

Survive and Thrive

Impact Report
2025-2026



Delivered by WomenCentre, Staying Put and
Family Action



What makes us successful?



Strong leadership and Governance



Highly trained and experienced, passionate staff



Meeting the needs of Bradford's diverse communities



Communication across the partnership



Prioritising safeguarding in every interaction



Services shaped by survivor voices to evolve and improve services.

Trauma informed approach

We support adults and children affected by domestic abuse and sexual violence with a holistic trauma informed approach.

We are a strong, inclusive partnership offering a broad range of specialisms to provide a holistic support package to our service users. By working collaboratively and adopting a trauma informed approach, we improve the client journey. We put every adult and child we work with at the heart of what we do.'

Because we adapt our approach, we have a very high percentage of improved safety outcomes for survivors. Our partnership regularly reviews and adopts best practices.

We get it right the first time.

Delivering collaborative domestic and sexual abuse services

Survive and Thrive is a partnership of three charities, WomenCentre, Staying Put and Family Action, who work together to provide inclusive, holistic DASV services, adopting a trauma informed approach supporting adults and children.

We believe that everyone has the right to live a life free from domestic abuse and sexual violence and together we are working towards a safer Bradford district free from domestic abuse and sexual violence.

Mission

Our inclusive service ensures individuals, children and their families have access to a high-quality service that works with them to be safer, to understand and manage the impact of trauma, and to increase stability.

We provide a single point of contact that enables access to all elements of our service.



We offer



A free, confidential helpline



Support for survivors to stay safe in their home



Community outreach support including co location in family hubs



Safe, temporary supported accommodation with dedicated mental health advocacy and children's support



Adult interventions including group work



Young Person's IDVA for 13-17 year olds.



Specialist adult domestic abuse and sexual violence counselling



Education about the impact of domestic abuse and sexual violence



Work with children and families to recover from the impact of domestic abuse

Our impact



16,045

Total enquiries
through our One
Front Door



STAYING PUT
Domestic & Sexual Abuse Support Services

4,869

Number of
online referrals



1,436

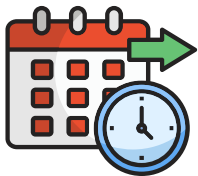
Number of clients
whose needs
were met by the
Helpline Team



444

Webchat
enquiries

Our year in figures- DA Car



865

Clients receiving
short term work



70%

Average percentage of
people engaging with DA
Car



704

The number of unique
individuals supported
by the DA car

Early Intervention & Prevention Team

Our offer

The EIP service offers a broad range of support for individuals aged 16+, professionals, and communities across the district.



Power of Change Programmes (Face-to-Face and Online)

A structured recovery programme for women affected by domestic abuse. Sessions help women understand domestic abuse, rebuild confidence, improve wellbeing, recognise unhealthy behaviour patterns, and move forward in recovery. Offering both face-to-face and online delivery has improved accessibility for women with different needs. We also offer 121 sessions for male victims or clients with complex needs.



Culturally Adapted Power of Change (Face-to-Face and Online)

A tailored version of the programme designed to better meet the needs of women from diverse communities. Available in Urdu, this programme is delivered in collaboration with the Hope & Light team and recognises cultural barriers, family pressures, and lived experiences that may impact support and recovery.



Women's Peer Support Groups (Face-to-Face and Online)

Safe and welcoming spaces where women can reduce isolation, build confidence, connect with others, and take part in wellbeing and recovery-focused activities. These groups continue to be an important source of peer connection and emotional support.



LGBT+ Peer Support Group

An inclusive support space for LGBT+ survivors of domestic abuse aged 16+, open to people of all gender identities and expressions. The group helps reduce isolation and improve access to relevant support in a safe, understanding, and affirming environment.



Drop-ins and Community Support

Informal sessions delivered in community settings, offering advice, early support, and signposting for people who may not yet be ready for dedicated support. These sessions help us reach people earlier and reduce barriers to accessing help.



Professional Training and Workforce Development

The EIP service has developed a strong and growing professional training offer for agencies and partner organisations.

