

Our Impact 2023-2024

# Welcome from CEO, Jo Todd CBE

This year (March 2023-April 2024) has been a time of intense reflection, activity and change at Respect. We’ve been busy developing and delivering a range of new initiatives that enhance our services and improve our projects, and of course, we launched our new five-year strategy for 2023-28, which sets out our vision for stopping the harm caused by perpetrators of domestic abuse. This Impact Report is one of the ways we hold ourselves accountable on that journey, and as you read through it you will be able to see the progress we have made.

This progress has not been without challenges. The impact of long-term underfunding, combined with the aftermath of the Covid-19 pandemic and the ongoing cost-of-living crisis, has put significant pressure on our sector – both those working with perpetrators and those supporting survivors. Demand for services continues to grow, while capacity and funding remain major concerns. Many grant-making trusts have paused funding to carry out reviews, which is welcome, but has meant the current funding pipeline is challenging.

The challenges for survivors have increased, with many struggling to access support and refuge when they need it. This is even worse for migrant survivors with no recourse to public funds, and we continue to support our sister organisations campaigning for equality for all survivors. Perpetrators who want to change still find it almost impossible to access services in their local area. The statutory services essential to a coordinated, multi-agency response are facing challenges too, with prisons lacking space, resources across all statutory agencies spread too thin, and horrific cases of police perpetrated abuse showing the need for widespread culture change within policing and beyond.

Following the end of this year in March 2024, the landscape has already shifted in the UK. We have seen a change in government and with early, positive engagement with key Ministers and departments I am optimistic about the collaborative possibilities in the year ahead. We will of course be holding the government’s feet to the fire to make sure they deliver what they are promising – ‘Deeds not Words’ always!

I would like to take this opportunity to acknowledge a significant transition in our own leadership. Sarah Mullen has concluded her eight-year term as Respect’s Chair, during which she provided calm and steady leadership, working closely with me to steer through a period of significant growth. I would like to extend my heartfelt thanks to Sarah for her tireless dedication and the support, guidance and useful challenge she has given me personally over the last eight years. She will be much missed. At the same time, I am thrilled to welcome Dr Purna Sen as the new Chair of Respect. Purna brings an extraordinary wealth of experience from her work on violence against women and girls (VAWG) policy at the local, national, and international levels, including her time at the United Nations. Her expertise and leadership will undoubtedly lead to exciting new opportunities.

I'm looking forward to seeing what the next chapter brings. Thank you for taking the time to read this report, and for your ongoing support.

# About Us

Respect is the UK charity stopping perpetrators of domestic abuse. We work with our members, partners and allies to stop the harms done by those who cause harm and perpetrate domestic abuse.

Our pursuit towards a world where everyone is free from domestic abuse encompasses a wide range of activity – from the Respect Standard and supporting a national membership of services with training and accreditation, to innovative programme models, such as Make a Change and the Drive Project. Our work with male victims also continues as an important, distinct, project.

We build evidence of what works, promote safe, effective practice and drive high standards. In collaboration with others, we use our voice to call for a response to domestic abuse that matches the scale of the problem. We will not stop, until domestic abuse stops.

# Our Strategy

In October 2023, we launched our new strategy for 2023-28, Stopping the Harm: A Strategy for Change. Developed in collaboration with insights from our members and colleagues across the domestic abuse sector, the strategy clarifies Respect’s unique role as a membership body, as well as setting out the charity’s updated vision, focus, mission and values.

The strategy sets out Respect’s reason for being, as the specialist expert body focusing on perpetrators of domestic abuse, young people who cause harm, and male victims. Stopping the Harm defines what is needed to achieve our goal:

* A comprehensive range of specialist perpetrator responses in every area.
* A state response to the perpetration of domestic abuse which reflects the scale, nature and urgency of the problem.
* A wholesale shift in social attitudes leading to a reduction in domestic abuse.

Our strategy is built on two pillars through which Respect will deliver its work over the next five years and beyond:

**A Centre for Excellence**

We are creating a Centre for Excellence, which is bringing together practice and research evidence to deliver real change in the understanding of what works to end the perpetration of domestic abuse. [Read more about the Centre for Excellence](#_Creating_a_Centre).

**Influence for Systemic Change**

Our Influence for Systemic Change pillar will draw on the work of the Centre of Excellence. We are expanding our Influence function to build an ambitious programme of work to push for radical change in policy-making, commissioning and funding of specialist and statutory services. [Read more about our influencing work.](#_Influence_for_Systemic)

[Read the strategy](https://hubble-live-assets.s3.eu-west-1.amazonaws.com/respect/file_asset/file/1759/Respect_Strategy_-_Stopping_the_Harm__A_Strategy_for_Change.pdf)

# Our approach

Respect’s strategy and this Impact Report define and illustrate the approach we have taken through our work over the past year to further our mission to stop the harms done by those who perpetrate domestic abuse. We are guided by five fundamental ways of working:

1. Fundraising, Business Development and Sustainability
2. Equity, Diversity and Inclusion
3. People and Culture
4. Membership
5. Co-ordinated action built on solid relationships

# Fundraising, Business Development and Sustainability

As awareness of the need for responses to perpetrators of domestic abuse has risen, Respect has seen rapid and sizeable growth, particularly in the development and implementation of projects and services. In order to continue effectively and sustainably delivering the work that we do, our strategy acknowledges the need to focus on income generation with renewed vigour.

The external fundraising landscape is challenging, and it is impacting not only Respect, but also our members, partners and commissioners. More trusts and grant-making bodies are choosing not to fund second-tier organisations’ activities, including work to support the sector and influence for change.

## Laying the groundwork

In the first year of our new strategy, we have begun to address these challenges by scoping and planning what is needed to fund the Centre for Excellence and Influence for Systemic Change pillars.

