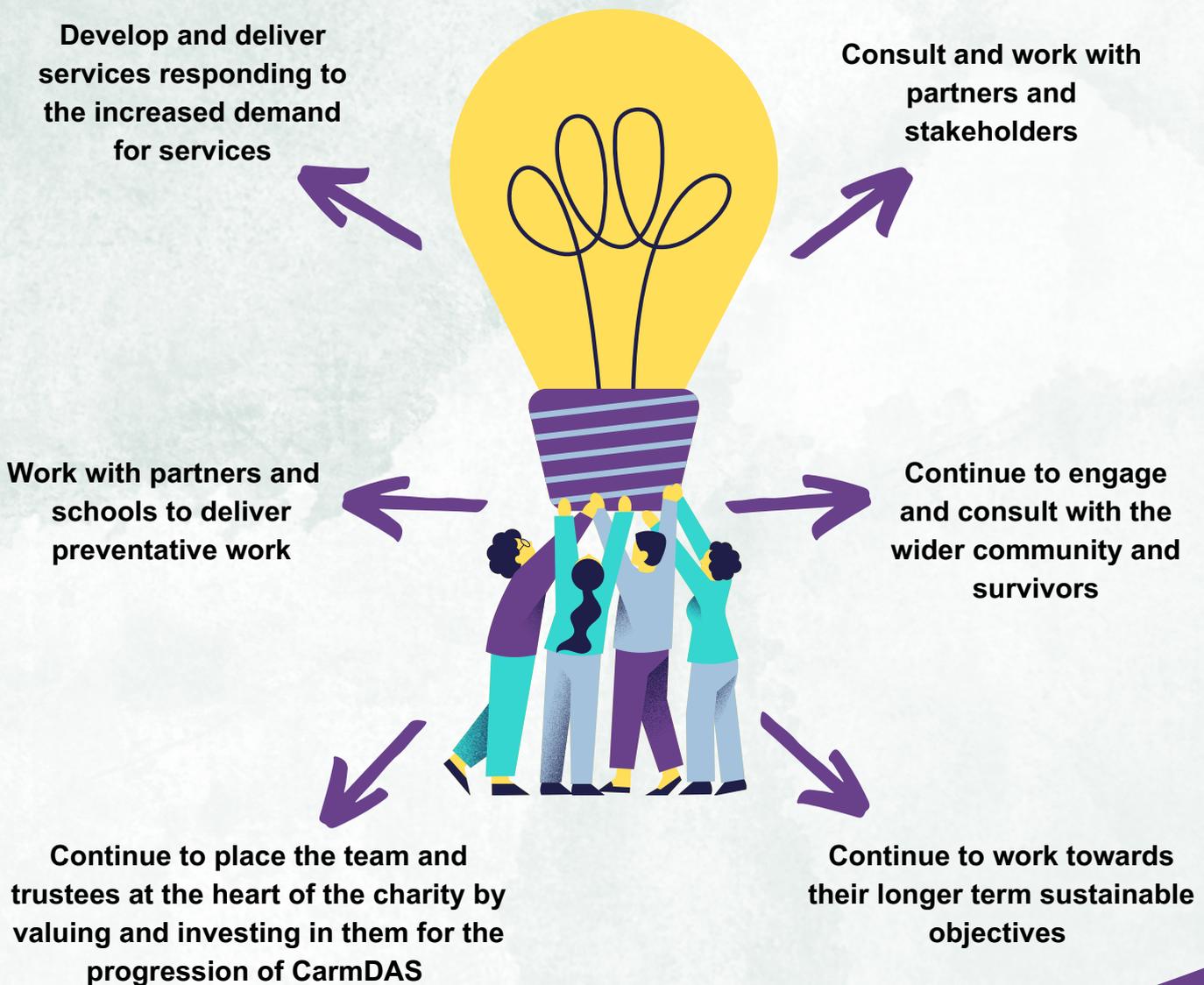
A promotional graphic for White Ribbon Day 2022. At the top center is a circular logo with a white ribbon and the text "WHITE RIBBON DAY 2022" and "#TheGoal". Below the logo are ten white t-shirts arranged in two rows of five. Each t-shirt has a white ribbon symbol and a word: "ALLEY", "CASING", "EMPATHETIC", "COURAGEOUS", "GENTLE" in the top row, and "RESILIENT", "RELIABLE", "HOPEFUL", "PRINCIPLES", "REFLECTIVE", "SUPPORTIVE" in the bottom row. Below the t-shirts is the text "UNITE FOR WHITE RIBBON DAY 2022" in large, bold, orange letters. Underneath that is the text "All men can join the team to end violence against women and girls – that's #TheGoal. Whether you're a football fan or not, make the White Ribbon Promise today." In the bottom left corner is the "WHITE RIBBON" logo with "CARE LINE" underneath. In the bottom right corner is a QR code. At the very bottom, there is a small line of text: "White Ribbon UK is the leading body of White Ribbon Campaign UK. A registered charity in England and Wales No. 1030766 and a company limited by guarantee No. 04074882." The background of the graphic is a dark stadium at night with lights.

The Future

As a Charity CarmDAS relies not only on local authority funding contracts but incomes coming from grants. We are so grateful to the many individuals, trusts and foundations who have, donated or financially supported CarmDAS.

We want to thank everyone who has assisted CarmDAS to develop, make a difference and to meet it's charitable aims.

CarmDAS moving forward will...



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