



## Domestic Abuse Intervention Training

### Freedom Dorchester & Weymouth Jan to April 2019

Started 29 Finished 18 (11 returning next term) (Attending last sessions 21)

HACT evaluation tool – Social Impact saving £ 794,880.00

Outcomes: 20 x increased confidence, 14 x improved depression and anxiety, 16 x feel more in control of life, 13 x taken up exercise, 1 x taken up voluntary work, 0 x taken up full time work, 2 x taken up training, 2 x taken up part-time work, 0 x left abusive partner.

### A selection of comments from the feedback sheets – full feedback available on request

#### Were the facilitators positive, knowledgeable and approachable?

- Clear and concise with learning, easy to pick up the main points
- Absolutely fantastic 100% of all three of these things. Jo, Pauline and Mollie have been absolutely amazing, supportive, so helpful and kind, I cannot wait for RTK to start
- Excellent – couldn't have done better if they tried. Always there for you and supportive of every situation and non-judgmental
- Supportive but gentle. They allowed me to start the course half way through so I had that support at the right time
- Very friendly and approachable and listened carefully to all comments and stories in the group
- Very easy to talk to, very educational and eye opening

#### What did you think of the location and facilities?

- Good central and easy to get to but parking is a nightmare sometimes
- Great, it was out of the way so you won't bump into anyone you know
- Perfect for the conditions it feels safe and secure
- Location is ideal, facilities are fine but too many flies

#### What was the most useful thing you learnt and why?

- I learnt so much. I'm really not sure I can pinpoint one specific thing. Learning about the different personas and being able to recognise them has been huge
- I learnt that I wasn't going mad like I thought and that there is a way out of the bad life and suicidal thoughts I'd been having for a long time. I learnt how to spot signs and to know you're not alone
- I've learnt that I'm human – not just a punch bag and to be positive about myself. All due to this group and talking to others in the same position as myself
- I've learnt that I'm a person in my own right and that I matter and belong and have rights - I'm getting my confidence back
- The cycle of abuse
- Helps me understand what I have been through and realise it's not my fault
- The information in the book was helpful and group support helps
- The beliefs of the perpetrator and how it affects their actions – it helped me to understand why it happened

### What was the least useful part of the training and why?

- Nothing every single bit was useful
- I found the role play difficult as it reminded of the past
- Never been one
- Some of the questions were a little difficult to understand

### What areas of your life have changed as a result of the course?

- I'm so much stronger and in control of my life now
- Although I'm still in the situation I am able to recognise the triggers and keep safe
- My perception has changed in such a big way
- It's starting to make me feel stronger to keep away from my ex and keep my children happy and safe mentally
- It's helped to know other people are going through the same thing. It also is empowering me to not accept the behaviour
- I realised it is not my fault
- Open my eyes to never have to go through that again
- Better understand and outlook
- Made me feel I'm not going mad and for all the control I've been living under for half my life

### Comment boxes:

- I have loved every session of the course and look forward to it each week. I'm much closer to my family and can talk more to them.
- I feel more confident in being able to talk to close friends about my experiences. I feel as if my life can become positive and that 'I CAN DO IT' – I'm looking forward to a bright positive future.
- I feel that this gentled nurtured healing approached has rocked my world but it's a steep learning curve that will enable me to live my life in the way I want to, my children are more safe and secure and I feel I am able to protect them and love them in a way I couldn't before. I really want to put all this behind me and live a life rather than living this shell of a life that I have been doing and this course has allowed me to do this.
- I feel now I have left my partner it's going to really help me identify some of this behaviours that he convinces me are my fault. I have normalised a lot of his behaviour and this course is showing me that it is not right and not acceptable.
- It course has been a life saver for me, the best thing I have ever done for ME! I have loved every session and learnt so much. I cannot thank Jo, Pauline and Mollie enough for their support, knowledge, understanding and generally being amazing! I cannot wait for RTK to start.
- The course has been the best and hardest thing I have done it has started changing my life I just need to work on myself. My family/children have noticed a difference as I stopped seeing people before this, couldn't work and felt sad all the time. I feel it has given me a start to rebuild my life again, everyone has been so kind, helpful and understanding something I haven't had in my life for a long time. It's a brilliant course me and my children are settled and in a good place thank you
- I have enjoyed every Tuesday morning and engaging with other women who have been through similar situations. Thank you ladies! You are all doing an amazing job.
- I was less apprehensive after completing the second half of the last course. I feel I am moving closer to my goal of freedom from this abusive situation. I am so grateful of the support, understanding of the team as its enabled me to get the additional support for myself and my son.