We set up an internal fundraising taskforce from across the organisation and have a strategy to increase our fundraising capacity by recruiting a specialist fundraiser to work with our leadership team. To diversify our funding streams, we have developed a case for support, a new corporate partnership plan, and we have built a relationship with the Employers Initiative on Domestic Abuse (EIDA) who work with a range of corporate partners.

# Equity, Diversity and Inclusion

We are ambitious about embedding the principles of equity, diversity and inclusion in all areas of our work. This year, we have been focusing on developing our policies and practices to reflect our commitment to equity, diversity and inclusion. We have:

* Changed our supervision and appraisal processes, to acknowledge and interrogate the role of power and privilege in our organisation.
* Integrated EDI into priorities across all our workstreams.
* Created opportunities in our EDI steering group to share learnings and best practice from projects across Respect.

## Equity, Diversity and Inclusion at the centre

Our new strategy centres EDI as a foundational part of our approach. We know that the impacts of inequality intersect, shaping how individuals experience abuse, how they perpetrate abuse, and how they access services, so it’s vital that EDI forms the cornerstone of our work.

[Read the strategy](https://hubble-live-assets.s3.eu-west-1.amazonaws.com/respect/file_asset/file/1759/Respect_Strategy_-_Stopping_the_Harm__A_Strategy_for_Change.pdf)

## Black History Month – Past, Present, Future

In October 2023, Helplines Advisor Mervin led on Respect’s Black History Month campaign: Past, Present, Future.

* Looking to the past, he shared his own experiences of working on the helplines as a Black man, exploring how society’s changing understanding of race has influenced that.

*“Since I have become more aware of diversity, particularly around race, it has changed the way I manage calls on the helpline. I have become more confident in addressing micro-aggressions.” –* **Mervin**

* Moving into the present, Mervin spoke to Respect colleagues who are graduates of the H.O.P.E. Training and Consultancy leadership programme, about its impact and lasting legacy.

*“I now walk in my power as a Black woman, unapologetically, and I confidently challenge racism. I am grateful for the opportunity and excited to build on this.” -* **Ntokozo, Respect Helplines Advisor and H.O.P.E. Graduate**

* Looking to the future, he checked in with Caroline Bernard, Respect’s Director of Influence, about Respect’s goals for the future, and what success looks like in terms of EDI at Respect.

*“I don’t think we have a choice but to get it right, we all have a duty to demonstrate that we are a part of the change and will actually deliver, beyond policies and statements.” –* **Caroline Bernard, Director of Influence**

# People and Culture

The people at Respect make us who we are. We are committed to nurturing a happy, healthy and productive workforce, which attracts the best people and enables everyone to flourish and thrive. Our culture is rooted in our values: Pioneering, Collaborative, Accountable and Respectful.

We came together in person twice this year for an all-staff away day, to foster connection and think strategically about the issues that affect us all. As a remote organisation, we support flexible working and trust in our team of talented, experienced, passionate people.

## A new structure

As part of the development of our strategy, we reviewed our leadership and decision-making structures. In Autumn 2023 we launched a new staff structure, including the creation of a Practice Leadership Team. The team is made up of the Heads of each of our programmes, who meet regularly to collaborate and identify shared opportunities. This new structure acknowledges the expertise of the people at Respect who are closest to practice, provides clearer routes to decision-making and increases accountability.

*“Being part of the Practice Leadership Team has been a pivotal experience for me. It has opened new avenues for collaboration that help us share ideas, insights, and drive improvements together. We’ve been able to break down silos and foster a more cohesive approach. It’s a dynamic environment where the group truly becomes greater than the sum of its parts. This increased connectivity has enhanced the Make a Change project, allowing us to align our efforts, share resources and create a greater collective impact.*” – **Rebecca Vagi, Head of Make a Change, Respect**

# Membership

As a membership organisation, our role is to reflect the issues faced by our members to policy-makers, academics and thought leaders, and to give them the tools through which they can both directly and indirectly influence for change. Respect’s Sector Support team engages directly with the perpetrator intervention sector to ensure it has the support it needs to respond to these challenges and opportunities. Our monthly Accredited Members Forum has welcomed external speakers, shared opportunities to participate in research, and given members the opportunity to engage with Respect’s policy and public affairs activities.

Respect’s [membership programme](https://www.respect.uk.net/pages/membership) offers a range of benefits to develop practitioners’ knowledge and skills, helping them improve their practice and giving them the opportunity to be part of a network of organisations sharing similar challenges.

## Our members

Respect has:

* 82 organisational members
* 770 staff benefiting from Respect membership
* 29 individual members

## This year:

* 150 professionals attended our Practice Development Days
* We held nine Accredited Member Forums (AMF), where members can raise concerns, share expertise, and learn about sector developments.

*“Attending the Respect AMF over the past 4 years (starting during covid when everything was so unsettled and unsure), has provided me access to an indispensable network of trusted perpetrator work providers with whom to discuss and problem-solve common challenges and sense check approaches to different issues. It’s been really valuable for me to be able to meet regularly with the Respect team and other accredited providers, accessing support as well as updates on relevant sector matters, and enabling me to raise concerns (and share joys) with a dedicated group of people who understand the needs of this sector.”* **- Catarina Sousa, Richmond Fellowship, Respect-accredited member**

## Expert advice for members

Our members can book weekly 1-1 expert advice sessions, supporting them with specific issues and concerns related to work with perpetrators or male victims. This year, our team has provided 79 sessions.

# *“I have always found the expert advice sessions with Emma very valuable. She listens carefully to the situations we present, talks through her thinking processes with us and the advice she gives is always thorough, well informed and in line with the Respect standards.”* **– Kate, from Respect-accredited member Fresh Start**

# Accreditation

Respect’s quality and safety assurance work includes:

* Setting the standards for the delivery safe and effective services, using the [Respect Standard](https://www.respect.uk.net/pages/respect-standard) for work with perpetrators and the [Respect Male Victims’ Standard](https://www.respect.uk.net/pages/respect-male-victims-standard) for work with male victims.
* Assessing services against these standards through a comprehensive and robust assessment process.