Training topics have included:

- Domestic Abuse and Mental Health
- Domestic Abuse and Substance Misuse
- Economic Abuse

Key achievements

Some of the key achievements across the year include:



Increased partnership working across Bradford



Working alongside Bradford University and the DASV team to educate social workers about domestic abuse and sexual violence over a 12-week module that has been embedded within their SW qualification



Successful delivery of Untold Stories: Healing Through Expression, including a final showcase event celebrating women's creativity, healing, and resilience



Increased visibility through events, outreach, and campaigns



Community Hubs

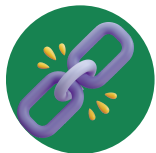
Aims



To improve accessibility and local reach by delivering support within trusted community settings, with a particular focus on marginalised and under-served communities. The approach aims to reduce barriers to support, increase inclusivity, and meet victim-survivors where they are at, offering support in environments that feel safe, familiar and accessible.



To strengthen signposting and improve access to community resources within local areas, helping to break down barriers to social inclusion and enhance overall wellbeing.



To encourage stronger links within communities and improve awareness of domestic abuse services across both statutory and non-statutory agencies, leading to better knowledge of local support services and improved reach to those most vulnerable in society.

How

The Community Services Team, including IDVAs, DASWs and volunteers, deliver support from a range of community settings across the district, including community hubs, family centres and other local venues. Providing support within local spaces helps increase visibility, improve access, and create more inclusive pathways into support for people who may not engage with traditional services.

Pathway



Referrals continue through One Front Door, where initial contact and assessments are completed using a client-led, trauma-informed approach to understand needs, risks and preferences and determine the most appropriate support pathway.



If Community Team support is identified as appropriate, One Front Door will offer direct community-based appointments with an IDVA or DASW for those choosing face-to-face support, enabling support to be delivered within trusted and familiar spaces closer to their local communities. This provides greater flexibility, choice and accessibility for victim-survivors.

Volunteering

In April 2025 we launched our volunteering programme.

129

people expressed an interest in volunteering. of these:

69



30



21

are in or proceeded to the recruitment stage. Of those

were in or proceeded to pre placement (organisational training and vetting process). Of those

became active volunteers

70%

of people who expressed an interest in volunteering had their own experience of domestic abuse and sexual violence

3,084

hours delivered by volunteers

£37,655

The financial value of these hours is £37,655 (Living Wage Calculation)

3

number of volunteers who gained employment.

Key partnerships

- CABAD
- Workforce development
- Trident (ATR)
- Universities
- VCSE organisations
- Skills House

Awards



Six months after our volunteer programme launched, we were officially awarded the **People Can Volunteering Quality Standard**, a locally recognised benchmark of excellence in volunteer management and support.

My experience as a volunteer has been amazing. It is a warm welcoming environment. The support and training has been detailed and delivered perfectly. I have gained so much experience as a volunteer that I feel nearly ready to go for a paid role - Jahlekeh

Key outcomes for CYP in the community

193

We have supported 193 children this year

When reporting outcomes on case closure:

80%

of families reported an improvement in family relationships

76%

reported a reduction in children's trauma symptoms

60%

of parents reported a reduction in their own trauma symptoms

88%

of parents reported a better understanding of the impact of domestic abuse

72%

of children reported a better understanding of domestic abuse

80%

of families reported an increase in feelings of safety and security

"My child is more open with me now and I feel we have become closer because of this. Our whole house is lighter and happier over all."

"The relationship with my daughter improved hugely, full of love, as though we never stopped talking at all."

"It has helped my child bring to the surface things they have struggled with and because of that we have been able to implement things at home and in school which are beneficial for a more positive future."

"My son is now integrating better with the whole of the family. He no longer spends all of his time alone, and we can get on much better. Our practitioner has helped my son to feel less worried about things".

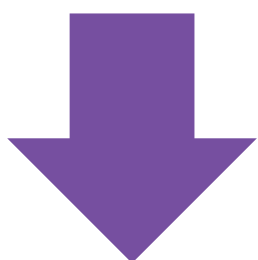
"We were suggested things that have really helped us move through what we were experiencing and build stronger relationships together."

