



DAWFA Research Project

Summary of recommendations
July 2021 - July 2022



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Domestic Abuse Whole Family Approach Research Project

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Executive summary

Domestic Abuse Whole Family Approach Research Project

Our research highlighted that children, young people and their non-abusive parents are experiencing serious harm with long lasting consequences.

Non-abusive parents are navigating a landscape of fragmented services and interventions, coupled with a feeling of being passed between services. Parents also articulated the challenges of living with the devastating impact of abuse. This included children engaging in high-risk behaviours because of the trauma they have experienced and limited support to attend to their mental health.

Professionals also seemed to be unsure about the services available or how they worked together. Concerns were raised indicating that services were too restricted, delivering support only to older children and for not enough time or in a structured enough way. Victims and survivors also raised concerns about the potential consequences of accessing support, such as the fear of having children removed; that they would not be believed or that they would be blamed for what was happening.

The data suggests that there is a long period of time where abuse is being perpetrated and yet it is going unnoticed, or interventions do not prevent the harm from continuing to impact children as they grow up.

Responses pointed to the need for a coordinated, domestic abuse and trauma informed response that supported the whole family, including adequate mental health support.

Strikingly parents and professionals all stressed the need for healthy relationships education and improved understanding of coercive and controlling behaviour.

Finally, there is a pressing need to hold perpetrators to account and shift the focus from protection to prevention.

Carmel Offord, DAWFA Development



Methodology

Domestic Abuse Whole Family Approach Research Project

This report summarises the themes and recommendations from the small-scale research conducted by IDAS over 2021.

The initial research aimed to get the views and opinions of parents and stakeholders and make recommendations for whole family approaches for working with children and young people and their families impacted by domestic abuse, based on research and evidence.

Surveys, focus groups and client outcomes were all used to gather evidence around client and stakeholder views. A review of available literature and existing models was also conducted.

From the data collected, this report brought together the key themes that were prevalent across the parent and stakeholder surveys and allowed us to give an overview of where gaps in support still exist. The recommendations presented in the report are based off these themes.



Limitations

Domestic Abuse Whole Family Approach Research Project

This report is limited in terms of the availability of responses. Although we received 62 responses from parents, this does not capture the entirety of North Yorkshire where we know many, many more families are subject to domestic abuse.

The report also does not look at differences between the different areas in North Yorkshire and the inconsistencies in service provision. It is likely that the experience of support for someone living in one district may vary in comparison to another and although this is outside of the scope of the current report it is worth considering for future research.

Furthermore, the report also contains limited information directly from children and young people. The response and views put across for children were received indirectly from parents and stakeholders which although still holds value is limited in its application. It may be that children and young people have other needs for support.

In addition researchers found it difficult to gather responses from alleged perpetrators. Many different avenues were attempted including through perpetrator programmes and Police engagement with perpetrators. A further limitation is that responses may be subject to social desirability bias. It may be due to the nature of the research parents and stakeholders felt they needed to respond in a certain way.

Great care was taken to ask a range of questions with different answering formats and opportunity for exploration to mitigate this but there may still have been an element of bias in responses.

However, many parents and stakeholders took the opportunity to expand on answers and provide additional information highlighting that they wanted their views to be expressed and were not simply answering questions because they felt they were required to.



Domestic abuse and trauma informed therapeutic support for children of all ages.

- Parents (25.96%) felt their children had suffered emotional challenges due to the abusive relationship, ‘anxiety’ and ‘bed wetting’, ‘PTSD’ and ‘suicidal ideation’ were cited specifically.
- Both parents and stakeholders repeated the need for therapeutic counselling support or play therapy.
- Trauma support was a strong theme both in the quantitative and qualitative research, with parents and professional stakeholders raising concerns about the availability of effective mental health support for children impacted by trauma because of the domestic abuse they were subjected to.
- The qualitative results of the stakeholder surveys suggest that both parents and professional stakeholders feel younger children are overlooked within certain services.

Parents felt that support was there for them, however their children could not access the same therapeutic support. Some reasons for this included the age of the child, not knowing what services are available. There appeared to be a “passing of the buck” between services which ultimately leads to children and young people not accessing support.