## Accrediting quality services

* Four new services achieved Respect accreditation: two perpetrator services and two male victim services.
* Nine organisations started the Respect accreditation process.

*“The Respect Male Victims’ Standard accreditation was a positive experience for Equation, Nottinghamshire. The requirements and time frame were clear, communication with Respect was good and the guidance and support from the assessor was excellent.”-* **Marie Bower, at Respect-accredited service, Equation**

## Reflections on the new Standard

Last year saw the publication of the fourth edition of the Respect Standard for working with perpetrators, which aimed to streamline the assessment process, whilst retaining its robustness. This year we received positive feedback on the Standard’s implementation.

*“Having worked with Respect for many years, we have witnessed the evolution of the standards and their impact on our practices. The enhanced clarity and accessibility of the 4th Edition has been instrumental in fostering a deeper understanding and adherence to the principles of Respect within our organisation. This has not only improved our internal practices but also strengthened our commitment to upholding the highest standards in our interactions and operations. The 4th Edition is a testament to the commitment and dedication of the Respect team in supporting organisations like ours.”* ***–* Staff at Respect-accredited service, Threshold DAS**

# Co-ordinated action built on solid relationships

At Respect, we continue to extend our reach by building on existing relationships and developing new partnerships within and beyond the domestic abuse sector. As well as increased engagement with stakeholders who are committed to addressing the perpetration of domestic abuse from outside the voluntary sector, we are invited to speak at national sector events such as the Women’s Aid conferences. The political party conferences are now a regular activity for Respect, where we participate as speakers and delegates.

Research

We work in partnership with academic institutions to grow the evidence base around the perpetration of domestic abuse.

VISION: Violence, Health and Society Consortium

Respect sits on the Advisory Board of the VISION Violence, Health and Society Consortium project. VISION is a multidisciplinary partnership between City, University of London, King's College London, University College London, Lancaster University, University of Bristol, Warwick University and Public Health Wales. The project is running from October 2021 – September 2026. The team of researchers and experts are engaging with public and third sector professionals and practitioners who generate data on and related to violence in the crime and health arenas. The project will also engage with national and international governmental bodies that use the data.

## ‘Tech-abuse’ – University College London research project

Respect has partnered with the Gender and Tech research group at University College London’s Department of Computer Science on a new project entitled “Tackling Technology-Facilitated Abuse to Protect Victims and Survivors of Intimate Partner Violence”. We are a key collaborator and also sit on the project Advisory Board.

The research project will study tech abuse perpetrators and use the findings to:

* Improve the design of digital technologies.
* Influence national and international policy making by influencing to future-proof policy.
* Understand and address this new level of risk in the landscape of domestic abuse perpetration.

Drawing on findings from a previous pilot, the aim is to establish foundations to stop perpetrators from abusing through digital systems, shifting the responsibility away from victims.

## Reprovide research

Respect was a partner in the REPROVIDE research project, funded by the UK National Institute for Health Research (NIHR) and led by the University of Bristol. The project tested the effectiveness of a group work intervention for perpetrators via a randomised control trial, which concluded in 2023. A paper reporting on the trial has now been published.

The paper concluded that it was possible to recruit, randomise, and retain male perpetrators and female victims of abuse in the study, and collect their self-reported data. The study also found that participants involved in the intervention reported positive benefits.

[Read a summary of the REPROVIDE paper, and access the full version, here.](https://www.respect.org.uk/articles/reprovide-publishes-results-of-feasibility-trial)

# Creating a Centre for Excellence

With almost 25 years of experience, we know that addressing domestic abuse requires focusing on those who cause harm. No single organisation can tackle this alone – it requires collective effort from researchers, practitioners, people with lived experience, campaigners, policymakers, and leaders, from local communities to national parliaments.

This is why, as a key part of our strategy, we committed to create a new Centre for Excellence. Its mission is to ensure that efforts to address the perpetration of domestic abuse are grounded in data and evidence, drive forward research and elevate the quality of practice. The centre will be informed and driven by the innovation and experience of experts in practice and service delivery.

This first year has been focused on planning. We have identified gaps in research and data, mapped potential partners, honed our objectives and clarified our aims. We have presented and tested ideas with our members, with political and government partners, universities and potential funders.

## What’s next?

With funding from the Kurt and Magda Stern Foundation and the Treebeard Trust, we’re embarking on a development phase, to take the Centre for Excellence from planning to funded partnerships, with the following aims:

* To be a hub of best practice, providing guidance, tools and direct support to all those working with perpetrators.
* To examine and evaluate emerging practice and new trends in perpetrator responses, ensuring everyone learns from new approaches and innovation.
* To take a whole systems approach, understanding that no intervention works in silo, and addressing the systemic gaps in the ecosystems that make up the responses to domestic abuse.
* To bring together practitioners, survivors, academics, researchers and perpetrators who have stopped using harm.

# Training

We’re committed to providing front-line workers with the skills and knowledge they need to support service users safely and effectively.

To achieve this, we deliver a [professional development function](https://www.respect.uk.net/pages/training) offering high quality courses, practice development days and webinars.

## This year

* 280 professionals attended our open access training
* 336 professionals received bespoke training on commissioned courses
* Our webinars for professionals reached 450 professionals
* We trained 210 professionals as part of the Ascent Partnership

*“It’s rare that I receive such positive feedback on training, as I did from staff on the training you delivered.” –* **Feedback on Dealing with Dual Allegations commissioned delivery**

## Going beyond

We’re always looking for opportunities to work with organisations and agencies who want to improve their own responses to perpetrators of abuse. This year:

* We worked with colleagues on the Drive Partnership to deliver webinars for staff in London councils, focusing on engaging homeless perpetrators.
* We launched our Responding to Perpetrators webinar, which we delivered to Victim Support as part of the 16 Days of Activism.

