The Domestic Abuse Hub

The Domestic Abuse Hub is a multi-agency service that supports the whole family through one to one and group interventions, helping them to feel safe and not afraid now and in the future; through being supported by the right person at the right time to get them the help they want and need.

Who will the DA Hub work with?
Children and their families where there has been an incident of domestic abuse reported to the police and forwarded to the DA Hub and there is no-one already co-ordinating support for the family.

What will the DA Hub do?
The DA Hub will make contact with the family to provide information about our service and other’s that may be able to help families. We provide advice in relation to how we or other services can support them and assistance if there is no other identified lead worker supporting the family.
What will this look like?

Assistance will include a lead worker to help the family identify their own wellbeing goals and provide support in order to achieve them. We will do this by speaking to all family members to understand ‘what matters to them?’ in order to assist them in developing their own wellbeing goals.

We will encourage them to consider what strengths they have within their family, friends and community and develop a plan in order to achieve their wellbeing goals. Support to achieve these goals may be provided directly by the DA Hub or we may ‘pull in’ the expertise of other universal, prevention and early intervention services or third sector organisations.

We will measure how safe the family feel on a scale of 1 to 10 at intervals throughout the process including our first contact, home visit, intervention and review. We will also be asking the family and professionals if they think their needs have been met and end our intervention accordingly.

If through our intervention we identify concerns which indicate that the child has, or is likely to suffer significant harm, the case would be passed to the appropriate agency following consultation.
What support can be offered to families where there is already a lead worker?

The DA Hub can also support children and families where there has been an identified issue of domestic abuse and who already have a lead worker from another service such as Child and Family Social Services, Team Around the Family or Young People’s Services. This support will be provided either one to one or in groups via delivery of the Equilibrium Healthy Relationships programme.

The DA Hub also offers a consultation service for lead workers where you can access information, advice and assistance in respect of supporting families where domestic abuse is an issue in cases where they are either unable or unwilling to attend the groups.
Who can access Equilibrium?

For the men’s and women’s groups candidates must either be parents or have care of at least one child. The candidate must recognise the need for support and be willing to work openly and honestly. The candidate must also agree to the referral and be in a position to commit for the duration of the programme. We currently have five Equilibrium Groups, although not all run consecutively.

Equilibrium Men’s Group

This group is aimed at addressing the controlling and abusive behaviours that are present in some parental relationships in order to reduce the risk to child and adults in their homes and communities. The programme seeks to help men understand the nature of domestic abuse and how this affects them, their partner and children and encourages the expectations of respect and equality in relationships.

Equilibrium Women’s Group

The women’s programme designed to provide a safe place for women to explore their personal experiences. It seeks to help women understand the nature of domestic abuse and how this affects them and aims to reduce the guilt and shame that is so often experienced by victims and survivors of domestic abuse. This programme also encourages the expectation of respect and equality in future relationships.
Equilibrium one-to-one support

Some people are unable to attend group programmes due to a variety of circumstances. These people are considered for a bespoke individual programme to suite their situation:

**Male Perpetrators** – Some men are not suitable for groups due to their work commitments, mental health problems, previous conflict with other group member, confidentiality reasons or it is felt the individual is better suited to individual support. While group work has its strengths, individual work provides the opportunity to explore personal views and opinions in greater depth.

**Male Victims** – Work undertaken with male victims differs from work provided to women who have experienced domestic abuse. There are different complexities that affect men who have been subject to domineering and controlling behaviours, which requires a specific approach. Due to there been lower numbers of men seeking support in this area, we are not able to provide group support so individual support is offered.

**Female Perpetrators** – Though statistically men are more likely to be abusive within a relationship, there are instances where women are violent, aggressive and controlling to their partners. When it has been established that this is the case, we will provide one to one support to help these women adjust their behaviour, and develop more positive relationship skills and attitudes.
Reduce Abuse in Youth (R-A-Y) Project

Ray@-the-hub can offer support to young people who have used, witnessed or experienced domestic abuse at home or in their personal relationships. Sessions are confidential (within usual child protection and safeguarding boundaries) and voluntary. The Young Person must be between the age of 11-18 years old, living in Swansea and it must be their own choice to engage with the project.

RAY@-the-hub aims to:

- To Promote Safety
- To educate about Domestic Abuse
- Challenge abusive behaviours and underpinning values & beliefs
- Be positive - young people can change
- REPEATEDLY use positive terms like ‘respect’
- Understand the effects on others
- Raise awareness of issues affecting young people, understand emotions and highlight costs of abusive behaviours
- Give an understanding of the use of Power & Control
- Identify contributing factors using CBT
- Provide coping strategies for managing relationship problems

RAY@-the-hub combines working in formal educational settings with bespoke group work, out of school group work, 121’s and consultations with professionals across service areas.
**Equilibrium After School Programme**
Delivered over nine weeks and focusing on Healthy Relationships the programme gives young people the information they need to make positive choices.

**Equilibrium School Programme**
Delivered over a term with the School directing the group size and group membership whilst using participative methodology to maximise engagement and participation. Each school programme can be tailored to meet the identified needs of the group.

**Equilibrium 121 Change Programme**
The programme supports young people to make positive changes by addressing controlling and abusive behaviours towards their parents or partners. It also supports young people who are victims of domestic abuse.

**Professional Consultation Work**
Professionals from any service area can approach RAY@-the-hub for a consultation on matters relating to young people who reside in Swansea. Information and advice can be offered on healthy relationships and Domestic Abuse (partner, sibling or young person to parent) RAY@-the-hub is integrated into the multi-agency team and fully utilises the experience and expertise to be able to offer information, advice and using the latest resources for those seeking support.
Independent Domestic Violence Advisors (IDVA)

What can we offer?

- Support through court
- Safety measures and advice
- Advocacy
- Specialist support around domestic abuse
- Access to long term support
- Representation at multiagency meetings
- Practical advice and guidance

You can contact the Domestic Abuse Hub on 01792 562888 for further information on any of our services or to access advice and assistance from the team.