For many parents when they leave an abusive relationship, they will also have their own trauma which they will be working through, to then have to support their children when they may not have fully recovered can leave them feeling lost, as indicated in the survey. Professional stakeholders also share the feeling that younger children can be “forgotten” when trying to access support and recognised the need that all children need support.

95%

of parents indicated at least one of the following impacts of abuse on their children: emotional challenges, language and communication issues, behavioural issues or nightmares.

62%

of parents reported that their children talk to them about abuse so they know their children are aware of abuse

My children had an outreach worker and a social worker and for 2 years nothing has been done it's all fallen to me to try and fix us and it's like the blind leading the blind. I have complex PTSD and I am trying to make my children with similar needs better and it's extremely hard work.

A whole support system for the family would be beneficial so that parents can adjust their parenting styles to support the children. Play therapy for younger children who struggle to verbalise their understanding of the situation is essential - the younger children seem to be forgotten and there are very few services out there to support them. (Professional Stakeholder)

33%

The abuse started before children were born,

All age groups of children need equal support. Different levels of understanding at each age so age appropriate support for each child is necessary and should be given as standard. (Parent)

29%

Abuse occurred during pregnancy

35%

Subjected to abuse for more than 10 years.

When asked what age ranges are in need of support the most, the majority (46.15%) indicated 11-15, some (30.77%) indicated 6-10 and 0-5 (21.15%). Only 1 participant believed 16-18.

A theme that came up through parent responses was that their children were too young to access support despite either witnessing or showing behaviours that have resulted from the domestic abuse.

Many parents indicated in the survey that abuse happened throughout children's lives, this means young children may spend their whole life witnessing or being directly subject to abuse. Without the services to support them the impacts on their emotional or physical wellbeing are not addressed.

Waiting for a child to reach a certain age before providing support may also mean that the behaviours have already become internalised and a greater level of support may be required. As such some parents discussed feeling their child had to be at crisis point to get support but there is a lack of funding and places for ongoing support.

The qualitative results of the stakeholder surveys suggest that both parents and professional stakeholders feel younger children are overlooked within certain services: When children are supported, the professional stakeholder survey suggests that older children are given priority. Support should be tailored to children of different ages to ensure it is accessible to all and reduce the numbers of parents waiting for children to become old enough for support.



Support for parents and their wider support network.

- Parents wanted support to talk to their children about the abuse they had experienced.
- Parents wanted longer-term support that addressed post-separation abuse and facilitating safe child contact arrangements for their children.
- Parents wanted support to parent younger children impacted by domestic abuse.
- A significant percentage of parents wanted family therapy.

Many parents stressed the challenges they faced talking to their children about the domestic abuse they had been subjected to.

Parents were conflicted about how best to do this, balancing their wishes to be honest and open with their children with concerns around how this would impact the relationship with the abusive parent. Many didn't feel comfortable with the term domestic abuse and used language such as 'when daddy and I argued' but also worried that this wasn't accurately explaining what had happened and that this could have an impact on their child's ability to develop healthy relationships.

Several respondents to the parent's survey identified concerns supporting their children with child contact arrangements with an abusive partner. Particularly where there had been family court involvement and there were contact orders in place. In many cases, victims are advised to leave their partner to protect their children only to be mandated to facilitate child contact with the abusive parent.

Once I left the relationship I felt that it was determined that I didn't need support any more. I felt that it would have been helpful to continue for a while as those first few weeks/months on your own are hard esp when there are children and you are trying to maintain civil communication for contact reasons.
(Parent)

54%

of parents wanted support with how to talk to their children about the abuse they had been subjected to.

40%

of parents wanted family therapy

I need practical support he still has parental responsibility and still controls me & the kids via manipulation of the children
(Parent)

Cafcass not demanding my children see a dad who was convicted of common assault against his own children and then accusing me of parental alienation. stronger consequences for breaking bail terms or restraining order. less stigma when telling people what I'd been through. I felt like a spurned little woman trying to get one over on him when really I was standing up a bully and protecting my children. (Parent)

There is no long-term support for co-parenting with an abusive man.
(Parent)

When a parent leaves an abusive relationship, the abuse can continue through child contact and parents are left knowing they will likely have to remain in contact for several years. Often extended family or friends become part of the network to facilitate contact. Support around how to manage their communication not only with the abusive parent but also other family or friends would allow for longer lasting change.