## Training you can trust

It’s important that professionals and commissioners know our training is safe and effective, so we’ve been pursuing accreditation for all our courses.

*“Your training was the best domestic abuse training I have ever attended. It was so detailed, and so relevant, and I am already putting some of the knowledge I have learnt into my practice.”* **– Feedback from an attendee on our Integrated Support Service Worker essential training**

## What’s next for training?

* We are working with the Drive Partnership to develop a new two-day course on culturally competent work with perpetrators of domestic abuse.
* We will deliver our new report-writing training for practitioners.
* We aim to achieve our commitment to have all our training courses CPD-certified or OCN-accredited by the end of 2024-25.

# Our helplines

Respect runs two helplines: the Men's Advice Line for male victims of domestic abuse and the Respect Phoneline for perpetrators of abuse. Both helplines also support family and friends that are affected, as well as front-line workers.

To ensure anyone who needs us can access support, we offer an interpreter service and Relay UK compatibility – for anyone who is unable to hear or speak.

# Respect Phoneline

The [Respect Phoneline](https://respectphoneline.org.uk/) is the UK’s only helpline, email, and webchat service for perpetrators of domestic abuse and those supporting them.

Our expert advisors help perpetrators take the first step towards accountability and change, to prevent further harm and make survivors safer.

We offer confidential advice and information to anyone concerned about their behaviour, and we signpost to Respect-accredited perpetrator programmes.

## This year we responded to:

* 6319 calls
* 1776 emails
* 170 webchats

from perpetrators, concerned family, friends and front-line workers.

• 59% understood the practical options and steps to change their behaviour

• 59% had more empathy and understanding for the victim

*“The operator took the time to listen to me and advise. The operator was also very honest with me, even though I found this upsetting, it’s given me clarification and strength to continue”.* **– A perpetrator calling the Respect Phoneline**

## Providing a support network

We know that awareness around domestic abuse perpetration is low, and we receive lots of calls from concerned family members and professionals looking for advice and support. This year we spoke to 60 family members and friends, and 355 professionals about their situations.

*“The specialist advisors really understood what my family member was experiencing and helped us to get a better sense of the perpetrator and how to approach conversations. No other support line we tried really understood some of the issues such as coercive control. Even though the situation is ongoing, the advice and support has been incredibly valuable.”* – **A family member of a victim, calling the Respect Phoneline**

*“The advisor really understood my context and concerns and left me feeling very confident that this was the right resource to recommend to my client. I also got a sense of Respect's control-based perspective, and how this might help him, and indeed me as a counsellor. I found the factsheets very informative and helpful to me as a general counsellor”.* **– A professional calling the Respect Phoneline**

# Respect Men's Advice Line

The [Respect Men's Advice Line](https://mensadviceline.org.uk/) is our confidential helpline, email and webchat service for male victims of domestic abuse, and those supporting them.

As many of our callers are talking to someone for the first time about their experiences of abuse, emotional support is a key component of the help we offer. Alongside this, we provide information on the options available to increase their safety, and signpost them to vital services that help keep them and their children safe.

With access to a quality telephone interpreting service, we ensure everyone can access the help they need, whatever language they speak.

## This year we responded to:

* 33906 calls
* 6602 emails
* 503 webchats

from male victims, concerned family, friends and front-line workers.

*“It made me feel like I am making the first step to getting actual help. I feel like now I finally can tackle my problems. The advisor was extremely helpful and kind. His tone was very calm and understanding, I felt very comfortable speaking to him and he took my struggles very seriously. The service was excellent, Thank you”.* **– A caller to the Men’s Advice Line**

*“It gave me more confidence to support my son during his current situation. It was good to learn and be reassured that we are doing the right thing. Great, friendly service. The call handler was very kind and patient. He explained things calmly and provided some very helpful advice”.* – **A parent calling the Men’s Advice Line**

## High quality support

* 82% of people contacting the helpline felt the advisor was knowledgeable and gave clear advice
* 70% said they understood the practical options and steps to take to increase their safety

## A financial boost for victims

We supported the distribution of the Home Office’s Flexible Fund, supporting 10 male victims to get the support they needed to flee their abusive relationship.

## Reaching diverse communities

Following outreach work on the Men’s Advice Line, we have seen an increase in contacts from minoritised communities, particularly from callers from Pakistani backgrounds (+28%), White and Asian Mixed Heritage backgrounds (+20%) and Chinese backgrounds (+15%).

## Going beyond

This year we received 1197 calls from family members and 537 calls from professionals seeking support for a person they are concerned for. Our advisors were able to guide them on the best ways to practically and emotionally support their client or loved one.

*“The advisor was very knowledgeable about different aspects of support I was seeking for my client. He provided me with various support options and organisations based on my client's situation, he also provided me with refuges outside of London that my client may be able to access and contact details for a refuge service in London. I felt he was extremely supportive and carried out the call with genuine empathy”.***– A professional calling the Men’s Advice Line**

## Reaching out

This International Men’s Day we reached **5711 people** with our campaign raising awareness of the steps we take to prioritise inclusion on the Men’s Advice Line. These include:

* Ensuring our team is from a range of backgrounds, mirroring the diversity of our callers
* Offering an interpretation service called Clear Voice for people who would prefer to communicate in another language
* Offering the Relay UK service, which supports anyone who is deaf, hard of hearing, or speech impaired
* Ensuring our team is trained in supporting neurodivergent callers
* Establishing a pathway with Victim Support’s Ashraya Project, which supports male victims affected by immigration control, homelessness and domestic abuse in London.

