



Cymorth i Ferched Cymru
Welsh Women's Aid

Impact Report 2018/19

Delivering change that lasts
to end violence against
women, domestic abuse
& sexual violence in Wales

A word from our Chair and CEO: a year of reflection, challenges, successes and growth

“You may not control all the events that happen to you, but you can decide not to be reduced by them.”

– Maya Angelou

In 2018-19, we commemorated four decades of working as the Wales umbrella body providing support, leadership and representation for the national network of violence against women, domestic abuse and sexual violence specialist services in Wales.

We remain committed to ensuring specialist services are equipped to meet growing demand for support in Wales whilst we also advocate the vital need to prevent abuse from happening in the first place. Providing a voice for specialist services and the families they work with helps us advocate to transform laws, policy and practice to benefit survivors of abuse. Our work with other agencies and governments has increased as our impact has grown, and we now actively collaborate, inform, support and influence in communities and across governments and other organisations.

That we haven't yet made enough inroads into its reduction and

prevention tells us something of the status of women and girls in our society and about the sheer persistence and normalisation of violence and abuse within our communities.

In 2018-19, specialist services across Wales continued to work tirelessly to support survivors and to challenge and change systems and services so that abuse is prevented. We also established a wider supporter base in communities, through our 'Ask Me' ambassadors programme and 'Times Up' campaign to challenge and end sexual harassment and abuse as part of a wider movement for change. Many of our successes and impact are evidenced throughout this report.

However, for a country that has strong laws, strategies and plans to prevent violence against women and girls, tragically at least 13 women have been killed in Wales since 2018 to date, through fatal male violence. Since 2015 when new legislation was enacted in Wales to prevent violence against women, at least 38 women have been killed in Wales as a result of fatal male violence. Last year, too many survivors were held on waiting lists for support whilst services operate with insufficient

resources to meet demand. Children and young people do not have equal access to specialist help and support in every region, and many women from minoritised communities are still let down by the state's 'hostile environment' which means women face the stark choice of staying with their abuser or facing destitution.

It's time for a new approach. This year, we set about creating a longer-term blueprint for change. Together with our members, with survivors, services and other professionals we created a new 5-year plan for 2019-2024, which sets out how the foundations for lasting change can be set. We know that violence against women and girls, domestic abuse and sexual violence is entirely preventable with the necessary public and political will and resources allocated to achieve this goal.

We can't do this alone. If you believe everyone in Wales has the right to live free from fear and abuse and that by working together, we can achieve this, please join our movement. Find out more about how you can support our work at www.welshwomensaid.org.uk/join-us/

Eleri Butler, CEO

Paula Walters, Chair

We want a world in which women and children live free from domestic abuse, sexual violence and all forms of violence against women, and by doing so achieve independence, freedom and liberation from oppression.

Our federation

Welsh Women's Aid's strength is founded on being a federated charity, which maximises the benefits of localism with national, UK and European scale and a representative voice. Whilst we are independent from local, regional and national member services, our structure provides the best of 'small and local' with national influence, combining a "bottom-up" approach with a national collaborative structure that all services benefit from.

This year we delivered a distinct programme for building sector capacity and skills, and we continued to operate National Quality Service Standards framework for domestic abuse services in Wales that aligns with sector standards for sexual violence services, perpetrator interventions, and specialist support for black and minoritised women.

Survivors are central to our network, both through our engagement work and by the number of women survivors who are employed in our services and national team. As the Wales umbrella body, we also collaborate with and support other providers who share our goals, and we coordinate regional Specialist

Services Provider Forums to deliver cohesive expertise to improve strategy, practice and policy, and we support members to collaborate to meet survivors' diverse needs.

Our national federation has a shared vision, value-base and approach, and investment into a federated structure provides the combined impact of individual charities with the benefit of collective impact, resilience and strength as a movement.

We are feminist and value diversity of lived experiences. Our values are founded on commitments to human rights, anti-discrimination

and freedom from oppression, and we promote integrity, we collaborate, empower and transform, combining high-quality services with activism for social change.

More information about how our values underpin our 5-Year Plan, our priorities and our approach can be found at www.welshwomensaid.org.uk/about/strategic-plan/

Together, we provide a strong, well-developed and cohesive programme of local, regional and national work that benefits survivors and creates a safer, healthier, more equal and violence-free future for everyone.



The shared values and analysis of violence against women, and being a member of a national organisation that has the same analysis of the issues, is of the greatest value to us.”

- Local Specialist Service

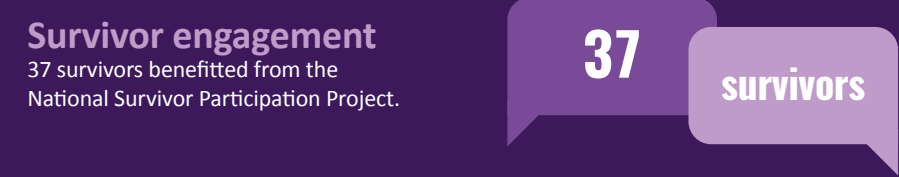
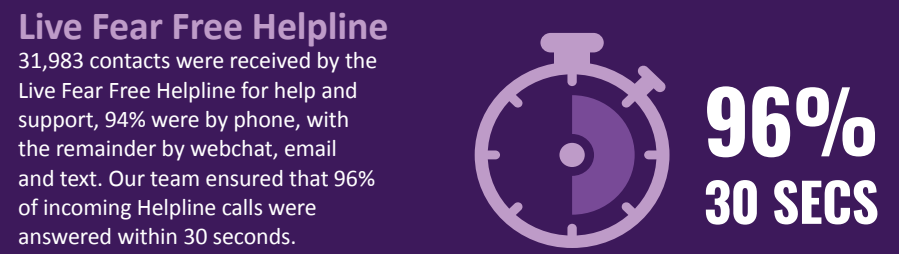
Eleri Butler, CEO
Welsh Women's Aid

Paula Walters,
Chair

2018-19: our year in action



Direct support to survivors



Training and awareness raising



National Training Partnership
69 training sessions were delivered, with over 650 learners trained. When asked about the overall training experience 94% said the training was 'Good' or 'Excellent', and 90% said that they would recommend the training to others¹.