A few parents expressed a desire to be supported to assist their younger children. The feedback in focus groups and in surveys suggests that support should be available as early as possible to reduce the impact of the domestic abuse, rather than waiting till children are older and the impacts are profoundly affecting their lives.

Non-abusive parents want support to move forward with their lives that includes their children at the earliest opportunity. Support that understands the needs of the family are interconnected and do not run in parallel whilst being domestic abuse and trauma informed.

Counter to parents experiencing being passed between services, parents and their children need coordinated support that addresses their needs collectively and draws on their strengths and wider support networks to increase resilience and improve long-term outcomes. Both professionals and parents said that support needed to be of a longer duration to assist with the long-term impacts of the abuse and support families to cope and recover. Many parents after leaving the relationship feel a sense of loss, anxiety and isolation, it is important that a strengths-based approach is adopted to refocus support around the positives in a family and their future goals.

Research suggests that models of supporting families tend to focus on the non-abusive parent and the child or the abusive parent, with challenges engaging with the abusive parent.

Models such as the Caring Dad's programme attempt to facilitate behaviour change when abusive behaviour is identified, and the father is still in contact with the child. The intervention aims to impact the father's understanding of the impact of their behaviour on the family.

Healthy Relationships, Healthy Baby, otherwise known as For Baby's Sake, works at the earliest stages of pregnancy where unhealthy behaviours or domestic abuse has been identified, working with both parents separately and bringing them together, if safe to do so.

The Growing Futures programme aims to provide support to the Family through the Domestic Abuse Navigators working with victims and perpetrators and the families, however due to issues with engagement, much focus was on the non-abusive parent and child.

“

I think there's not enough money poured into these services by Local Government and it's tragic really. I see so many families where domestic abuse is generational and it takes great courage from family members not only to see this, but to take steps to break this cycle. Children can often suffer from developmental trauma from early expose to domestic abuse and can experience PTSD - I feel that parents attend parenting courses and support based interventions which are great, but some times the impact on the children is forgotten and this needs addressing. (Professional)

A support service specifically to support mums who have to co-parent with an abusive man especially when the child contact with the abusive man is court ordered by the family courts. (Parent)

At the time I think I was in denial that it was such an unhealthy relationship, towards the end once I knew it was wrong I stayed for a while because I desperately wanted my youngest child to have two parents in a 'solid' relationship and be 'normal'. I didn't ask for support afterwards because I was scared I might lose custody of my son as he was trying to convince social services etc that I was depressed and had mental health issues and was a bad parent. I wish I had asked for support (Parent)



Life long healthy relationships education.

- Parents and stakeholders wanted improved healthy relationships education in school.
- Healthy relationships education could assist adults and young people with identifying unhealthy relationships or warning signs of abuse at an earlier stage
- Interventions should be available to assist families to build and maintain healthy relationships at all stages of life.

Education is needed for young people around healthy relationship, boundaries and consent. Having conversations around these topics in a safe environment, such as school, allows young people to speak about worries and understand any challenges they face in their own relationships or at home, providing a more preventative approach.

Any education for young people in school should be supported by domestic abuse services so staff feel confident in their delivery but also in following up any safeguarding referrals.

Parents in the survey made reference to the need for more early education for children. As already discussed many parents reported their children were aware of abuse and impacted by it. Some parents in the survey discussed feeling the perpetrator would undermine them or feel there was no consequences. Increasing education around healthy relationships may become a protective factor for children who are being subject to abuse either directly or indirectly and reinforce the behaviour is not acceptable.

More awareness in schools, talking about healthy relationships and what is right and wrong. Helping children to speak out if they are victims of abuse or witnesses to it, knowing they can come and talk to someone. My daughter always says she wishes someone had asked her about things at home.

(Parent)

51%

of parents wanted support with healthy relationships education

I think the curriculum at school is too prescriptive, we need more practical and emotional teaching and lessons, talking about societal rights and wrongs, looking at the gender behaviours and where the stereotypes are wrong.

(Professional)

In the stakeholder survey schools were often listed by stakeholders either as a service known to support children and young people or as a service that should provide support. Although schools provide a neutral third party to explore the ideas of consent and abuse for children without them feeling they are in the middle of their parents, further service providers can also be part of the education work to reinforce change.