*"I was promptly answered with great respect and security, I needed an interpreter in my language and the agent provided it immediately. It's people like this agent who assisted me today and services like this - done out of respect - save and help save lives. My congratulations and your help saved another life today.”* **– A caller to the Men’s Advice Line**

## What’s next for the helplines?

* We’ll be partnering with Refuge as part of a project with the Vision Foundation to improve our response to blind people contacting the helplines.
* We’ll be working to raise awareness of our helplines with perpetrators and male victims in Scotland and Northern Ireland.
* We’ll be working to update the resources available across our helplines websites, to ensure the information is as up to date and helpful as possible.

# Our work with young people

We know that to end domestic abuse, we need to intervene early. That’s why the Respect Young People's Service focuses on young people using behaviours that harm, whether that’s in a family setting, or in their intimate relationships.

We want to effect change at every level: making life better for young people and families, but also shaping national conversations, influencing decision makers and developing the evidence needed to ensure these young people’s needs and experiences are heard and understood.

## Addressing child/adolescent to parent violence/abuse (CAPVA)

Child or adolescent to parent violence or abuse (CAPVA) is a hidden harm: it’s still misunderstood and underreported, and families experiencing it can struggle to access support.

Our [Respect Young People’s Programme (RYPP)](https://www.respect.uk.net/pages/115-rypp) works with young people and their families to stop the abuse and establish respectful ways of managing conflict, difficulty, and intimacy.

## This year:

* 173 front-line professionals were trained to deliver the RYPP
* An evaluation from our Cambridge delivery site, by Cambridgeshire Constabulary and Trinity YMCA, found that:
	+ The programme **reduced violence and abusive behaviour** for all parents and carers in the cohort.
	+ The programme **reduced police callouts** by 94%.
	+ For every £1 invested in reducing CAPVA, up to **£8.30 in police resources could be saved.**
* We worked with our Durham delivery partners, Harbour and Durham County Council, to create a RYPP Ambassador programme, as part of a project to make interventions and support for professionals more sustainable in the area. The ambassadors trained 13 practitioners in February 2024 and have also delivered briefings on CAPVA to multi-agency professionals across the local authority.

## Breaking new ground in Norfolk

This year saw us launch a new partner site for the Respect Young People’s Programme: Norfolk. The site represents true partnership working, overseen by the OPCC and delivered in partnership with Respect, local police, Norfolk Integrated Domestic Abuse Service (NIDAS), Norfolk Children’s Services and Brave Futures.

As part of the project, NIDAS has recruited two full time CAPVA advocates, and Brave Futures provides therapeutic support for more complex cases. As part of the project we have trained 52 practitioners to deliver the RYPP directly to families.

*“This pilot has given us a rare opportunity to build on the work already being carried out to support children, adolescents and – importantly - their families experiencing CAPVA. This work has had a profoundly positive effect on families involved, with a reduction in the need to involve the police or other services in interventions. I am delighted that this project has trained so many practitioners to deliver the RYPP directly to families and the work by these practitioners will provide a lasting legacy.”* **- Norfolk’s Police and Crime Commissioner, Sarah Taylor**

## Reaching more families

We partnered with Durham County Council, Durham PCC, children’s charity Investing in Children, and local families with lived experience, to create an animation raising awareness of CAPVA and the support available to families experiencing it. The animation was viewed over 20,000 times.



## Guided by young people

We worked with Respect-accredited member and RYPP delivery partner TLC: Talk, Listen, Change to hold a workshop where young people benefiting from the RYPP created an artwork detailing their positive and negative experiences of working with professionals. We digitised that artwork so professionals can use it to inform their work with young people.

[Access the resource](https://hubble-live-assets.s3.eu-west-1.amazonaws.com/respect/file_asset/file/2039/RYPS_Working_with_professionals_campaign_A2_v.3_Web.pdf)

## A hub for professionals

Our [bespoke website](https://www.respectyps.org.uk/) for practitioners working with young people went from strength to strength: this year the number of people accessing the site grew by 288%.

## Creating connection

Members of the Respect Young People’s Service are often approached to speak at events throughout the year to share their expertise and raise awareness of CAPVA as a form of domestic abuse. This year our team:

* Delivered the keynote speech for Norfolk’s CAPVA Awareness Day, attended by 70 professionals.
* Delivered the keynote speech and delivered a presentation on the RYPP Ambassador Programme and the Whole School Approach to CAPVA at Durham’s CAPVA Celebration Day, attended by over 80 professionals.

*“The event really raised further awareness of CAPVA as well as shining a light on how well RYPP can work with neurodivergent children.”* **– Attendee at Durham’s CAPVA Celebration Event**

## Challenging teenage relationship abuse

Our [Dating Detox](https://www.respect.uk.net/pages/the-dating-detox) programme challenges abuse and promotes respect in young people’s intimate relationships. This year, we trained 32 professionals to deliver this vital programme.

*“Very useful and relevant training to my role. I feel confident to deliver this. Really enjoyed the training, informative and fun.”* **– Recipient of Dating Detox Training**

## What’s next for the Young People’s Service?

* Our CAPVA survey collected information on the public’s knowledge and experiences of CAPVA. Once we have analysed the data, we will share our findings with changemakers to influence for improved services and support.
* We’re working with YMCA Trinity to deliver training for domestic abuse champions at Cambridge County Council
* We’ll be working in partnership with SafeLives on their Verge of Harm Phase 2 Project to help evaluate best practice in interventions with young people.
* We'll be launching our new CAPVA Resource: *Working with CAPVA – Building skills in emotional identification and regulation*. The resource will help professionals support young people to manage their emotions, so they are better equipped to participate in the Respect Young People’s Programme.
* We're hoping to help Norfolk schools become the first in the country to provide RYPP in the school environment – helping young people and their families access support without the need for statutory services like police or children’s services.

# Make a Change

[Make a Change](https://www.makeachange.uk.net/for-a-friend-family-or-community-member) is a community-wide, early response to people using harmful behaviour in relationships. It provides expert support for people who are concerned about their behaviour, and their partners and/or ex-partners, as well as training for professionals and support for the wider community.