Forty Voices, Forty Years
46 oral histories and digital stories from activists, survivors and staff involved in the Wales women's liberation movement over the past 40 years. 5,648 people in Wales attended the touring exhibition and over 14,500 museum visitors saw the final exhibition.

Prevention

Change that Lasts
41 participants were successfully trained to be Ask Me Project ambassadors. Ambassadors spoke to 5,718 community members through awareness raising activities and signposted 87 survivors and 19 perpetrators to VAWDASV support services.



Strategic influence

A total of 11 Welsh and UK consultations were responded to incorporating survivor and specialist service feedback. Welsh Women's Aid supported the 'Time's Up' and 'This isn't love, this is control' campaigns; and acted as the lead for Wales on the European WAVE 'Step Up!' Campaign 2019.



NOTES
¹ Feedback was received from 392 learners.

Forty Voices, Forty Years

Our '40 Voices 40 years' project won a national Impact Award for contributing to culture heritage and the arts in Wales.

Last year we led a highly acclaimed heritage project, in partnership with the University of South Wales and National Museum of Wales, to preserve and celebrate the stories and experiences of women involved in our Welsh Women's Aid movement over the last 40 years.

This has also created a timeline of key historical moments relating to the Welsh Women's Aid's movement and we produced a comprehensive archive at The People's Collection of Wales and the National Library of Wales. This will continue to be added to in future, to provide a significantly valuable resource for future generations.

“Stories can also be used to empower, and to humanize. Stories can break the dignity of a people. But stories can also repair that broken dignity.”

- **Chimamanda Adichie**

46

oral histories and digital stories from activists, survivors and others involved in the Wales movement over the past 40 years.

18

survivors contributed 22 stories from digital storytelling workshops.

68

volunteers supported the project, and over 100 days volunteering provided.

5,648

people engaged with the touring exhibition, over 14,500 people saw the final exhibition.

OVER 20,000

people attended exhibitions and lectures in their local communities sharing learning about our movement, the achievements and why services are still needed.

OVER 10,000

people accessed project information via online resources and social media.

“

It reminded me how recently any progress has been made – born in 1993 I take lot for granted. Brilliantly thought out and easy to follow, with a clear main message. Thank you.”

”

“

Really highlighted how recent this history is and how much work is to be done still.”

”

“

It made me more determined to work to end violence against women.”

”

“

My friend brought me this evening to show me I'm not on my own and to speak up for my future. Enough is enough. Let's empower each other.”

”



Future 40

During the year we also asked the public to tell us about their priorities for ending violence against women and girls in Wales, so that we are not here addressing the same issues in another 40 years.

We had an overwhelming response from hundreds of people who told us their priorities included provision of healthy relationships education in schools and communities with support for children, addressing inequality and harmful social attitudes, having informed and committed leaders and champions in our services and communities, a greater focus on early intervention and prevention, services that stay survivor centred and are fully accessible and knowledgeable about trauma, sustainable

and secure funding for support services, safe interventions with perpetrators to change their behaviour and reform of the justice system response to domestic and sexual abuse.

We want to thank everyone who contributed their experiences, their objects and artefacts and their time, to help us collate materials and curate this touring exhibition. A report on the project is available at www.welshwomensaid.org.uk/what-we-do/40-voices-40-years/

“

It has been amazing to connect with a group of survivors who are proactive and supportive and to have a sense of being able to turn the trauma I have been through into something positive. It is very empowering to feel like I can make a difference by influencing decision makers and services providers to improve how they tackle violence against women.”

- Survivor, SEEdS 2019

“

I was part of the team that developed the Cardiff Council Strategy, informing it's content and structure from a survivor's point of view. I have grown in confidence and experience whilst having the chance to share my views on violence against women, domestic abuse and sexual violence.”

- Survivor, SEEdS 2019

Survivors engagement: experts through lived experience

Survivors are central to our network and movement: survivors founded our services, continue to work in support services and lead the work of our federation, and we ensure survivors' experiences are at the heart of service design, delivery and review.

Our ground-breaking national Survivor Participation Project - Survivors Empowering and Educating Services (“SEEdS”) - continued to educate services to improve their

responses to domestic and sexual abuse through the year.

SEEdS involvement nationally included contribution to the setting up of a Welsh Government national survivor engagement framework, providing expert advice to influence the direction of national campaigns, advising the Cross-Party Group on children and young people, presenting at the Public Sector Leadership Conference, undertaking several media interviews, and

contributing to public service strategic reviews and events.

This model of engagement, led by and for survivors, provides the opportunity for women to develop and maximise skills to influence and inform a wide range of organisations and stakeholders seeking to improve their response to abuse. More information can be found on our SEEdS webpage.

Last year, 17 women were core members of SEEdS and they shared their knowledge and experience with a further 20 survivors in other regions.