Sex and Relationship Education is mandatory in schools but the response from parents and stakeholders indicated that further education is needed and highlights potential inconsistencies in how the education is delivered. This therefore highlights the need for schools and service providers to be equipped with the training to support with work around healthy relationships. As previously discussed, it is important to ensure healthy relationship education is accessible to all children of all ages. It will then become a foundation to build on throughout their life.

Parents also expressed wanting to be able to talk to their children about the relationship and their worries, particularly after leaving. If further education around healthy relationship is available for parents, that runs alongside support offered by other providers it would produce a consistent message for children. A parent commented on the cyclical nature of domestic abuse and that it becomes a “pattern in a families learned behaviour”, a response mirrored by a stakeholder who also commented on the courage needed to break the cycles of domestic abuse.

Early education around healthy relationships would allow for a preventative rather than reactionary response to domestic abuse. Our research suggests that healthy relationships education could be offered to parents starting families. An example of this is the Healthy Relationships, Healthy baby programme ([For Baby's Sake](#)), and to some extent [Caring Dad's](#), which aim to provide healthy relationships education to intervene with the family and improve outcomes and reduce offending behaviours. Whilst education settings offer opportunities to educate children, the reality is that many are already being subjected to abuse by a parent, therefore we cannot rely on education settings alone to offer healthy relationships education and information, this must be life-long.

43%

of parents wanted support with what domestic abuse is

"Schools to provide lessons on abuse and the forms and what forms they come in.

It's happening too much to so many children and adults. Too many children are seeing their fathers act in an abusive way and they get away with it, so children are confused they need lessons on this behaviour. "



Shared frameworks and language for a coordinated response to supporting families impacted by domestic abuse.

- Language has a significant impact on survivors' perception of services and the likelihood of engagement.
- Minimising abuse and disbelieving victims puts victims, including children, at risk of harm.
- Both victims and professionals expressed a need for training and education.
- A framework for coordinating multi-agency work around the family and sharing information when families are not deemed 'high-risk' is required.
- Change is needed at a systemic level with adequate resource for communications and training to support this change at individual practitioner level.

“

Everywhere I turned no one would listen, then all the things he said about no one believing me came true. In the end I make a sacrifice for my son and myself. I left without him. This was the hardest decision I have ever made and the abuser sees it as a free pass he won't be held accountable for his actions that nearly destroyed my life. I paid the price for leave I don't see my son now. I feel so let down by the people who I should have been able to trust. This system needs some major changes.
(Parent)

There is a continued need for agencies to have a shared understanding of domestic abuse and to work within an agreed framework to support a coordinated, consistent response to domestic abuse. Language used by professionals often felt alienating for victims seeking support with many discussing feeling that the abuse was minimised, they were held responsible for the abuse or not believed. Often this can be implied through indelicate use of language.

One theme from the parent's survey was for services such as social care, the police and CAFCASS to receive more training. Training should educate service providers not only on abuse within relationships but also post-separation and with child contact. Furthermore, stakeholders highlighted the need for increased joint-working and sharing of information to reduce barriers to support.

Throughout the survey parents reported feelings of not being believed or supported by certain services which they felt was due to a lack of awareness and training. From the survey responses it is clear this becomes a barrier to families accessing support and achieving long-lasting change, particularly if a parent is fearful of engaging with a certain service because they fear negative repercussions. For example, parents felt a fear of their children being taken away from them by social care or not being believed by services such as the police when they disclose abuse.


Interestingly, in the professional stakeholder's survey there were themes around survivors having a “distrust” in professionals and withholding information. When looking at the responses in combination more needs to be done to bridge the gap between survivors and external agencies.

If survivors don't trust agencies due to feeling they don't understand a situation they won't access support, likewise if a service feels someone is not giving full accounts their support is limited. If more training around domestic abuse could be implemented, it may give survivors confidence to know service providers do understand domestic abuse. It would also equip professionals with appropriate and trauma informed language which would promote a supportive working relationship with families.

Although guidance around information sharing is clear for high-risk cases and Multi Agency Risk Assessment Conferences (MARAC) allow for all agencies to share information about a family, similar systems are required for families who don't meet this threshold and information sharing is still key for these families. This was highlighted by one stakeholder who felt communication needed to be better outside of MARAC.