## This year:

* The programme was delivered across four sites: Durham, Merseyside, Sunderland and Trafford.
* We supported 467 people through our behaviour change programme, survivor support, and training for professionals.
* We saw a 42% increase in participants on the behaviour change programme:
	+ 198 referrals
	+ 118 participants.
* We saw a 38% increase in survivors supported since last year:
	+ 182 referrals
	+ 153 participants.
* 56% of referrals came from children’s services. The next highest referral source was self-referral (31%). Referrals were also received from mental health, police, housing and others.

## What changed for people using harm?

* Following the behaviour change programme:
	+ 95% of participants improved on every outcome that we measure, demonstrating an increase in accountability, insight, empathy, emotional management and equitable beliefs.
	+ Before the programme, 38% of the participants acknowledged they had been abusive. After the first phase of the programme, 79% acknowledged domestic abuse.
* By the end of Phase 1 of the behaviour change programme:
* 100% of participants agreed/strongly agreed that they could now identify the situations, thoughts and feelings that are most likely to lead to them harming their partner/ex-partner (an increase of 33% from assessment).
* 71% of participants agreed/strongly agreed that the way they respond to their negative thoughts is their choice (an increase of 35% from assessment).
* 83% of participants agreed/strongly agreed that they have learned new ways of managing the feelings and impulses that have often led to them abusing their partner.

*"My relationship has turned around. As a couple we communicate a lot better and talk about any issues before they get to the point of me exploding. Since the start of the programme, I have not exploded once, and I can see a real change in my partner’s approach to me. It is like she is not afraid of me anymore and I am able to open up about things that I would have never done, like my emotions."* **- Participant in Make a Change**

## What changed for survivors?

* For at least 17% of survivors referred, the Integrated Survivor Support Service offered as part of Make a Change was the first time they accessed a domestic abuse specialist service.
* Throughout receiving support, survivors reported improvements across all the outcomes we measure, such as:
* 12% improvement in confidence,
* 10% increase in feeling good about themselves,
* 13% increase in feeling close to other people.

*"My Make a Change worker was there when I was at my lowest points in my relationship, and she never gave up on me. She was my companion on one of the most important journeys in my life – from being co-dependent, scared and helpless, to becoming, brave and free to be myself, change career and live successfully as a wife and mum, continuing my journey of self-discovery and empowerment.”* **– Survivor supported by Make a Change**

## National activities

We hosted our first national Make a Change webinar for domestic abuse leads, commissioners and services. The event brought together colleagues from across all areas of the project – frontline practitioners, commissioners, Women’s Aid Federation of England and Respect. **133** people joined live from a range of services and agencies, and the recording was sent to a further **150** people who registered their interest.

Following the webinar, we launched our updated commissioning pack, which explains the benefits and logistics of setting up Make a Change in a local area. If you’re interested in seeing this, feel free to let us know.

## New horizons – the launch of our Newcastle site

Make a Change Newcastle opened for referrals in March 2024. It forms part of a new perpetrator service that offers a range of responses, funded by Northumbria Police and Crime Commissioner and Newcastle City Council. Harbour delivers the behaviour change programme in partnership with Changing Lives, who provide survivor support.

As part of launch activity, Harbour’s Make a Change Coordinator, Lesley Hill, featured in an article on the Chronicle Live website, which has monthly visitor traffic of over 13.5 million.

## Workforce development

* We delivered 28 sessions to 196 professionals from 76 different organisations, including children’s services, health, substance use, and housing.
* For 92% of professionals who attended, it was their first training on working with perpetrators.
* 96% of attendees reported that they had a better understanding of domestic abuse, had learnt to recognise the signs that someone is behaving abusively and felt more confident raising and discussing abusive behaviour with colleagues.

*"Made me consider how we can break the cycle of abuse, as merely helping victim will not solve the problem of perpetrator moving onto to another partner. We tend to focus on making sure the survivor is safe and able to move on but not help the perpetrator to change their behaviour and have the chance of a successful relationship in the future."* - Early Help Practitioner

Find more detail in [Make a Change’s Impact Report for 2023/24](https://static1.squarespace.com/static/5c98cd8e65019f39682f36ba/t/66c5fa58c42e2f36a13eb10b/1724250715814/MAC%2Bimpact%2Breport%2B2324_FinalUpdate.pdf)

## What’s next for Make a Change?

* As we enter our final year of our current funding through the National Lottery Community Fund, we are exploring how we can sustain existing sites, expand to new areas and innovate the model to incorporate learning from the last four years of delivery.
* We are starting an exciting partnership with Standing Together Against Domestic Abuse (STADA), who has grant funded a role within Make a Change to lead a national initiative that will shape the health’s sector response to perpetrators of domestic abuse.
* Work to explore how Make a Change could better support people from marginalised and minoritised communities. Members of the Respect central team are involved in the Faith & VAWG Coalition and The Drive Partnership’s LGBT+ communities co-design group.
* Embedding the new Make a Change Newcastle service as part of a Coordinated Community Response (CCR), including innovative approaches to pathways from health and police.

# The Drive Partnership

[The Drive Partnership](https://drivepartnership.org.uk/) is formed of three organisations: Respect, SafeLives and Social Finance. It was initially set up to deliver a three-year pilot intervention working with high harm, serial perpetrators, and has since received funding to expand this work and extend its remit to include public affairs and national systems change work.

## This year:

* 848 service users were accepted onto Drive
* Measures were put in place to protect 954 victims, and 1878 associated children/young people
* 814 professionals were trained as part of our workforce development training programme.

## Increasing our reach

This year, the Drive Partnership has continued to grow, expanding and launching services across England.

