



NEW BEGINNINGS

LIFE AFTER TRAUMA
Peer led peer support

THE BENEFITS OF PEER SUPPORT IN DOMESTIC ABUSE SURVIVOR SETTING.

Presented By
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PRESENTATION AGENDA

PART 1 New Beginnings' beginning

PART 2 What New Beginnings offers

PART 3 Raising awareness

PART 4 Measuring Progress

PART 5 Next Steps



MY HISTORY

- Born in York.
- Primary school state education & secondary school private education.
- Degree Textile Design BA (Hons) Chelsea School of Art London.
- Successful 12 year career in Interior Design designing multimillion pound homes.
- 4 years teaching gang related teenagers in a private PRU.
- 1 year facilitating activities for adults with physical & mental disabilities.
- 3 years working in peer support in drug & alcohol misuse supporting the running of the charity and training peer supporters & peer mentors.

MY ALTERNATIVE HISTORY

- Age 19 first physically abusive relationship.
- Early twenties long term relationship of control & coercion, emotional & psychological & financial abuse.
- Late twenties married an alcoholic.
- Early thirties another 4 yr relationship of control & coercion, emotional & psychological abuse.
- Mid thirties 2ys of hell, emotional, psychological, financial, physical and sexual abuse. (The father of my child)

NEW BEGINNINGS' BEGINNING

- Fled to Harrogate June 2018 with 8mth old child. (Previously refused refuge from social services)
- Presented homeless to Harrogate Borough Council July 2018 & homed through private tenancy late October 2018.
- HBC officer Mel Milner asked if I would like to start a peer support group sharing my experience in order to help others.
- Pilot co-produced with HBC began February 2019.
- Constituted as a stand alone charitable organisation February 2020.



"You lose yourself, you lose your connection with friends and family, you could lose your house, finances, health, mental stability and so much more. You don't just lose a relationship in these situations, sometimes it feels like you lost everything.

So to those people who do not understand why it's taking you so long to recover from this, believe me, I don't care who you are, this is not an easy hurdle for anyone. Narcissistic abuse survivors are warriors"

- Maria Consiglio

GAP IN AFTER CRISIS SUPPORT

- Crisis support is time limited and under funded
- A feeling that after crisis you left 'to just get over it'
- Support available in the community **BUT...**
 - is the individual emotionally able to reach out?
 - having to explain personal circumstances on multiple occasions to different organisations is re-traumatising.
 - crisis services teaches you to come off social media which is very isolating and leads to missing information that is of benefit to your healing.
 - lack of access to childcare can mean you are not able to access support sessions.
 - again it is time limited - healing in someone else's timeframe.

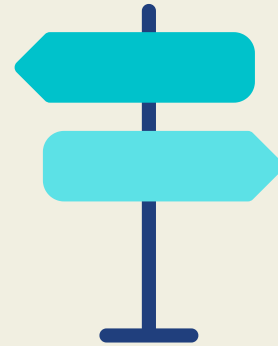
WHAT NEW BEGINNINGS OFFERS

24/7 PEER SUPPORT NETWORK



- positive social network
- a safe & understanding space to discuss concerns
- a place to celebrate all the wins big and small
- reduction in isolation
- ability to signpost

SIGNPOSTING



- providing options tailored to the individual
- general signposting to community events and initiatives
- working with other community organisations for the betterment of the individual.

DONATIONS



- food
- clothes
- household items (non-electrical)
- children's toys
- Christmas

GROUP SESSIONS



- all of the above in a face-to-face session
- group activities
- understanding abuse
- healthy relationships
- goal setting & accountability
- no need for childcare to attend

STUDY ACCOUNTABILITY GROUP



- 24/7 peer study support
- career based courses
- health & well-being courses
- positive parenting courses
- recommended study options
- additional tutoring

CAREER SUPPORT



- support into employment /self-employment
- goal setting
- education & training to achieve career goals

EMOTIONAL RESILIENCE



- self-care
- self-worth
- self-love
- emotional intelligence (boundaries)

SUPPORT FOR CHILDREN



- mindfulness activities
- emotional resilience toolkits
- sport activities
- creative workshops
- signposting

CLIENT TO VOLUNTEER PATHWAY



- empowerment through helping others
- gaining of employability skills
- positive result from a negative life experience