In the stakeholder survey, themes around more joint working and more communication between agencies were present throughout. Often many services are working with a family either during abuse or post-separation and this was reported by both parents and stakeholders.

In Doncaster, the Growing Futures Interventions was developed to build trust among service providers and users. It aimed to encourage multi-agency working particularly around engaging with the abusive parent to recognise the impact of their behaviour on their children's wellbeing. A key benefit of the programme was that it allowed services to come together and challenge any victim blaming allowing for a victim focused approach. The intervention included appointing domestic abuse navigators to coordinate the multi-agency response. This highlights that more communication between agencies can promote systemic change in the language and approach to domestic abuse.



Social services and other organisations being educated about the different ways of domestic abuse and recognising the impact it has on children, not labelling coercive and controlling manipulation, post separation power and control from and abuser as “parental conflict” (Parent)

Increased multi-agency working and training may also improve early identification of domestic abuse. As previously discussed, abuse can be present before pregnancy and throughout young children's lives, therefore early identification is key in safeguarding and protecting families. A shared framework between services who have early involvement with families such as midwives, health visitors or GPs may mean they feel able to identify abuse early and make the relevant referrals to domestic abuse services or other agencies. If a whole family approach is taken, significant people in a child's life can be identified and support can then be offered to all members of the family and their network to create a more holistic support plan with key services.

Parents gave responses for change on both an individual and systematic level, it is important both are addressed. We can give individuals the tools but if systems are not supportive it will break down, likewise if systems change this needs to be filtered down to an individual level so people are aware of their options and can use this to help them through a strengths-based approach. This also reinforces the need for multiagency work to coordinate at both an individual and systematic level.

“

Some workers are more effective with their communication skills than others and good communication with both professionals and the family and their network is key to successfully supporting the family. Keeping everyone in the loop is essential and this includes the police.

(Professional)

Multi-agency work allows for resources and training to be shared and referral pathways and support to be clear and consistent.

It is clear from the responses that agencies need to come together through shared frameworks to improve support for children and young people and this is shared by parents and stakeholders. This would hopefully remove the feeling that parents and children are in the middle of agencies and improve relationships to ensure support feels consistent and co-ordinated.

The Safe & Together model is being widely adopted as a framework of both understanding and responding to domestic abuse. The model has three key principles which are: keeping young people safe and together with the non-offending parent (to promote safety, healing from trauma and stability), partnering with the non-offending parent (for efficiency, effectiveness and to keep the child at the centre of practice) and intervening with the offending party to reduce harm for the child(ren) at risk (exemplifying engagement and holding the perpetrator accountable in court).

The model also emphasises the importance of language and how to frame interactions with survivors so that offending parties are held to account and the strengths of the victim are acknowledged and supported. It is widely accepted that working in a trauma informed way and using strength-based approaches improves outcomes.



Holding perpetrators of domestic abuse to account.

- When Professional Stakeholders were asked about referring adults to perpetrator support services, the majority (35%) of answers indicated that they refer '0' with many also indicating '1' (25%) and '2-5' (27.50%) per month.
- When non-abusive parents were asked if they think their partner should have received support, again the majority (67.3%) agreed with this statement.
- Non-abusive parents shared concerns that little was done about the person causing them and their children harm.

A systematic change is needed in criminal and civil justice systems in order to hold perpetrators to account but also so that they can access support for the behaviour. Stakeholders in the survey commented on the need for perpetrators of abuse to understand the impact of their behaviour on children.

The response from parents was mixed with some agreeing and others not that their ex-partner should receive support. Some of this may come down to a fear of repercussions from the perpetrator particularly if a survivor still has to maintain contact with them due to the children. It may also be because the non-abusive parents recognise the difficulty of getting abusive parents to engage with support as one parent highlighted. Overall, there was agreement that abusive partners should receive support and be held accountable.

If a team is working around the family including the perpetrator it can allow for effective safety planning and risk management particularly around child contact.

think legal services for women and children are shocking. The abusers often take u to a courtroom to manipulate further and cripple u financially on purpose through control. The law can't stop it.
(Parent)

67%

of non-abusive parents felt the alleged perpetrator should have received support.