* We set up a new site in Lancashire with Victim Support, and expanded sites delivered by Cranstoun in West Mercia and Avon and Somerset to include Shropshire and Telford and Bristol and North Somerset, respectively.
* With the support of the Police and Crime Commissioner and match funding from the Home Office, we set up a brand-new site with Cranstoun in the Thames Valley.
* We expanded our South Basic Command Unit service, creating a Pan-London service, funded by the Mayor’s Office for Policing and Crime London as part of the Home Office’s Domestic Abuse Perpetrator Intervention Fund. The service will be delivered by Rise Mutual in close partnership with local services, including the police and social services.

## Taking Drive inside

Since April 2023, we’ve been working with Swansea Prison and Safer Merthyr Tydfil to deliver an adapted version of the Drive Project, focusing on prisoners with short term sentences.

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## Drive’s influencing work

This year the Drive communications team:

* Continued to build membership across the Action on Perpetrators Network and work collaboratively with the network to lead the development of a [Call for Further Action](https://drivepartnership.org.uk/a-call-for-further-action-strengthen-the-response-to-perpetrators-of-domestic-abuse/).
* Celebrated the expansion of the Drive Project as a pan-London service by hosting an in-person launch event at City Hall with 100 attendees.
* Continued to support the coordination of the Domestic Abuse Commissioner’s Strategic Reference Group on Perpetrators, bringing together experts to champion greater cross-government and cross-agency investment and ownership of domestic abuse.
* Engaged with parliamentarians on the Victims and Prisoners Bill to ensure that perpetrator interventions are recognised within the full range of community-based services required for a holistic and effective response to domestic abuse.
* Launched the Drive Partnership’s new website and rebrand, which reflects the Drive Partnership’s expanding work across both innovative perpetrator interventions and wider national systems and policy change.

## Addressing systemic gaps

Thanks to further funding from the National Lottery Community Fund, the Drive Partnership has partnered with specialist by-and-for organisations and experts by experience to co-design improved responses to perpetrators of domestic abuse across Black African, Caribbean and Mixed Heritage communities, South Asian communities, and LGBT+ communities.

[Learn more about this work](https://drivepartnership.org.uk/publication/the-drive-partnership-partners-with-by-and-for-organisations-and-experts-to-co-design-specialist-responses-to-domestic-abuse/)

## What’s next for the Drive Partnership?

* We will continue with our engagement and influencing on the need for a strengthened response to perpetrators of domestic abuse, using the Call for Further Action.
* We have been commissioned by the Home Office to design and roll out the Domestic Abuse Protection Order (DAPO) triage function across a range of pilot sites.

# Restart

[Restart](https://drivepartnership.org.uk/about-us/restart/) is a Drive Partnership pilot working to improve responses to perpetrators of domestic abuse in families supported by Children's Social Care. Restart changes the way domestic abuse is dealt with so that the person who has used abuse is held accountable for the abuse and may be offered accommodation away from the family home.

## This year:

* Restart was delivered in five boroughs
* 138 referrals were made to Restart
* 15 accessed the housing pathway which offers accommodation advice, support, and option of up to four weeks accommodation for the person who has used abuse to ensure the family can stay safer in their home if safe to do so.

To date, Restart has received referrals for 329 service users, and supported 309 associated victim survivors and 655 children.

## The perfect match

Restart has partnered with Respect’s Safe & Together team to provide workforce development in the project’s five participating London Boroughs.

Head to the Safe & Together section of this report to learn more about the project.

## What’s next for Restart?

* We’re expanding Restart into London Borough of Barking and Dagenham, as part of a feasibility study with Foundations, the ‘What Works Centre for Children & Families’
* An evaluation of Restart will be published by the end of the year, and we’re working with partners to develop learning and practice guidance for local authorities
* We’re continuing to offer Lunch and Learn seminars to ensure as many children’s social care practitioners as possible are aware of the offers available and the ways to engage the perpetrator and support the victims and survivors
* We’ll complete case file audits in all five boroughs to better understand and evidence the impact of the Safe & Together model in practice
* We’ll deliver refresher sessions for managers and decision makers to ensure their knowledge of the model is up to date

# Our work with Safe & Together

The [Safe & Together](https://www.respect.uk.net/pages/147-work-with-safe-together) model is a training programme designed to help child protection professionals improve their response to domestic abuse.

## What is Safe & Together?

The model is based on three key principles:

* Keeping children Safe & Together with their non-abusive parent, ensuring safety, healing from trauma, stability, and nurturance.
* Partnering with the non-abusive parent as a default position ensuring efficient, effective, and child-centred practice.
* Intervening with the perpetrator to reduce the risk and harm to the child through engagement, accountability, and criminal justice.

At Respect, we are implementing the Safe & Together model through two partnerships: the London Partnership and Restart.

## This year:

* We continued implementation in 11 boroughs
* We launched two new boroughs: Barnet, and Barking and Dagenham
* 486 professionals attended the Safe & Together CORE training
* 565 professionals attended the Safe & Together Overview training
* 18 professionals attended the Safe & Together Supervisor training
* We delivered 604 practice consultations to social workers
* We launched the year two evaluation of our work on the London Safe & Together Partnership.

## Embedding the model

Part of what makes the Safe & Together Model so effective is our six Implementation Leads, a group of domestic abuse experts who work across London, supporting professionals to embed the model.

*“I learn new things every time I come to a consultation. I feel that you provide me with confidence in implementing behaviour expectations for the perpetrator, and I am able to use your research to evidence why. I feel that these consultations provide me clarity that there are risks, and that every opinion that I have is either validated or explored.”* **– Practitioner being supported by Safe & Together Implementation Leads**

## Empowering professionals

Following Safe & Together’s CORE Training:

* 96% of training participants would recommend the training to a colleague
* 93% of professionals made changes to the way they conduct assessments
* 93% of professionals changed the way they conduct interviews.

*“I have grasped the concept of Safe and Together. The training was very clear about*

*how to partner with adult survivors and holding fathers accountable which has made*

*it easier to implement this with families.”-*  **Professional trained in the Safe & Together model**

Our professionals hub helps keep practitioners up to date with training opportunities and resources. This year, the hub was visited by 1459 professionals.