Adult counselling impact



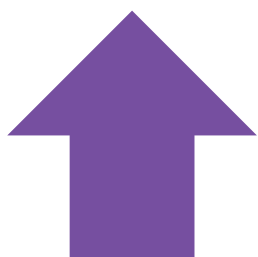
42%

Counselling – the average percentage of clients who improve in their psychological well being and see a reduction in symptoms of anxiety and depression is 42% following a 10 week counselling program.



Measures indicate that levels of psychological distress fell as clients completed their counselling. This is an indication that the impact of domestic and sexual violence can take time and support to resolve fully.

The assessment asks about the clients daily functioning (eating, sleeping self-care), ability to manage when things go wrong as well as their experience of intrusive or suicidal thoughts as well as their ability to talk with others.



There is a **50%** increase in positive health outcomes for clients who complete the counselling program.

We were proud to take part in a trial of VR therapy and comprehensive self help programs with UKind Therapy.



Ukind have developed the Survivor App—a comprehensive, user-friendly tool designed to empower survivors every step of the way. The app offers a secure, confidential space filled with resources tailored to support your unique needs, helping you find the strength and independence to rebuild.

Central to the Survivor App is ground breaking Virtual Reality (VR) Therapy. This purpose-driven therapy method is designed specifically to help survivors of domestic abuse heal from trauma and rediscover their sense of purpose.

Safe accommodation impact

Children supported in refuge

91 total children supported in refuge

91



Planned move-on from refuge

92%

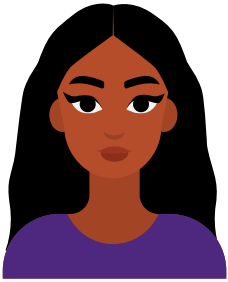
Dispersed Properties

We are now registered as a non-profit social housing provider!

Becoming a social housing provider means that we can start to build our housing stock. We are in the process of purchasing our next multiple occupancy property, aiming to provide temporary, safe accommodation to survivors subjected to domestic abuse and sexual violence.



Hoorain's Story



Hoorain was subjected to domestic abuse from her husband.



'She called the One Front Door Helpline and a plan was put in place to support her to leave the relationship safely over a period of time.'

Hoorain's children presented with Trauma Symptoms and emotional dysregulations in their behaviours. Some of these included frequent crying episodes, shouting, screaming, throwing and breaking things

Hoorain was also feeling a lot of guilt for staying in the abusive marriage.

Survive and Thrive helped. We provided:



- Therapeutic support for Hoorain's children which built on existing coping strategies as well as introducing new ones.
- Play based activities like, crafts, movement, Yoga, breathing exercises along with some resources to read were used to support emotional regulation.

