

Presentation to Scrutiny

Vicky Friis
Lisa Ware

*“Everybody knew him
As a friend and family man
All of them oblivious
to the fact it was a sham
If inside the walls we lived
People could only see
Just how much he bullied
And controlled every part of me”*

*Taken from a poem written by a survivor – What I want
people to know*



About our Charity



VALUES

Curiosity
Kindness
Strengths focused
Inclusive
Collaborative
Integrity

MISSION

There is no place for domestic abuse, sexual violence, or other forms of violence against women and girls in our community.

PURPOSE

We believe that life can be different. We are dedicated to supporting survivors to create fulfilled, safe lives and to create transformative, lasting change in the Vale of Glamorgan community.

Figure 2.1 - About Ataly fro

Our Approach

TRAUMA INFORMED

Recognise

- Understand behaviour can be triggered by fear and trauma as a result of VAWDASV
- Understand and recognise additional barriers survivors face in making changes and taking control of their lives
- Recognise the signs and symptoms of trauma

Respond

- Provide hope that life can be different
- Act with care, kindness and curiosity
- Seek to actively resist re traumatization
- Offer survivors a different type of relationship based on hope, safety, trust, choice, collaboration and empowerment

STRENGTHS BASED & NEEDS LED

Recognise

- Everyone is their own expert
- Survivors know what they need and how to solve their problems
- Survivors don't recognise their strengths and strategies that have kept them safe

Respond

- Be a "strength detective"
- Focus on what is strong and not what is wrong
- Focus on exceptions to the normal to build confidence and esteem
- Listen - hear - believe

RISK ASSURED

Recognise

- People die from domestic abuse
- Signs and Red Flags of VAWADASV
- Nuances of Domestic Abuse
- Perpetrators' actions constantly alter the risk
- Survivors recognise the risk to themselves and others


Respond

- Listen to the story and assess risk at every conversation and coproduce safety plans
- Work with partners to support safety plans
- Create a safe space where survivors can reflect, plan and act


