



Domestic Abuse

Tuesday 25th November 2025

Natasha Moyles- Operations Manager

Louisa Wrighton- Open2Change Manager

Our MISSION

We stand firm in the belief that every individual deserves the choice to live with dignity, not dependence.

Our Mission

Effecting change in society to create safer futures free from Domestic Abuse

Our Vision

Our vision is for a safer future, creating a society which recognises and supports victims of domestic abuse and regards all abuse as unacceptable.

With an integrated approach built on innovation, we will be at the forefront, supporting victims and survivors, and leading progressive change within society through prevention, education and awareness-raising.



These innovative and integrated programmes are all building towards our ultimate goal of a society without abuse

Our SERVICES

Contact Us



01793 698001



office@societywithoutabuse.org.uk



societywithoutabuse.org.uk



Open2Change

- An intervention for those who recognise their harmful behaviours
- Supporting behaviour changes
- Aligned support for their victims

The HOPE Team

- One to One and group support for child victims of domestic abuse
- HOPE Award for schools/colleges- Training, Safe spaces and Healthy relationship work



Training

- Becoming an SWA Ambassador
- DA training for professionals
- Impact of DA in the workplace
- Domestic Abuse Awareness

Group Recovery

- Children's recovery groups
- Adult recovery groups
- Returning to work/education
- Parenting after domestic abuse





**Swindon Sexual Assault Referral Centre (SARC) and
Swindon Independent Sexual Violence Advisors (ISVA)**

Sexual Assault Referral Centre

Holistic multiagency approach to **immediate** care and support for individuals subjected to rape and sexual assault

- 24/7 care and support to those who have experienced Sexual Violence
- All genders
- Adult SARC – over 18
- Forensic Medical Examinations
- Non-Forensic / Telephone support
- Onward referrals and signposting



