

Early Years Alliance's Domestic Abuse Recovery Service

The Early Years Alliance is a national educational charity that has been serving the community for over 60 years. Our mission is to provide all children, regardless of background, with the best possible start in life. We deliver a range of Children's Centre services in Lewisham, including stay and play sessions, parenting courses, family support, and domestic abuse recovery services.



* Children Affected by Domestic Abuse Fund www.shorturl.at/ekBW9

Our focus with domestic abuse is on recovery using a variety of support programmes

CODA Programmes: 12-week programmes run separately for school-aged children and mothers focusing on understanding abuse, reducing self-blame, keeping safe and managing emotions. A programme for Under 4s has also been developed and delivered.

VOICE Programme: 10-week programmes addressing domestic abuse, coercive control and the behaviours that create the dynamic of intimate partner relationship abuse. Inclusive of survivors from all communities including men and LGBTQI+.

Freedom Programme: 12-week programmes designed to support the identification of tactics used by perpetrators, improve self-esteem and improve understanding of the effects of domestic abuse on children.

April 2021 to December 2022 in groups and 1:1



* headline statistics include all funding streams (WWCSC, CADA and the core Children's Centre contract)

Children's feedback said the CODA programme:

100%

made me know how to keep myself safe

89%

taught me I am not to blame for the hurting and fighting

"I've never talked with anyone before about my biological father abusing my mother".

child attending CODA

Mothers' feedback said the CODA programme:

100%

improved my understanding of the effects of domestic abuse on my child

80%

helped my child talk more to me about their feelings

"There's a sense of calm and peace. We're a team now and I don't think we were before - that's a healing thing and entirely to do with the programme".

mother attending CODA

Mothers' feedback said the VOICE programme:

100%

made me more aware of abusive tactics and behaviours

100%

me me feel that my experiences have been listened to and validated

"It's so empowering, it's like having guardian angels and feeling positive for the future".

mother attending VOICE

Mothers' feedback said the Freedom programme:

100%

made me more aware of abusive tactics and behaviours

100%

made me feel less isolated

"A massive eye opener. You start to recognise the patterns of the abuse, even the very subtle ways they use to manipulate you. I can see it now".

mother attending Freedom

Aligning with the Lewisham Domestic Abuse and VAWG Strategy 2021 - 2026

Prevent

- Early Intervention
- Training for Professionals
- Podcasts and e-Learning
- Universal Services
- DA Portal
- DA Advisory Hub
- DA Information Poster

Protect

- Bespoke DA Family Support
- Tech Empowerment Workshops
- CODA, Freedom and Voice Programmes
- DA Support Sessions for professionals

Recover

- Universal Services
- Bespoke DA Family Support
- Tech Empowerment Workshops
- CODA, Freedom and Voice Programmes

Partnership

We work in partnership with agencies across Lewisham to delivering our CODA, Freedom and VOICE programmes. Our Network Meetings - or Communities of Practice - support a multi-agency delivery model and are attended by a range of partner agencies including Athena, Children's Social Care, Family Thrive, Health Visiting, Midwifery, Family Nurse Partnership, Met Police, Youth Offending Service, Education, Young Carers and Housing, with 65 professionals attending.

"Before the group he was sounding like his dad and if he can grow up to be a man who is respectful of women, that's life changing".

mother attending CODA programme



www.lewishamcfc.org.uk

Bespoke DA Family Support Service

The Bespoke Family Support service was developed by EYA in response to feedback from adult victims/survivors who said it would help to have additional support along with attending programmes. It aims to help families with the following:

- reduction in isolation
- improvement in professional connectivity via the establishment of a multi-agency response
- increased 'programme readiness'
- reduction of risk within the home and community
- improvement in child and adolescent emotional wellbeing
- validating and believing survivor experience
- helping families access the right support at the right time
- improvement in receiving a timelier service

106

families received DA holistic support

227

children positively impacted

268

holistic family support sessions

11

cases presented to MARAC

17

children received advocacy intervention from Victim Support

Digital Services and Support

Via our website and training



4 Tech awareness workshops empowering families to use technology safely.



Delivered in partnership with Athena (Refuge)

"Thank you for teaching us how to keep our children (and ourselves) safe through the various social media apps".
mother attending tech workshop

Do you need help to keep you and your family safe?

Any one of us can find ourselves needing support. If you need advice all of these organisations are completely confidential, non-judgmental and can help you make decisions or changes to keep safe.

Athena Call: 0203 234 244 Email: athena@refuge.org.uk	childline 24-hour helpline for children and young people Call: 0800 111 011	Refuge Call: 0800 111 4002 National Domestic Abuse Helpline
WOMEN'S GIRLS NETWORK Call: 0800 111 4002 Email: help@womensgirls.org.uk	THE DEAF HEALTH CHARITY SIGNHEALTH Text: 07800 053421 Email: info@signhealth.org.uk	Respect Support for male perpetrators of Domestic Violence www.respect.org.uk
galop National LGBT+ Domestic Abuse Helpline 1800 999 5432	women's aid Live chat and email support: www.womensaid.org.uk Information support	AVA Support for male perpetrators of Domestic Violence www.brothingspace-ava.org.uk/
ASK FOR AMO An amnesty card for all organisations to support survivors of domestic violence Call: 0800 111 4002	Support in a language you understand Support in a language you understand Call: 0800 111 4002	only you Support for children and young people www.lewishamcfc.org.uk/

DA Information poster across the borough translated into a variety of community languages



Produced by **ImpactMatters**