

## Domestic Abuse Basic Awareness Training

This one-day training course provides participants with an insight into domestic violence and abuse. They will learn about the dynamics and range of domestic abuse behaviours within intimate relationships and cause and effects. It provides an insight into why individuals stay in these relationships and associated risks and examines the effects of domestic abuse on children & young people living in abusive households.

The course also looks at current multi-agency work to protect victims and children from domestic violence and abuse, effective methods of engaging and dealing with disclosures and appropriate responses. It also provides information on support and services available for professionals and victims.

## Domestic abuse and Substance Misuse Training

This course provides information to professionals on drugs and alcohol and the impact that these can play within the context of domestic violence, relationships and parenting. Individuals will gain an insight into substance misuse, the signs, symptoms and effects of illegal substances and alcohol and how these can lead to dependency and problematic use. It also provides an oversight of current legislation and treatment options to support victims.

## DASH Training

This course is delivered by accredited trainers and is aimed at professionals who may come into contact with victims of domestic abuse. The course will explain how to complete a Domestic Abuse Stalking and Harassment Risk Assessment and enable participants to correctly identify a victims risk rating.

The course will enable participants to fully understand the DASH process and enable them to assess risk by using the DASH. It will also provide information on local services and support that is available for victims.

To book training please contact the Swindon Women's Aid on 01793 864984, or email [office@swindonwomensaid.org](mailto:office@swindonwomensaid.org) to register your interest.

Swindon Women's Aid can provide a bespoke training service to meet the individual needs of your organisation.

We also provide consultancy support to organisations and employers on developing domestic abuse strategies and workforce policies

Please contact Olwen Kelly, Director of Swindon Women's Aid to will be happy to discuss your individual training or support requirements.

Email: [olwen.kelly@swindonwomensaid.org](mailto:olwen.kelly@swindonwomensaid.org)  
Tel: 01793 864984



**Swindon Women's Aid**  
working together to help change lives

# Swindon Women's Aid Training

**Swindon Women's Aid**  
*Integrated Domestic Abuse Services*

- **Emergency temporary accommodation**
- **Community Outreach Service for female and male victims**

# 01793 610610

Swindon Women's Aid 24 hour helpline:  
01793 610610

Swindon Women's Aid is a registered charity  
(number 268048)

## Teenage Relationship Abuse Workshop for Professionals

Suitable for professionals and volunteers working with young people aged eleven and over in an education or community setting. Being tailored to need based on timeframe available and depth of knowledge required, this package can be offered as a half day workshop or as a shorter training session as required.

Participants on a half day workshop will gain knowledge of what an abusive teenage relationship looks like; address how an abusive relationship develops; use their understanding of the cycle of an abusive relationship to inform why young people might remain in an abusive relationship; and understand the importance of empowering young people to have healthy relationships.

Participants will have opportunities to apply their knowledge by working through case studies; planning effective ways of tackling relationship abuse and dealing with disclosures in line with their own organisation's child protection and safeguarding policies.

Facilitators can deliver the workshop on site at a convenient time for your organisation.

## 'Young Hearts' Healthy Relationships Educational Package for Young People

An educational package that focuses on healthy relationships designed to be delivered in educational establishments or community settings and aimed at young people aged 11 to 19 years.

Learners will have opportunities to discuss the difference between a healthy and an abusive relationship; be encouraged to consider their personal boundaries, be presented with non-violent ways of resolving conflict and have opportunities to practice using them.

Young people will understand the cycle of an abusive relationship; they will practice recognising

different types of abuse and discuss ways of stopping the cycle through the use of case studies.

This package focuses heavily on understanding what a healthy relationship looks like and would be useful for those who have not yet experienced a relationship; however it also includes an element of safety planning and advice on getting help for those who are currently in an abusive relationship.

Whole class or group bookings for this training can be made for a minimum of ten participants and this package can be tailored to meet the requirements your organisation.

## The Adult Recovery tool kit

The recovery tool kit can be accessed via a self-referral or through an agency. The tool kit provides individuals with ways to develop positive lifestyle coping strategies in order to eventually move from victim status to survivor. Unlike other programmes it provides tools and teaches confidence behaviours to enable the individual to keep their family safe within the context of unequal power divides and controlling behaviour by the perpetrator.

Unlike the freedom programme where individuals can drop in and out of the group; the recovery toolkit is structured over a 12-week period. This enables themed learning to be consistently delivered, rather than disrupted by new arrivals or returners. The structure also enables closed group confidence to share traumatic experiences; strengthen group dynamics and promote closer peer relationships to be formed.

The recovery toolkit also offers participants the opportunity to gain a level 1 qualification in 'developing personal confidence and self-awareness' via Swindon Women's Aid and the Open College Network - should they choose to pursue this.

The course can be used with both women and men who have experienced domestic abuse (though SWA deliver this in single sex groups). The course is fully accredited & delivered by trained and accredited facilitators.

## The CYP Recovery Toolkit

The Children and Young Peoples Recovery Toolkit is an 8-week educational programme, of weekly sessions, for those aged between 8- 15 years old, who have experienced or witnessed Domestic Violence/Abuse. There are two age groups; 8-11 year olds, and 12-15 year olds, which are ran independently of each other.

The main aim of the sessions is to explore how children and young people may have been affected by domestic violence and abuse. By giving the CYP, 'Tools', this course aims to guide them on the right track to a safer and more positive future. Therefore, due to the nature of the course, we would not accept a child who is still living with the perpetrator of the abuse.

The programme covers topics including:

Negative automatic thinking (including negative images of themselves, a lack of confidence and the struggle to deal with failure)

- Self-esteem (Exploring what self-esteem means and how abuse affects it)
- Gender roles (looking at those of others and self, looking at the different stereotypes for males and females. Discussing the shift in gender roles changing over time and where gender roles have come from)
- Safety planning (To enable the young person to identify with the non-abusive parent and getting them to consider safe exits and what to do in an emergency)
- Dealing with anger and other difficult emotions
- Healthy relationships

Children can be referred on to the RTK via the referral form from either a parent or an agency. This can be downloaded from the training section on the Swindon Women's Aid website, [www.swindonwomensaid.org](http://www.swindonwomensaid.org).