Sexual Offence
Examiner

Client

Crisis Worker

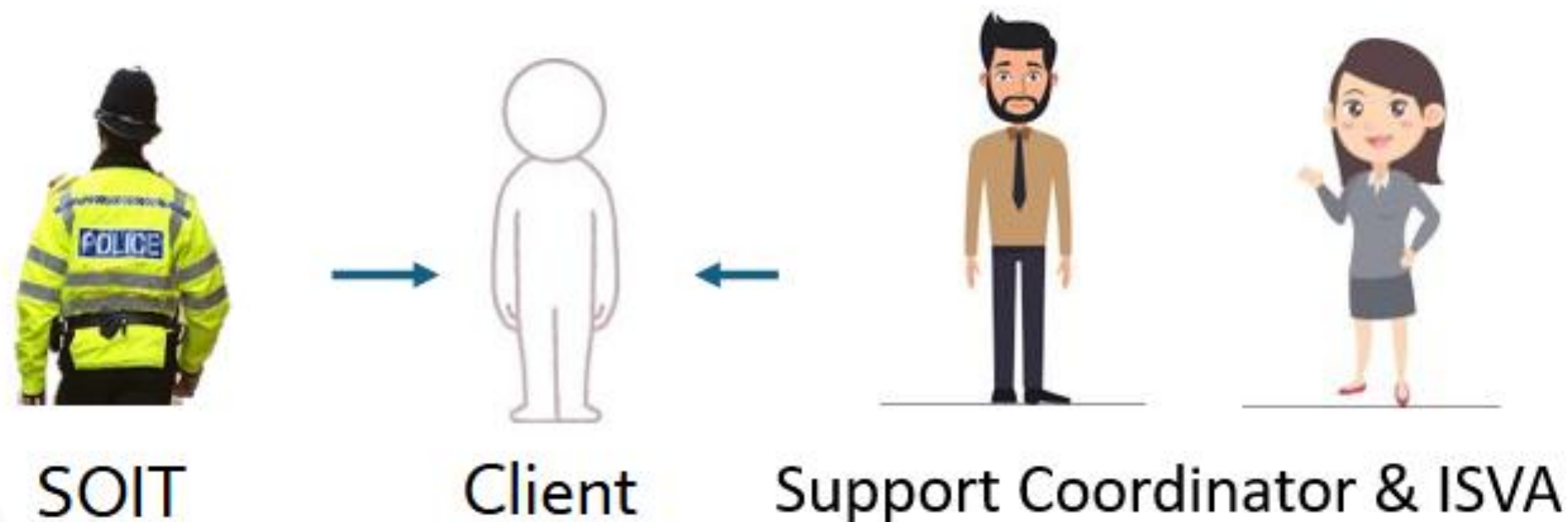
SOIT

**First
Light**

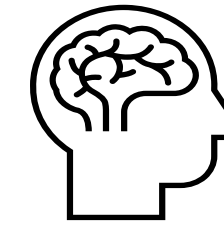
Independent Sexual Violence Advisors

Independent Support and Information throughout the Criminal Justice Process

- Monday to Friday 9-5 support via the Support Coordinators
- Allocated ISVA for ongoing support
- All ages, All genders
- Liaison with police and other professionals for wrap-around care
- CJS / Non CJS support through Trauma Stabilisation (over 14s)
- Support from report to court / NFA and VRR
- Duty ISVA – Options around reporting



Emotional and
practical
support



Qualified
Professional
service

Tailored
support

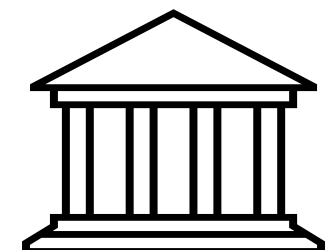


Accurate and
impartial
information

Single point of
contact



Support from
report to
court



Duty
Options
Calls

Trauma
Stabilisation
programme

Sexual Assault Referral Centre

Police Referral

- 24/7 – Police take EEK as soon as possible
- Brief account required by Police before SARC attendance
- Pass on Forensics to Police

Self Referral

- Appointment – Daytime only
- Telephone, Email, online referral form
- Taxi Service
- Storing Forensic Evidence (up to 2 years)

24/7 Line – 01793 781 917
Office 9-5 Line – 01793 781 916
Email – sw.sarc@firstlight.org.uk

Independent Sexual Violence Advisors

Over 18s

- Professional Referrals
- Self Referrals
- Telephone, Email support
- Online referral form

Under 18s

- All under 18s must be assessed by the Bristol SARC who will then complete a referral into ISVA where appropriate

Office 9-5 Line – 0300 373 2715
Email – swspoc@firstlight.org.uk



Ending domestic abuse, sexual violence and stalking in the South-West (Wiltshire, Swindon, Gloucestershire and Devon)

Each year, we help thousands of people of all ages (5+), genders and backgrounds to rebuild their lives after abuse wherever they are on their healing journey.

From crisis intervention, through 1-1 or group recover sessions, to specialised support for returning to work or education with confidence.

Our support is available to everyone, regardless of when the abuse took place or if it was reported to the police.

Support for domestic abuse victims
Sexual Violence Therapeutic Service

**RISE programme for returning to
work/education**

Support to change abusive behaviour

Forces intervention programme

Connecting You online forum

What we offer



Support for domestic abuse victims

- Full range of services for victims of Domestic Abuse and their families
- High risk – 1:1 IDVA support
- Medium risk – Group work
- Support to stay safe and recover, to leave an abusive relationship or stay together safely.
- Guiding and advocating for people going through criminal justice proceedings.
- Supporting victims find and relocate to safe accommodation.

RISE programme for returning to work/education

- Support taking first steps back into education or employment after abuse.
- Developing employability skills and confidence
- Help finding education, training and employment opportunities.
- Through 1-1 and group sessions and can include visits to educational settings.
- Mentorship to complete bespoke action plans to meet education and career goals.