Need support to help parents perpetrating DA to be able to see the impact their behaviour is having on their children.
(Professional Stakeholder)

Make it easier to keep abusers away from children.
(Parent)

Currently much of the focus of support goes on the non-abusive parent but it can lead to feelings that the perpetrator is “getting away” with their behaviour and increased pressure on the victim. As previously discussed, a shift in focus, as outlined in the [The Safe and Together Model](#), may assist in addressing perpetrators behaviour, through holding them to account to reduce the risk they pose to their child(ren) whilst encouraging positive engagement. The therapeutic approach applied by The Healthy Relationships, Healthy Baby programme (HRHB also known as [For Baby's Sake](#)): could facilitate engagement with fathers who are not yet ready to take responsibility and assist with transitioning them into activities such as more traditional perpetrator programmes or [Caring Dads](#).

Interventions with a therapeutic basis, such as [For Baby's Sake](#), have been shown to have positive outcomes for the whole family and are tailored to individual needs as well as viewing the family as a whole. This allowed perpetrators to take responsibility whilst also prioritising the needs of their children and co-parenting. Without effective support for the perpetrator, they may continue to undermine the non-abusive parent and further impact the wellbeing of the children if they are exposed to this behaviour.

In addition, parents want legal systems to do more to hold perpetrators to account and commented on the need for systematic change within the law to do more to support their family. A common theme throughout the parent responses was the difficulty they had through the family court system and the feeling that it was a further way for perpetrators to exert control. Parents felt further support around the court system would have benefitted them.

Often family court can feel “alien” as one parent described and leave them feeling powerless against the perpetrator and the system. Increased support to help them understand their rights would allow them to feel they have more control over the process, indirectly reducing the control the perpetrator may try and exert over them.

The family courts have currently suspended ordering perpetrators to attend Domestic Abuse Perpetrator Programmes so further support is needed for families going through this to ensure the perpetrator is still held to account rather than increasing pressure on the non-abusive parent. Furthermore, allocated DAWFA workers can provide a key support in liaising with CAFCASS to ensure the views of the family are shared and supported to reduce the isolation and unease non-abusive parents can feel when going through family court systems.

“

Who is going to mop up now !? It is left to me and my sole parenting skills. The perpetrator continues to manipulate and abuse he has got away with it totally scot free with his gold watch and pension. There needs to be a real education amongst these so called professionals who make decisions in children's lives it was totally luck of the draw we went from one inexperienced professional to another. Sadly as I say we are now left back at square one and he continues to abuse on the 'right side of the law' because he knows the system. (Parent)

Conclusion

Families who have escaped abusive relationships often continue to face control and fear and the impacts on parents and children are wide reaching and long lasting. Overall, the research involving parents and stakeholders highlighted that similar views are held by both on what would improve support for families and what the current challenges are. Families described support as feeling fragmented or limited and these views were shared by stakeholders.

Consistently throughout the need for a whole family approach that is co-ordinated, structured and victim-focused is evident.

The models that have been reference through the research can provide a basis for what this support could look like but also show the shift in support to meet the needs of the whole family, including the perpetrator.

This report does consider the difficulty of engaging with perpetrators based on their own non-compliance and the non-abusive parents fear of repercussions. However, without further support around ending perpetrators abusive behaviour, non-abusive parents will continue to be undermined and controlled and children will continue to be exposed to abusive behaviours.

It was also acknowledged by parents and stakeholders that changes at a systematic level are needed alongside individual support. There is a consistent view that support should become preventive rather than reactionary, through life-long education around health relationships and early therapeutic intervention. This would reduce the number of children reaching crisis points before receiving support and the overall impacts of abuse on emotional and physical wellbeing.

This systematic change can be brought about through the implementation of frameworks that promote shared understanding and ways of working that challenging victim blaming language hold perpetrators to account. and providing ongoing support and training to service providers.

Although the DAWFA project has begun to respond to the needs of families and promote positive change, the report highlights more work is still needed around children's mental health support, particularly for young children, and further work is needed around court systems. No family should be left feeling isolated, anxious and powerless when they have escaped abuse. The need for a whole family approach where all members feel heard and valued through support is required to promote positive long-lasting change.

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