“

When we speak, we are afraid our words will not be heard nor welcomed but when we are silent, we are still afraid, so it is better to speak.”

- Audre Lorde

“

I'm very excited by everything that has transpired since connecting with you. The more I understand about SEEdS the more excited it makes me. We really couldn't have hoped for more than you delivered. The two of you [SEEdS Members] were wonderful and utterly inspirational.”

- Ireland Meeting Organiser, 2018

Last year our reach and expertise on survivor engagement expanded, and we presented our learning at European violence against women events, and at the Russian Federation launch of women's equality plans.

Women involved in SEEdS were also invited to share their experience in Ireland with a range of survivors, specialist sector stakeholders and the National Women's Council for Ireland. This was positively received and has influenced the establishment of similar models in Ireland.

We believe safe and effective survivor engagement is vital, and have produced a benchmark for good practice in survivor engagement ([https://gov.wales/written-statement-national-survivor-engagement-](https://gov.wales/written-statement-national-survivor-engagement)

framework-next-steps) for agencies setting out safe standards for engagement for services wanting to make policies and practice survivor informed. This work will be promoted in 2019/20.

In the meantime, we continue to advocate for the need for the state and services in Wales to implement the recommendations made by survivors of abuse across Wales, to inform the National Strategy, as set out in our report “Are You Listening and Am I Being Heard”.

“

Being a member of the SEEDS project has benefitted me in so many ways. Being in a group of people who have all had similar experiences but whose stories are all so different, where the seriousness of what we have been through is not questioned and no one judges anyone else, is so healing and empowering. There have been so many opportunities to learn from each other, and through exceptional training, to learn alongside each other. The range of events, consultancies, policy and strategy panels, interviews, conferences and grant presentations, to name but a few, that we have between us contributed to, is extraordinary. It demonstrates that the voices of survivors, who are experts through lived-experience, are being listened to and increasingly, sought out.”

- Survivor, SEEdS 2018

Provision, protection and support

Live Fear Free Helpline

The Helpline service started 2019 - our fifteenth year delivering the award-winning National Helpline in Wales for survivors of domestic and sexual abuse - by being once more awarded with the industry's Helpline Standard accreditation for excellence in service delivery.

This national service complements and extends the provision and reach of services locally and can also support survivors of abuse whilst they wait for access to local counselling or groups. The team coordinates and manages the UK Routes to Support database specifically for

Wales, and the service has robust referral routes and pathways to support for survivors of abuse in their local community.

All Live Fear Free Helpline Support Workers are trained and skilled in supporting women, men and young people impacted by abuse, whether this be intimate partner violence, family violence, rape or sexual violence, forced marriage, stalking or harassment, trafficking or sexual exploitation. The Helpline is also available for professionals, friends and family concerned about someone they know.

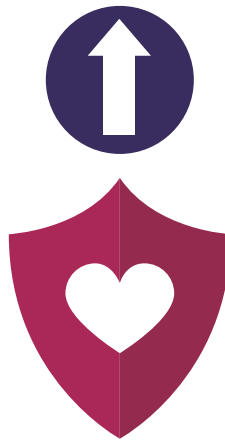
In 2018-19, 31,983 contacts were received by the Live Fear Free Helpline for help and support, 94% were by phone, with the remainder by webchat, email and text. Our team ensured that 96% of incoming Helpline calls were answered within 30 seconds, and we're also pleased that webchats and text contacts have increased significantly since their launch the previous year.

“

I appreciate your help and this service is fantastic and the only one like it in the UK, I know because I have searched high and low, you do amazing work thank you.”

“

I'm calling back to say thank you, I really appreciate it. Thank you so much for helping me, being there and believing me. At least people are starting to listen.”



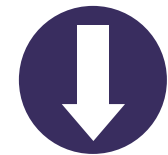
89%

We regularly obtain feedback from those who use the service. Of a sample of 432 service users who used the service last year, all reported they felt supported to access appropriate support and that the information received supported their choices, 89% reported feeling safer after getting in touch, 91% reported improved emotional wellbeing and 88% reported a perceived reduction in the abuse experienced, after contacting the Helpline.

The Live Fear Free Helpline also received 100% positive feedback from all our agency partners during this period.



91%



88%

“

There is no such thing as a single-issue struggle because we do not live single-issue lives.”

- Audre Lorde



**Live Fear
Free Helpline**

Llinell Gymorth
Byw Heb Ofn

You can access support
through our direct email service:
info@livefearfreehelpline.wales

Talk to someone confidentially using
the Live Fear Free live chat service.
Live chat is available 24 hours. We can
support you in Welsh, English and any
other languages using LanguageLine.

Text phone users can contact us via
Type Talk on 1800108088010800.

You can contact the Live Fear
Free Helpline by text 24/7 on
078600 77 333.



**Live Fear
Free Helpline**

Llinell Gymorth
Byw Heb Ofn



0808 80 10 800

Domestic abuse, sexual violence and/or other
forms of violence against women can affect us all.
If you need help, support or are concerned about
someone, we are here to talk over the phone,
online or via email any time of the day or night.

Gall cam-drin domestig, trais rhywiol a/neu ffurfiau eraill
o drais yn erbyn merched effeithio ar bawb ohonom. Os
ydych angen help, cymorth neu'n bryderus am rywun,
rydym yma i siarad dros y ffôn, ar-lein neu drwy e-bost
ar unrhyw adeg o'r dydd neu'r nos.



info@livefearfreehelpline.wales

gwybodaeth@llinellgymorthbywhebofn.cymru

Webchat

livefearfree.gov.wales

Gwe-sgwrs

bywhebofn.llyw.cymru



@LiveFearFree
@BywHebOfn



“

No words to say
how much better I
feel for the first time
in months, I feel like I
can take back control,
thank you so much.”