Sexual Violence Therapeutic Service

- Tailored trauma-informed and victim-centred therapeutic support for victims and survivors of sexual violence
- regardless of when the abuse occurred or whether it was reported to the Police.
- Support offered may include 1-1 counselling, psychoeducational support, group/peer sessions, advocacy through the criminal justice system.

Support to change abusive behaviour

Forces intervention programme

Connecting You online forum

- Online community where people who have experienced abuse can meet anonymously.
- To share your experiences and meet other people on their healing journey.
- An inclusive space open to all survivors aged over 18 years who live in the South-West.
- Special online events including Q&A sessions with staff and partners.

Criteria and how to refer



- Adults and children aged over five years.
- All domestic abuse irrespective of disability, ethnicity, sexuality or gender
- People who want to leave an abusive relationships or stay together safely
- People who want to work with the police and courts and those who choose not to.
- For domestic abuse, we also support people who want to change their harmful behaviour.
- RISE is open to children over 15 years who are not in education, training or employment.

We accept referrals from professionals
and self-referrals

Refer via our website
www.fearfree.org.uk

- Referrals can be made by professionals or by the individual themselves.
- Self-referrals can be made online, by phone or email.
- Professional referrals are made online
- Victim referrals additionally require a current DASH risk assessment and perpetrator referrals require a Respect RIC assessment.

**Duty line available to professionals and service users
from Monday to Friday 9am to 5pm.**

01225 775276

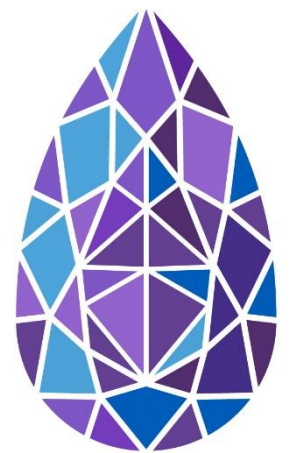
Swindon Paragon Integrated Domestic Abuse Services (SPIDAS)

Jayne Hardy – Assistant Director, Paragon

Charlotte Gibbon - Service Manager

Rebecca Heggie – Whole Family and IDVA Team Lead

Lizzy Edwards – Accommodation and DVA Team Lead



What can we offer?



**Behaviour Change
Intervention**

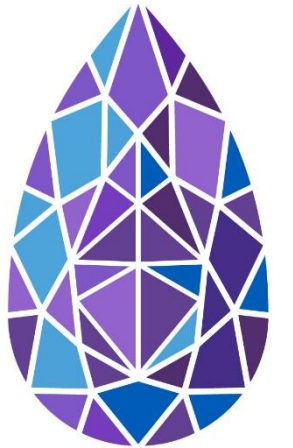
**Domestic Violence
Advocates**

**Independent
Domestic Violence
Advocates**

Refuge

Recovery groups

**Children And Young
people advocates**



PARAGON
TOGETHER EMPOWERING CHANGE

Other sources of support

Depending on your situation, the following agencies and organisations may be able to provide additional support.

The National DV Helpline	0808 2000 247
The Survivors Trust	0808 801 0818
Rape Crisis Helpline	0808 802 9999
Respect Perpetrators	0808 802 4040
Respect Men's Advice	0808 801 0327
Galop LGBT Domestic Abuse	0800 999 5428

IN AN EMERGENCY DIAL 999



<https://paragonteam.org.uk/>

How can I contact PARAGON?