Snapshot of 2022/23




SNAPSHOT 2022/23




963 Adults supported this year




107 Children and young people supported




386 survivors supported through our IDVA colleagues




165 survivors supported through our Tenancy Related Support




48 survivors supported through our Refuge Accommodation




143 survivors supported through our counselling & therapeutic group work




92% Satisfied with our service




Grown our capacity to support children & young people




Collaborated to deliver Ask & Act across the region



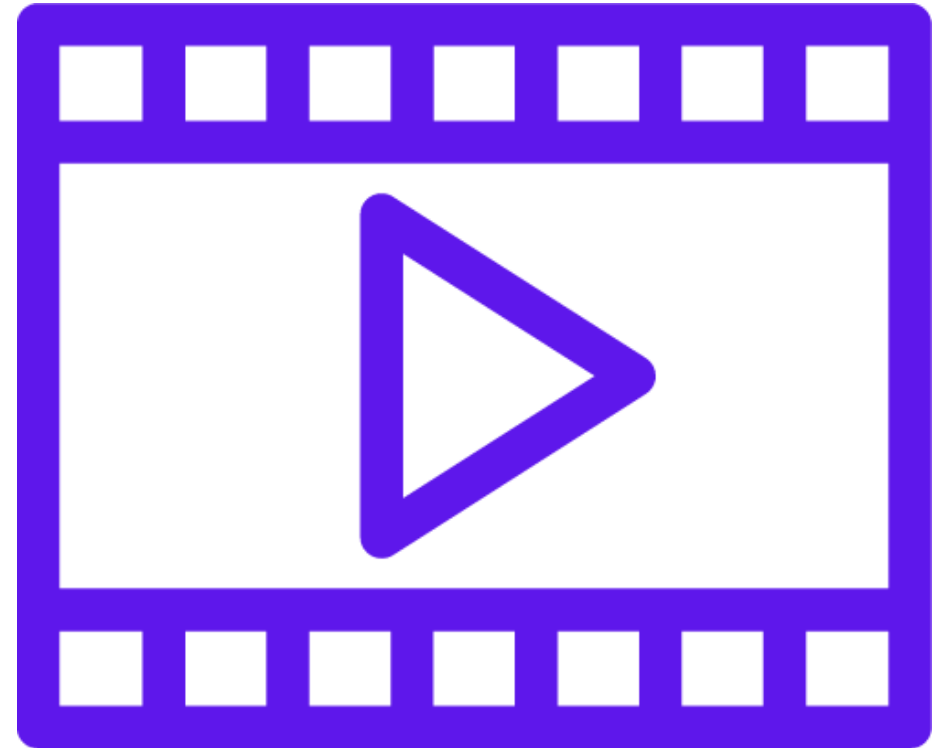
New client management system introduced



Upskilled our team & updated colleague benefits



Challenges for Survivors



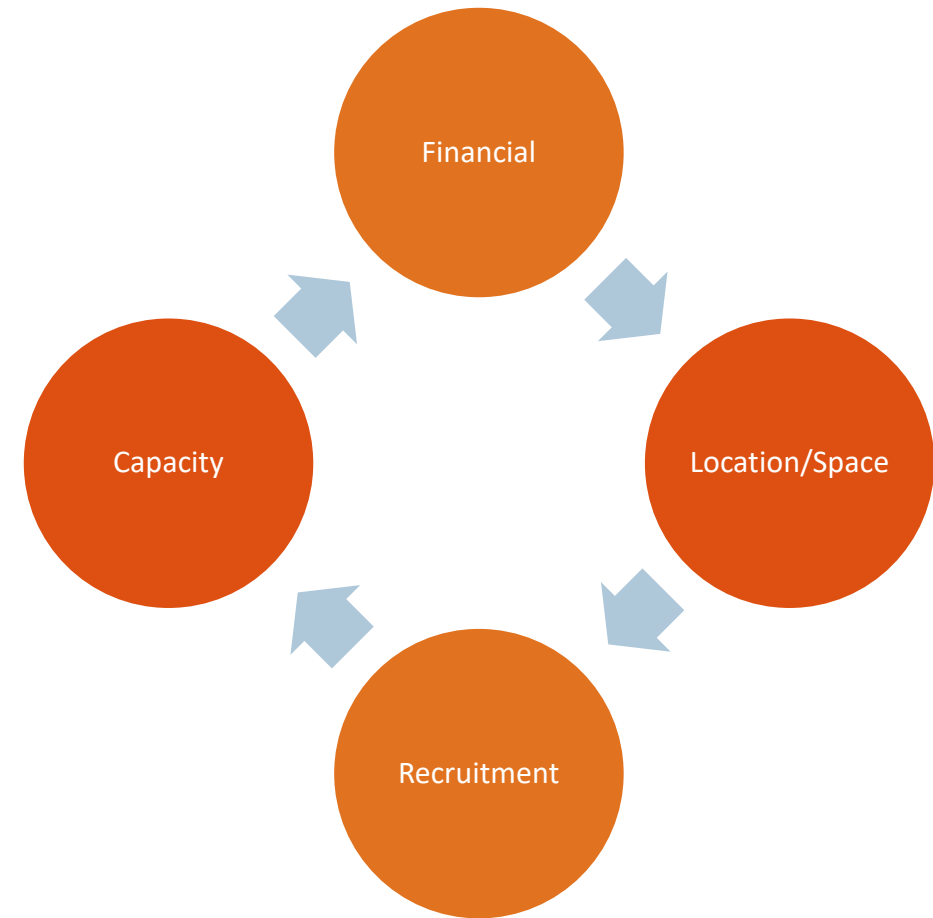
<https://www.ownmylifecourse.org/account/session3a>



About our Services



Challenges for Ataly Fro



The Future



 Live Fear Free Helpline
0808 80 10 800

**SOMETHING BIG IS
HAPPENING AT
ATAL Y FRO.**

STAY TUNED FOR MORE

Call us: 01446 744755 (Monday - Friday from 9am - 5pm)

www.atalyfro.org

Questions?

*“I'm grateful that I'm still here,
I know that I was lucky.
I'm damaged but I'm still alive,
And I can still be quite plucky.
My trust has gone, my life has changed,
But I had good guidance.
If reading this rings a bell,
Please, don't sit in silence.*

*Taken from a poem written by a survivor – What I want people
to know*