”

Supporting specialist services in Wales

In 2018-19 the twenty-two member organisations of our federation continued to deliver life-saving and life changing support across the country for survivors of domestic abuse, sexual violence and all forms of violence against women and girls.

Our membership is varied and diverse in size and scope, in recognition that survivors of abuse – particularly women and girls – experience often cumulative and multiple forms of male violence in their lifetime. Their experiences do not happen in silos and neither should services be delivered as such.

Our membership includes domestic abuse services that support women and children, rape crisis services and support for adult survivors of child

sexual abuse. Many services now also support survivors impacted by family violence or male victims of abuse whilst retaining safe separate provision for women. Some specifically support women exploited through prostitution, or support women involved in the justice system, whilst others are accredited to work with perpetrators to manage risk and change behaviour. Some services also work to prevent sexual harassment in communities and workplaces and to tackle exploitation.

In 2018/19, we continued to deliver the Welsh Women's Aid National Quality Service Standards, an accreditation scheme for domestic abuse services in Wales that complements existing service standards frameworks for services in Wales delivering sexual abuse support, working with perpetrators or delivering specialist 'by and for' BME services.

Last year, every organisation was provided with bespoke support

covering all aspects of running the organisation, including policy, media, human resources and service delivery support. We also offered enhanced capacity building to help services engage in commissioning, maximise resources, improve strategic planning and governance, and develop partnership working arrangements.

As the Wales umbrella body, we also collaborate with and support other providers who share our goals. We coordinate regional Specialist Services

Provider Forums to deliver cohesive expertise to improve practice and policy, and support members' collaborate to meet survivors' diverse needs.



I am not free while any woman is unfree, even when her shackles are very different from my own."

- Audre Lorde

Last Year 2018/19

2,482 survivors were supported by our members' refuge service; and 16,591 survivors were supported by our members' community services. A further 1,332 survivors were supported in dedicated sexual violence/rape crisis services.

8 in 10 services engaged in these quality standards, a significant increase on the previous year; over half have full accreditation for excellence in service delivery.



Professional, collaborative, open...I've had so much communication offering support in different areas, very friendly, open and helpful."

- Local Specialist Service



It was night time and I got here late, so not much time to feel welcomed as it would have if I came earlier...feel safer now I know everyone here."

- A Survivor



They were so welcoming and sympathetic to my situation."

- A Survivor



I think the staff at refuge do an amazing job and I am so thankful for all the support I have received."

- A Survivor



Thank you for helping me get my life back on track through an excellent support service. I am very grateful to you all."

- A Survivor

Direct services

In 2018-19, we continued to support survivors through our two directly managed services in Colwyn Bay and Wrexham, which provide support to 36 women and 28 children in refuges and total of 757 women and 16 men were supported in the community.

Our long-term plan has been to sustain and capacity build these services, to strengthen their impact in the region. From early 2019-20, in accordance with our strategic plan, the Colwyn and Wrexham projects were successfully transferred to join one of our member organisations, DASU North Wales.

Survivors who accessed the Wrexham and Colwyn services were asked to provide their feedback on the services they accessed. Overall, when asked whether they were 'feeling safer and felt that they could contribute to safety of selves/others', 97% survivors^[1] said that they felt safer.

100% of survivors^[2] accessing refuge services said that they felt more confident 'managing accommodation, relationships with others, feeling part of community' after accessing the service. In addition, 95% of survivors^[3] in refuge services said that they could better 'managing money, engage in education/work'.

Furthermore, 100% of survivors^[4] providing feedback on our IDVA service said that their safety had increased. 100% of survivors also reported that there was a cessation or reduction in all types of abuse; and reported a reduction in risk of further harm at end of service. Finally, 98%^[5] reported that their quality of life had improved having accessed the IDVA service.

NOTES

¹ 35 survivors out of 773 accessing the service in 2018/19 provided feedback.

² 28 survivors out of 36 supported by refuge services in 2018/19.

³ 21 survivors out of 36 supported by refuge services in 2018/19.

⁴ 52 survivors out of 243 supported by IDVA services in 2018/19.

⁵ 51 survivors out of 243 supported by IDVA services in 2018/19.

“

Very informative. Presented very well and with empathy. Difficult subject but handled delicately. Respect and understanding of survivors present within the group. Very good insight for someone who works and better insight into domestic abuse.”

- Learner, 2019

“

Knowledge by experience very evident within the training and invaluable at delivering such a subject matter. Very aware of subject matter, effect on participants and measures put in place to address any such difficulties arising. Very sensitive.”

- Learner, 2018

National Training Partnership

The Welsh Women's Aid Training Centre of Excellence provides accredited and non-accredited training courses delivered by expert and specialist trainers.

We work closely with specialist services across Wales to deliver and coordinate training packages in every region. Our established National Training Partnership is a unique national partnership that brings together specialist services delivering Wales-based training, learning and development around all aspects of violence against women and children, domestic abuse and sexual violence.

In 2018-19, we ran 69 training sessions and supported over 650 learners in a range of specialist skills-development opportunities, covering all aspects of domestic abuse, stalking and harassment, coercive controlling behaviour, responding to violence against women and girls, and managing risk associated with abuse, stalking and honour-based violence.