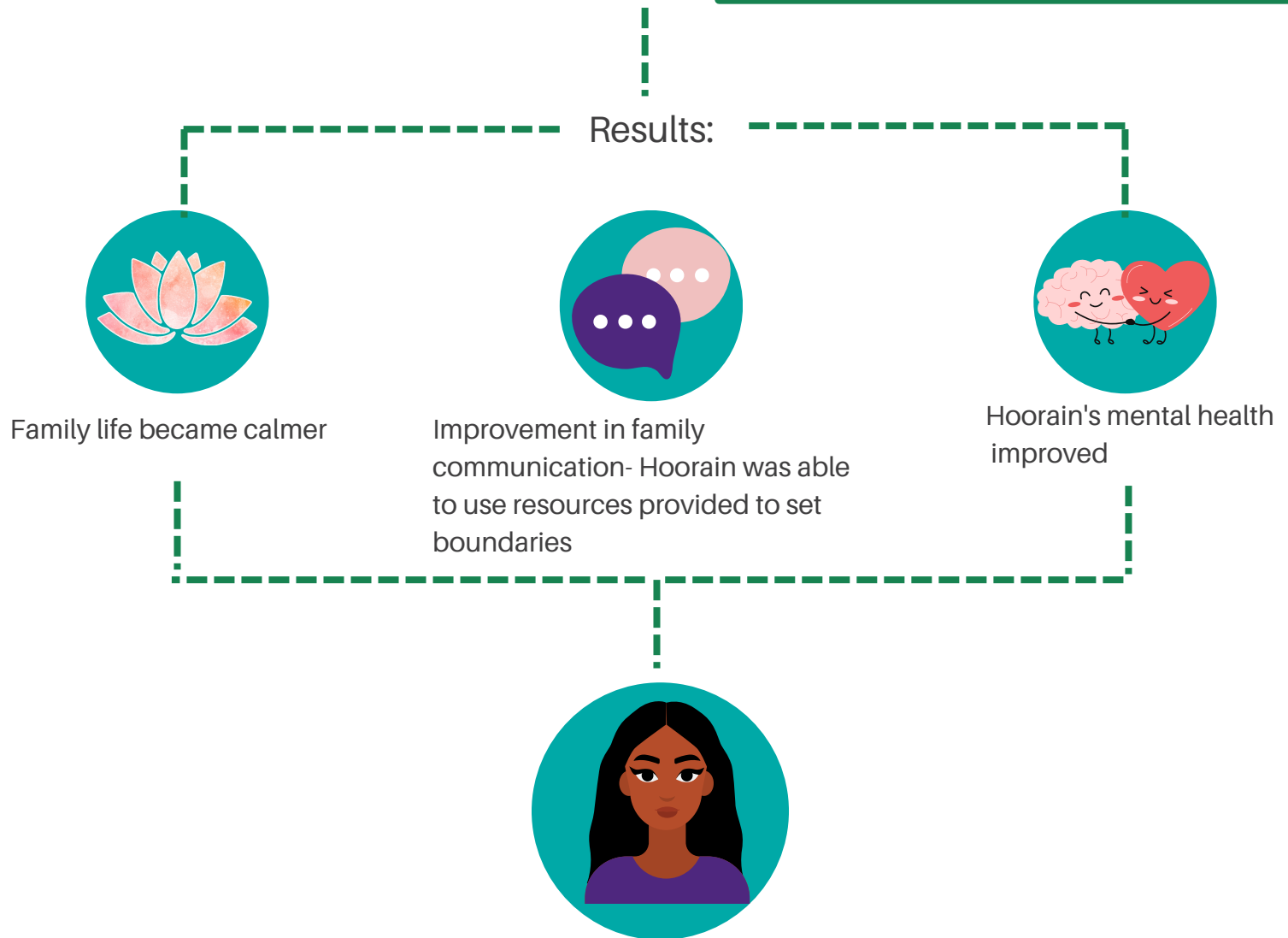


- Therapeutic parenting sessions and interventions including Domestic Abuse and Trauma
- Psycho-education to increase understanding around impacts of Domestic abuse on the children,
- Resources for Hoorain to create safe emotional space for the children to share their worries, examples of how to have conversation with children in age appropriate way, play based activities that Hoorain can do with the children.
- Sessions also focused on setting boundaries without feeling guilt to increase parental capacity.
- A community IDVA also put a safety support plan in place with Hoorain



Following parenting sessions, Hoorain's son was included in the sessions. Focus of the dual sessions was to give him tools to recognise emotions with a trauma focused lens, linking these to bodily sensations to help Hoorain and her son understand when they are being impacted.

Hoorain's Story continued



Hoorain reported:



Having weekly session with the same worker were helpful.



Interventions used were helpful for both her and her son.



Having sessions with her son, allowed them to have quality time together creating safer communication.



Hoorain now felt comfortable accessing counselling to support her mental health.



Sessions helped her to understand how domestic abuse led to trauma symptoms in herself and the children, along with it's impact.



Completing this work had supported her son to 'open up'.



She found the therapeutic parenting helpful, including work around boundaries and how to implement these safely

Feedback

Feedback following our work shows that

98%

of families responding to service user questionnaires said they would recommend the Survive and Thrive Integrated Children's Service

92%

Out of 54 parent respondents, 92% said that support had helped improve relationships within the family and 96% of parents said they found support helpful.

93%

Out of 30 child respondents 93 % were able to explain how support helped them understand trauma and its impact and 88% of children were able to explain how support had positively affected relationships within the family.



"I would recommend the whole service, it has really helped me."



"It has really helped as extra support in life, helping me rebuild. I have picked up tools I will use going forward in day to day life."



"I feel like I have a better understanding of the abuse, and that has helped day to day."



Delivered by WomenCentre, Staying Put and
Family Action

Thank you

Bradford Survive and Thrive is a
partnership between Women Centre,
Staying Put and Family Action.