WHAT NEW BEGINNINGS OFFERS

CO-PRODUCTION



HARROGATE BOROUGH COUNCIL - LINDSAY OLIVER

HBC/LO - GROUP MEMBERS

NEW BEGINNINGS - NEW BEGINNINGS CLIENTS

NEW BEGINNINGS - COMMUNITY

- peer led & co-produced from the beginning
- peer led throughout organisation
- client voice being heard
- organisational belief in ambitious collaboration
- promotion of others
- working together to achieve success

**"KNOWLEDGE IS POWER.
KNOWLEDGE SHARED IS POWER MULTIPLIED"**

Robert Boyce

CLIENT TESTIMONIALS



"New Beginnings gives you a tribe"



"No-body else looks after you after"



"New Beginnings helps the whole family to better enrich their life in every way possible"



"For me NB has re-enforced what it has taken me several years to learn - boundaries"



"There is absolutely nothing until I discovered NB. Just knowing these powerful women are out there for me gives me strength and hope. We can all grow, support and nurture each other and that's what we all deserve"



"speaking openly and sharing our lived experiences gives others the confidence, permission, language, words and voice to do the same"



"When the support ends its traumatising in itself and you are going to be left alone again. NB is a life long community available whenever you need"



"Actively helping others empowers you as a person, NB provides the opportunity to help others, providing a positive outcome amidst negative life experiences."



"New Beginnings has enabled me to compartmentalise the ongoing abuse through co-parenting so that I can live a happy life despite my circumstances"



"My children slipped through the net, New Beginnings caught them"

REASONS FOR RAISING AWARENESS

COMMUNITY AWARENESS IS KEY - DOMESTIC ABUSE IS EVERYBODY'S PROBLEM

3

women a fortnight are killed by a current or former partner - COVID 19 saw this statistic triple in the first two weeks of lockdown. (Women's Aid - COVID 19 Impact report 2020)

55

percent of adult women experienced rape, having been forced to have sex that they had said no to. (Taylor, J & Shrive, J (2021) - 'I just thought it was a part of life report')

93

percent of women believe there is not enough support for women & girls that have been subjected to violence & abuse. (Taylor, J & Shrive, J (2021) - 'I just thought it was a part of life report')

- Longevity & impact of domestic abuse
 - financial impact inc. coerced debt, co-parenting with an abuser when family court do not recognise DA/DV as a factor, emotional, psychological, stigma, parenting traumatised children.
- A need to review the current system of 'support'
 - underfunded crisis support, lack of understanding of the need for after-crisis support, looking at state expenditure - stop closing the door after the horse has bolted

AWARENESS ACTIVITIES



Social media



Education



Outreach activities



Partnerships



Fundraising



Volunteering

MEASURING PROGRESS

- OVER 100 INDIVIDUALS SUPPORTED FROM FEB 2020 - FEB 2021
- 393% GROWTH APRIL 2020 - MARCH 2021
- REFERRAL PATHWAYS TO NB FROM IDAS, CMHT, UC, GP'S, PROBATION
- 3 PEER VOLUNTEERS AND 3 MORE WORKING TOWARDS ACCESSING THIS PATHWAY
- 50+ INDIVIDUALS FED ON CHRISTMAS DAY
- 60+ INDIVIDUALS RECEIVED GIFTS THIS CHRISTMAS
- 20+ COMMUNITY PARTNERSHIPS
- RECOGNITION FROM FUNDING BODIES - TWO RIDINGS, TNL, PCC
- POST TRAUMATIC GROWTH - FIRST QUALIFICATION, FIRST JOB, VOLUNTEERING, BACK INTO EMPLOYMENT, LESS RELIANT ON BENEFIT
- CO-PRODUCTION BOARD

NEXT STEPS

New Beginnings will continue to evolve to enable the ongoing support of survivors (both women & children). We will continue to ask relevant questions and respond to user voice when developing and growing the organisation.

1

To work to further evidence our beliefs in the benefit of peer support in a domestic abuse survivor setting.

2

To ensure funding is acquired for the whole organisation to future proof the delivery of service and continued growth.

3

Develop partnerships to support the duplication of specific long term peer support for domestic abuse survivors and their children on a national scale.



NEW BEGINNINGS

LIFE AFTER TRAUMA

Peer led peer support

CONSULTANCY - LIVED EXPERIENCE VOICE

AWARENESS PRESENTATIONS - DOMESTIC ABUSE & HEALTHY RELATIONSHIPS

COMMUNITY BASED COLLABORATIONS

CONTACT

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