These courses were in addition to the delivery, in collaboration with the regions, of the national “Ask and Act” training programme for the public sector. We are also licensed to deliver the College of Policing Domestic



Abuse Matters training for police forces across Wales. We also assist organisations with their workplace policies in order to ensure that they provide the best support for survivors and their families. The impact the training had was significant.



Supporting public services

In 2018/19, we advised regional leads on best practice in the development of Strategies and Plans and promoted the statutory commissioning guidance as a tool of good practice.

Our data team continued to collate data and produce analysis reports each quarter which are shared with regional and national leads and are used to help build a complete picture of need and demand for specialist support services.

We also delivered a successful Public Sector Leaders Conference on behalf of the Welsh Government. We devoted much of the day to supporting and informing commissioners and strategic leads through plenary speakers and targeted workshops.

We produced a toolkit focusing on Health Boards' duties to prevent, protect and support survivors of violence against women, domestic abuse and sexual violence. This included a checklist for implementing the NICE guidelines and a briefing on co-location of services, promising practice examples from our members, survivors' feedback and promising practice informed by research.

This year we worked with police and public services to support their learning around coercive controlling behaviour, stalking and harassment. We also hold the College of Policing licence to deliver their 'Domestic Abuse Matters' programme for police forces across Wales and to support its rollout in England. We also supported

five large employers with employer and workplace policy development and delivery last year.

In 2018-19 we organised a series of events targeting professionals across Wales.

We held a national seminar on Child Sexual Exploitation and Abuse in North Wales which attracted 77 delegates from local authorities, the police, health and the third sector in Wales. Speakers included academic experts, National Advisers, Rape Crisis England and Wales, local sexual violence services and the NSPCC. Practice and policy issues arising from the seminar were reported to the relevant Cross Party Groups and Welsh Government leads for future action.

“

You have to act as if it were possible to radically transform the world. And you have to do it all the time.”

- Angela Davis

“

I'm no longer accepting the things I cannot change...I'm changing the things I cannot accept.”

- Angela Davis

Of learners who participated in detailed feedback following the courses (392 learners), 91% participants reported their knowledge had significantly increased following the training, 90% felt significantly more confident to ask and respond to concerns about abuse, and 88% participants reported increased skills and abilities to respond to abuse within their professional role, after attending the training.

When asked about the overall training experience 94% said the training was 'Good' or 'Excellent', and 90% said that they would recommend the training to others.

“

Great agenda, great speakers. Thank you! Thank you for organising a national conference. It's an important and valuable event that must continue each year.”

- National Conference Attendee





Being [a survivor] on SEEdS has presented opportunities that would never have arisen otherwise. Over the past 12 months I have sat on Steering groups for ‘Change That Lasts’ and the ‘40 Years 40 Voices’ Campaign and aided the development of the ‘Ask Me Ambassador’ programme.”

- Survivor, SEEdS 2019

Prevention

Work with communities and services - Change that Lasts

Change that Lasts is a whole system approach to preventing violence against women and girls. The aim is to shift from a sole focus on risk to start with the strengths and needs of women and children, to facilitate the shortest or most effective route to meeting needs, to independence and to freedom from abuse. Change that Lasts also shifts focus onto those perpetrating or colluding with male violence against women. Barriers to accessing rights and entitlements are removed or reduced, agencies and employer responses are improved, and communities are supported to understand the active role they can play in preventing abuse.

In 2018-19 we consolidated the foundation for our blueprint for preventing male violence against women and girls which will help shape our interventions and activities in future: Change that Lasts.

Encouraged by the early evidence for this new approach, we developed new partnerships with Women’s Aid England, Respect and others, and secured resources focused on achieving transformation to help members pilot this approach to build responses around survivors’ needs and the strengths and resources available to them.

Our focus in Cardiff is on piloting the model to address all forms of male violence against women in

collaboration with Cardiff Women’s Aid and Safer Wales. We have also collaborated to develop innovative new approaches for early intervention with men who want to change their behaviour.

Our transformation in local communities is founded on our “Ask Me” programme designed to improve the community response to survivors of abuse. We train members of the community to become Ask Me ‘ambassadors’ to feel confident to start conversations and find opportunities to share their knowledge. They are also coached on how to support and signpost survivors should survivors disclose their experiences or concerns with them.

Following the successful pilot in 2017/18 in Powys, Welsh Women’s Aid was successful in securing funding via the Tampon Tax Fund to roll the scheme out wider in Mid and West Wales and introduce the scheme in North Wales. We also secured funding to develop the scheme to address all forms of violence against women in communities and that is currently being piloted in Cardiff with funding via South Wales Police and Crime Commissioner. This pilot is also being externally evaluated as part of the wider Change that Lasts model delivery in Cardiff.



Following the pilot in 2017/18, the Cardiff scheme has successfully trained 41 ambassadors to date. So far our Cardiff ambassadors have:

- provided 1,079 pieces of VAWDASV literature to members of the community
- reached 2,574 community members by social media
- spoken to 5,718 community members through awareness raising activities
- signposted 87 survivors and 19 perpetrators to VAWDASV support services



I don’t believe rape is inevitable or natural. If I did, I would have no reason to be here.”

- Andrea Dworkin



4 higher & further education establishments

Work with further and higher education - Bystander Initiative

The Bystander Initiative aims to inform and empower students attending college and university on a range of topics including consent, challenging stereotypes, and how to identify and prevent violence against women, domestic abuse and sexual violence.