Please contact us on:

Dorset	0800 032 5204
Hampshire	0800 916 9878
Isle of Wight	0800 234 6266
Somerset	0800 694 9999
Sussex	01403 229 017
Swindon	0800 917 8565



*YOU: a charity, creatively
empowering people to thrive in
their communities.*

Registered Address:

The YOU Trust
Delme 1, Delme Place
Cams Hall Estate
Fareham, Hants PO16 8UX

www.theyoutrust.org.uk

The YOU Trust is registered in England no. 1898188 and is a registered charity no. 291489



PARAGON
TOGETHER EMPOWERING CHANGE

Support for all adults and
children who are living
with domestic abuse,
sexual violence or stalking



PARAGON
TOGETHER EMPOWERING CHANGE

www.paragonteam.org.uk





1985 - 2025

THE NELSON TRUST

Celebrating 40 years



Award-Winning Women's Centre Model

- One-stop shop, facilitating links with mainstream agencies
- Women-only space, non-judgmental and safe environment
- Trauma-informed & strength-based approach
- High quality relationship with a trusted worker
- Holistic and practical approach to sorting out most pressing needs
- Assertive outreach
- Onsite creche, inhouse groups, & services



Our Group Timetable at a glance...



THE NELSON TRUST

Group Timetable Information

Contact us
with any
questions



swindon.info@nelsontrust.com

01793 495812

162 Victoria Road, Swindon, SN1 3BU

Nourish & Flourish

A Lifestyle and Self-Care Group supports overall well-being by focusing on healthy habits, mindfulness, relationships, and simple daily rituals. It helps participants build balance, resilience, and sustainable self-care in everyday life.

Healthy Relationships & Women's Safety

A Healthy Relationships and Women's Safety Group provides a safe, supportive space to learn about building respectful connections, setting boundaries, recognizing warning signs, and accessing resources. The group empowers women with knowledge, skills, and confidence to foster healthy relationships and prioritize personal safety.

Confidence & Motivation

This group aims to boost confidence, self-esteem and motivation. It will also give the opportunity to learn self-improvement techniques and skills to enable and support personal growth and well-being. Provide clients with the ability to self-reflect and better understand themselves and others.

Crime & It's Impact

A **Crime and Its Impact Group** explores how crime affects individuals, families, and communities, while creating space to discuss safety, prevention, and support. The group raises awareness, builds resilience, and encourages positive action toward safer communities

Steps to Healing is a supportive program developed by Dr. Stephanie Covington that helps women address trauma, build resilience, and develop healthy coping skills. The group offers a safe space for healing, self-discovery, and empowerment on the journey toward recovery and well-being.

A New Way to Live

Looks our own behaviours around substance misuse and supports motivation to change.

Alcohol Recovery Support
For women who want to recover from alcohol use disorder or addiction and promote motivation to change.

Living Sober is a supportive group for individuals seeking to maintain sobriety and build a healthy, fulfilling life in recovery. The group provides guidance, peer support, and practical tools to strengthen resilience, coping skills, and long-term wellness.

Meditation and Sound Baths offers a relaxing space to reduce stress, enhance mindfulness, and restore balance through guided meditation and soothing sound therapy. Participants can experience deep relaxation, mental clarity, and a sense of calm in a supportive environment.

Arrest to Verdict: Understanding the System provides an educational overview of the criminal justice process, from arrest through trial. Participants will learn about procedures, rights, and the roles of law enforcement, legal professionals, and the courts, gaining a clearer understanding of how the justice system works.

Money Made Manageable
Confused by bills or saving goals? We're here with friendly advice and hands-on support to make budgeting simple and stress-free.

Creative Writing
Discover the joy of storytelling, poetry, and self-expression. Join us for creative writing sessions that spark ideas, sharpen skills, and let your words come alive!



Changing Suits

Domestic Abuse



What we offer

- ▶ The organisation provides the following services:
- ▶ Changing Suits Podcast
- ▶ Online Discussion Groups
- ▶ Sitting on various DA boards
- ▶ Workshops
- ▶ 1-2-1 support
- ▶ Working to support other DA services with South Asian service user
- ▶ Language-translations

Changing Suits Launching soon.....

- ▶ 2 DA officers recruited - 1 Youth Mentor
- ▶ Attending MARAC meetings
- ▶ Creating partnerships with other DA services
- ▶ Working with the police
- ▶ Cultural understanding of the community
- ▶ Working in places of worship