## The London Partnership

Respect has been a proud Safe & Together partner agency since 2019, and has grown the partnership to cover eleven boroughs. This landmark systems change project is designed to improve the way children’s services and partner agencies respond to domestic abuse and engage with perpetrators, and to provide better support and protection for adult and child survivors.

*“I did the report for family court after our consult. The response that I got from mum was incredible - she said she felt "overwhelmed with validation" and that this was the "first time someone else has seen his behaviours for what they are - I felt like I was going crazy until I saw your assessment." She was so pleased. It had an immediate impact on her parenting when she went home, and has since. Dad has made a formal complaint about me and has requested a new plan and new social worker. Don't worry, I've mapped that out as part of his pattern too." –* **Professional trained in the Safe & Together model**

## Working with Restart

Restart has partnered with Respect’s Safe & Together team to provide workforce development in the project’s five participating London Boroughs.

* 473 professionals were trained by Restart’s project with Safe & Together this year.
* Six months after the training:
	+ 93% had made changes to the way they conduct assessments
	+ 93% had made changes to the way they conduct interviews with family members
	+ 89% of participants have made changes to the way they document domestic abuse cases, most notably in how they document survivor experiences

*“I am in love with [the model] … Every single person/professional needs this training and needs to be extended beyond a child focus. I am a big fan! I will definitely be promoting. This training has been very validating for me as I just live in a permanent state of anger and frustration at how inherently victim blaming our approaches are currently.”* **– A professional following their Safe & Together training, via the Restart partnership**

## What’s next for our work with Safe & Together?

* The Respect Safe & Together team have all recently been trained in the Supervisor Credential, allowing us to deliver an enhanced offer of Supervisor Training to all 11 of our partner boroughs. This helps us support managers to embed the model and guide their teams toward practice shifts.
* Work in our 11 boroughs is fully funded until March 2025, at which point we hope to grow our presence across the UK.

# Influence for Systemic Change

Set up in 2021, the Respect Influence function continues to work with colleagues and organisations across the sector to shift the narrative around domestic abuse. Our Influence work is the route through which the outputs and outcomes achieved by the Centre for Excellence will be shared to develop evidence-based policy change.

As our Influence function has become more established, we want to ensure that we are fully connected with changemakers, encouraging them to prioritise responses that address the root cause as well as the consequences of abuse.

This year:

* We continued to raise awareness of Respect’s work to end domestic abuse, increasing press coverage by 555% in 2023/4, an increase from 144% in 2022/23.
* Our [International Women’s Day campaign](https://www.respect.org.uk/articles/international-women-s-day-at-respect), focusing on the vital role women play in the perpetrator sector, reached 12,818 people.
* During the [16 Days of Activism](https://www.respect.org.uk/articles/16-days-of-activism-a-range-of-responses), we introduced our audiences to some of the experts behind our work to address perpetrators of abuse.
* For International Men’s Day 2023, we published a [blog](https://www.respect.org.uk/articles/international-men-s-day-2023-inclusion-on-the-men-s-advice-line) from an interview with our Head of Helplines, Tanisha Jnagel, focusing on the Men’s Advice Line.
* We delivered a Black History Month 2023 campaign entitled [“Past, Present, Future”](https://www.respect.org.uk/articles/equity-diversity-and-inclusion-at-Respect-and-beyond) curated by Mervin, Helplines Advisor.
* Our Valentine’s Day campaign “It’s not love if…” encouraged people to reflect on their own relationships, raising awareness of the feelings and behaviours associated with abuse. The campaign reached 37,000 people.
* We led on creating two sector roundtable meetings to produce joint responses to the Home Office Consultation on child to parent abuse, and the Ministry of Justice’s Murder Sentencing consultation.
* We brought together agencies from across the sector to produce a joint response to the recent Home Office Consultation on the Definition for CAPVA/Child to Parent Abuse. Securing a legal definition would help build a more accurate picture of CAPVA’s prevalence and help families access support more easily.
* We began work on developing a Respect Manifesto in readiness for a 2024 General Election in collaboration with staff, members and trustees.
* We participated in the Labour Party conference in September 2023 – Respect’s Director of Influence spoke at a fringe meeting to launch the joint sector Manifesto ahead of the expected 2024 General Election.

Taking our voice to Parliament

In January, Respect CEO, Jo Todd CBE, gave evidence at the Women and Equalities Committee as part of their inquiry into “’The escalation of violence against women and girls”. She spoke about the need for a more comprehensive response to perpetrators.



Supporting the sector

No single organisation can end domestic abuse alone. It’s only by working together with our sister and partner organisations that we can collectively push for change. This year:

* We supported LAWRS’ successful campaign to create a firewall so migrant survivors can safely report and escape from abuse without fear of deportation.
* We teamed up with Women’s Aid and 56 other sector colleagues to issue a joint letter to the Government highlighting the recruitment and retention crisis in the sector.
* We supported a campaign led by Southall Black Sisters to include protection for migrant women as part of the Victims and Prisoners Bill.

What’s next for Influence for Change?

* We’ll be growing our Influence function, ensuring we can deliver on our strategic commitment to influence for systemic change.
* We’ll be meeting with new MPs to ensure perpetrators are on the agenda for the new government.
* We’ll be submitting to the multi-year Comprehensive Spending Review with an aim to securing funding to maintain and grow the perpetrator response sector.
* We will re-establish the All Party Parliamentary Group (APPG) on Perpetrators of Domestic Abuse for which we are the secretariat
* We’ll be working with our colleagues at Women’s Aid to produce a policy paper with recommendations for the new government on ensuring a whole system response to achieving its goal of halving violence against women in a decade.

# Thank You!

We are grateful for the continued support of our trustees, supporters and funders, without whom this vital and lifechanging work would not be possible. A special thank you to:

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