Following the success of the Bystander Initiative Pilot in 2017/18, Welsh Women’s Aid continued to expand and support the

partnership work with National Union of Students.

With our support, 4 higher and further education establishments in Wales have now delivered the Bystander Initiative. Support for universities will be ongoing and further training dates are scheduled for 2019/20 with institutions who are already engaged, as well as those new to the initiative.



The bystander sessions have not only made me more aware of pressing issues in society, particularly those concerning interpersonal violence, but have also taught me how to approach potentially difficult situations in an appropriate manner. These skills are invaluable and I’ll use them throughout my life.”

- Bystander Attendee



Thanks to the sessions I realised how big the problem is of sexual violence and how much we still have to do. Now I am ready to act. I'm ready to speak loud about that. I want to help. This is what I got from the sessions, we have to speak."

- **Bystander Attendee**



Imagine how much happier we would be, how much freer to be our true individual selves, if we didn't have the weight of gender expectations."

- **Chimamanda Ngozi Adichie**

148
professionals



16
organisations

Work to promote healthy relationships

Welsh Women's Aid Safety, Trust and Respect (STAR) programme is a suite of early intervention and prevention programmes for children and young people from aged 3 to 25 years. In 2018-19 we expanded this programme to include an Additional Learning Needs pack and Train the Trainer training, in collaboration with Calan DVS. The resource was piloted and evaluated by South Wales University.

Last year, we trained 148 professionals from 16 organisations to deliver programmes to groups of children and young people.

We also created a toolkit for professionals working with those aged 16-25 and not in education or training, to help them address

healthy relationships. A toolkit for professionals, a briefing and webinar was also produced on 'Online Abuse: The use of the digital world to perpetrate abuse'.

During 2018/19 Welsh Women's Aid partnered with Cardiff University, the Children's Commissioner for Wales and NSPCC Cymru to finalise and launch the Primary Agenda resource. The Primary Agenda resource is a free resource for teachers and education practitioners, which informs children aged 7 to 11 about a wide range of topics around relationships and empowerment.

Our strategic advocacy and influence

Policy and national influence

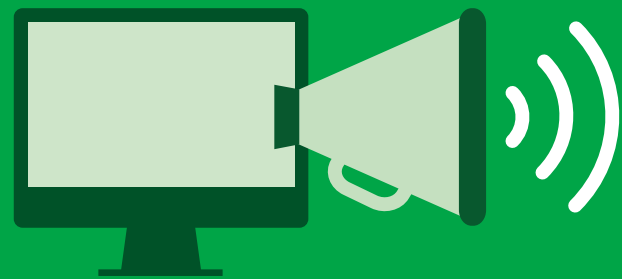
Welsh Women's Aid continued to provide a strong campaigning voice in 2018/19, supporting campaigns in Wales including 'Time's Up' and 'This isn't love, this is control' through events, blogs, social media and videos.

This included partnering with Cardiff International Film Festival, to promote the 'Time's Up' campaign at the opening and closing ceremony, as well as engaging with supporters throughout the festival. We also continued to contribute to Welsh Government communications panel meetings and provide feedback on the latest campaign concepts, and we successfully advocated the need for a 2018/19 campaign focused on gender inequality as being a cause and consequence of violence against women.



I want a twenty-four-hour truce during which there is no rape. I dare you to try it. I demand that you try it...And on that day, that day of truce, that day when not one woman is raped, we will begin the real practice of equality...we will for the first time in our lives--both men and women--begin to experience freedom."

- **Andrea Dworkin**



Welsh Women's Aid also raises awareness and engages with stakeholders via our website and social media platforms. Our new Instagram profile was launched at the beginning of 2018/19, which has subsequently been utilized to promote campaigns and events to a wider audience.

In 2018-19 we represented Welsh services and survivors on national Stakeholder Groups including the Home Office Domestic Abuse Oversight Group, the Crown Prosecution Service and Ministry of Justice stakeholder groups. We also provided expert advice to Welsh Government departments and informed Cafcass Cymru's review of their Domestic Abuse Guidance for practitioners, to help improve survivors' and their families' experiences of the Family Justice System.

Last year we responded to 11 Welsh and UK policy consultations, incorporating survivor and specialist service feedback. Following our consultation submission, we have continued to engage in the England and Wales Domestic Abuse Bill coalition to campaign for improvements in the law for survivors of abuse. We ensure specialist services are fully informed on the development of the Bill.

We also campaigned on a variety of issues of importance to specialist services and survivors, including on the impact of funding cuts through our "State of the Sector" reports and the need for secure, sustainable funding for specialist services. Although this secured a National Strategy commitment, we also led on the creation of a Commissioning Toolkit for violence against women, domestic abuse and sexual violence in Wales, and we now have statutory guidance from Welsh Government to reinforce this. We continue to promote the Quality Standards framework for specialist services in Wales amongst commissioners, and they are now also referenced in the Wales Statutory Commissioning Guidance.

Last year we contributed to the 'Gender Equality Review' phase 2, providing a written response to Chwarae Teg's consultation on the vision for a gender equal Wales and engaging in the advisory group, ensuring the sector and survivors had a voice within the review.

Working in partnership with NSPCC Cymru, Children in Wales and others through the Children are Unbeatable Alliance; we were able to contribute to the progress made to remove the defence of reasonable chastisement, which has now been published. The report is available here: www.welshwomensaid.org.uk/removal-of-defence-of-reasonable-punishment-in-wales

Welsh Women's Aid engaged with Welsh Government Safeguarding Policy team in the review of the 'All Wales Child Protection Practice Guidance' relating specifically to children living with domestic abuse. We fed into the guidance regarding abuse related to so-called 'Honour Based' Violence, Female Genital Mutilation, Forced Marriage and witchcraft.

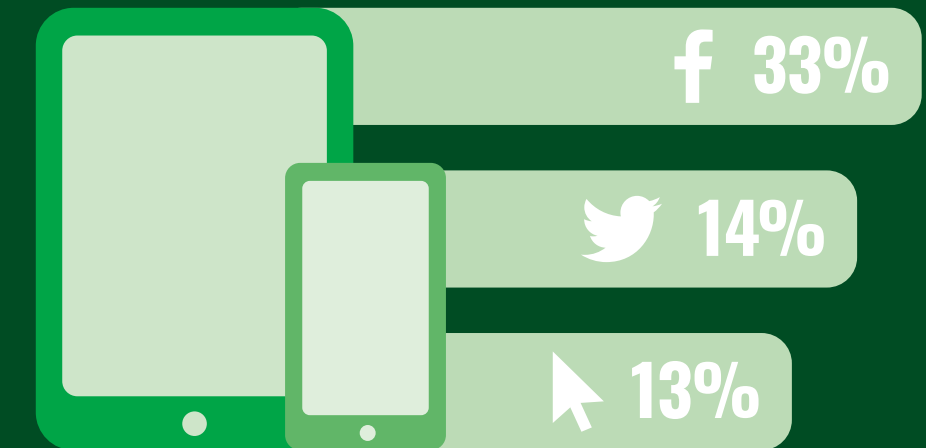
We also contributed to a Government Expert Group and successfully campaigned for the mandatory inclusion of Sexualities & Relationships Education in the new Welsh curriculum. We also collaborated with services and academic experts to produce complementary resources for teachers in schools to deliver relevant education, to supplement our promotion of the AGENDA and Primary AGENDA resources on gender equality, led by young people.

In recognition that disabled survivors of abuse face significant additional barriers to accessing help and support, Welsh Women's Aid, worked in collaboration with Disability Wales to publish the report "Supporting disabled people experiencing violence against women, domestic abuse and sexual violence in Wales." The report was launched the report at the Joint Cross-Party Group on Disability and Cross-Party Group on Violence against Women and Children at the Welsh Assembly. The full details and the recommendations from this report can be found on our website www.welshwomensaid.org.uk/welsh-womens-aid-and-disability-wales-report. These are now being taken forward for action with commissioners and services, in 2019-20.

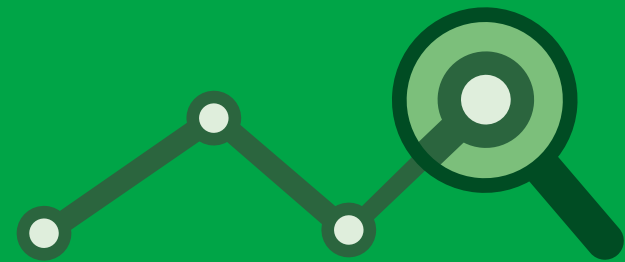
Internationally, we represent the sector in Wales at WAVE (Women Against Violence Europe) and we also provided expert advice to the Council of Europe to inform their project to improve responses to violence against women and girls in the Russian Federation.

We are the lead for Wales on the European WAVE 'Step Up!' Campaign 2019, which aims to

increase efforts to stop violence against women across Europe using the Istanbul Convention by raising awareness of the issues, mobilising widely for the rights of women and children to live a life free from violence and protecting women survivors of violence.



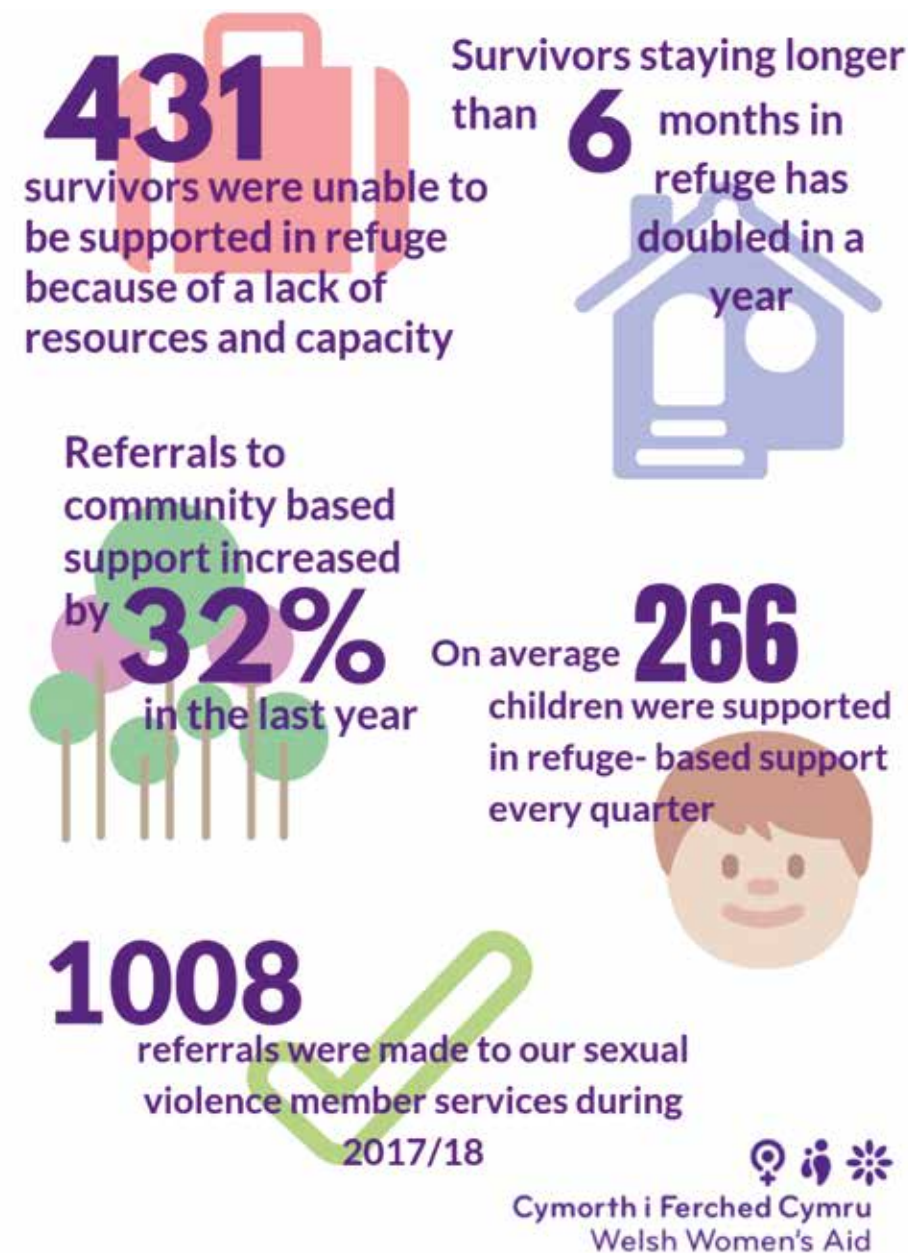
Our social media presence has also increased, which has caused a higher footfall on all social media pages (33% Facebook likes and 14% Twitter followers). Our website saw an increase of 16,768 (13%) page views since 2017/18.



Monitoring and data analysis

Each year Welsh Women's Aid provides quarterly and annual data reports, which provide an analysis and statistics on the services provided to survivors. This forms part of our national data collection system, which highlights the activity and impact of specialist services in Wales. This has enabled us to highlight the demand for and impact of our network of services and the gaps in capacity to inform regional needs assessments and strategy development.

In 2018-19 we published our annual State of the Sector report on St Dwynwen's Day, 25th January, which highlighted issues experienced by our members in relation to funding and capacity challenges. The report was widely circulated to Assembly Members, Members of Parliament and other key stakeholders to achieve maximum exposure.



Welsh Women's Aid ambassadors

Welsh Women's Aid are incredibly fortunate to have dedicated Ambassadors who give their time to raise awareness of VAWDASV in Wales and promote the work we do.

During 2018/19 Welsh Women's Aid successfully recruited our fourth Ambassador **Jocelyn Davies, Non-Executive Member of the Welsh Revenue Authority (WRA) Board**.

Throughout the year the Ambassadors have supported the work of Welsh Women's Aid in a variety of ways:



Jocelyn Davies chaired the Sexual Violence Seminar for Welsh Women's Aid



Speaker and campaigner Rachel Williams gave a keynote speech at the Welsh Women's Aid and Chartered Institute of Housing conference



Sian Harries promoted our "Welsh Cakes" fundraisers, and promoted and supported our "Times Up" campaign and our work to commemorate St Dwynwen each year, and advocated the importance of standing up to end domestic abuse at Wales-based comedy festivals



Assembly Member Jane Hutt sponsored and spoke at the launch of Forty Voices, Forty Years at St Fagan's Museum



Finance and resources: help us raise funds

Each year, Welsh Women’s Aid publishes annual report and financial statements. Copies of our financial information can be found and downloaded from our website. Please visit: www.welshwomensaid.org.uk/about/finances/

Fundraise for us to support our national work

In 2018/19, we were extremely grateful for the incredible £26,555 raised through donations. Donations were raised through a variety of fantastic projects ranging from a production of the Vagina Monologues, to the annual Welsh Cakes for Welsh Women’s Aid Campaign, to supporters running in the Cardiff Half Marathon on our behalf. We were very thankful to the Chartered Institute Housing Cymru, who continued to fundraise for us, with total fundraising now reaching over £11,500. We’re very pleased that this partnership will continue into 2019/20.

In 2019-20 we look forward to working with the Lord Mayor of Cardiff as one of his chosen Charities of the Year – help us support this exciting venture by fundraising for us at: <https://www.justgiving.com/campaign/CardiffLordMayorAppeal-WelshWomensAid>

If you would like to support our national work, you can find ideas to inspire you or contact details to get in touch to discuss further at www.welshwomensaid.org.uk/support-us/

Join us

There are a number of ways you can get involved in our work to stop violence against women, domestic abuse and sexual violence in Wales.

Whether you want to become a supporter, a volunteer, a member, or want to work with us; together we can make a difference. To find out more please visit our website: www.welshwomensaid.org.uk/join-us/



I think the importance of doing activist work is precisely because it allows you to give back and to consider yourself not as a single individual who may have achieved whatever but to be a part of an ongoing historical movement.”

- Angela Davis

Members



Funders



Thank you to
all our funders

For more information:

www.welshwomensaid.org.uk

info@welshwomensaid.org.uk

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November 2019



Cymorth i Ferched Cymru
Welsh Women's Aid