



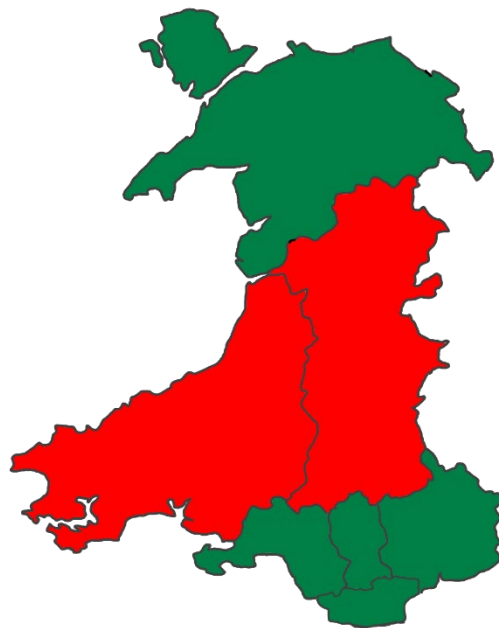
Mid and West Wales

Violence Against Women

Domestic Abuse and Sexual

Violence Strategy.

2023-2027



Easy Read Version.



This strategy is about ending:

- violence against women
- domestic abuse and
- sexual violence

and supporting those who need it.



This Easy Read shows how we want to do this in Mid and West Wales.



We want to thank everyone who has helped us with our plan.



We looked at the laws and plans in Wales and the UK to help us write this plan.



We worked with support services, police, local authorities, health boards and others.

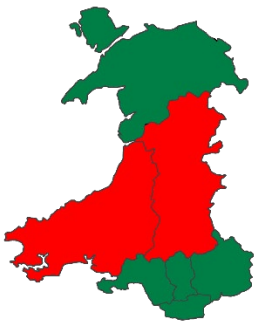
What we did well in 2018- 2022.



A regional advisor to help us work better and bring services together.



Working together better, sharing ideas and resources.



We worked across the region to help abusers to stop abusing.



We agreed how we will pay for projects across the region.



We looked at how we are managed. This has helped us to do our work better.



We have a new toolkit to stop stalking and harassment.



We had an extra £2 million for services who support people who have been abused.



We have 2 new **BAWSO** support workers to work with people from different communities.



We looked at how services are planned and paid for. This led to a new regional strategy to plan and pay for services.



A new service to help and support people who need help at their GP.



Working with housing providers to support older people to a safe space.



We have a new plan to stop child to parent abuse.



Community ambassadors working with hair and beauty shops.



Myriad programme, supporting **LGBTQ** people to recover from abuse.



New ways to give evidence from a safe space.

Our principles



We worked with everyone to agree our principles.



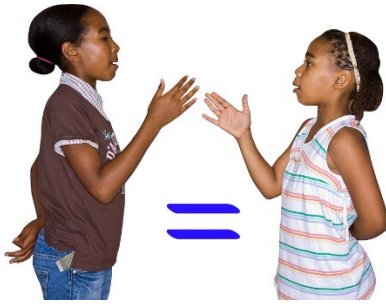
We chose 11 principles that tell us how to do our work the best we can.



- Listening to people who have survived abuse



- Working with everyone in society



- Equality



- Thinking about people's lives as a whole, not just one part of their lives



- Working together



- A very good understanding of abuse



- Working with people before abuse happens to stop it happening.



- Understanding trauma



- Stopping male violence



- Being leaders



- Being sustainable



We want to make sure we are always learning and growing with our work.

Survivors spoke about:



We spoke to 26 survivors when we wrote this plan.

They told us that:



- Its not always easy to have a service.



- The effect it had on their children.



- Good experiences with staff who had helped them.



- Bad experiences with police and social services. They did not think they had enough knowledge.



- A need for a range of safe places to stay.



- Good information so that everyone including families and friends know what abuse is.



- More people need to be aware of abuse.



- There needs to be support services for all victims of violence and abuse.

Objectives



Objectives are goals we have set ourselves.



1. Make the public think about their own attitudes to abuse and violence against women.



2. Teach children about safe and equal relationships.



3. Look at supporting people who are abusive and violent to stop them doing it again.



4. Changing things early and stopping abuse from happening is important.



5. Train professionals and staff so they help people who have been abused.



6. Make sure people who have been abused have a good service that is right for them.

Who will make sure this happens?



The Mid and West Wales Safeguarding Executive are in charge.



We will work with a lot of different groups to make this plan happen.





- Four Public Service Boards
- Two Regional Partnership Boards
- Two Health Board Executive Boards
- Regional Collaborative Committee
- Regional Integrated Offender Management Board
- The two Area Planning Boards (Substance Misuse)
- The Dyfed Powys Criminal Justice Board
- Suicide and Self Harm Prevention Board



We will have a new way to see if we have done everything we said we would.

We will:

1. Make the public think about their own attitudes to abuse and violence to women.

	What we will do:	How we will know it has worked:
	Have a good communication plan across the area.	We will have the same messages across the area. You will find our messages in the community, online and with our partners. We will have a plan each year.
	Tell companies about abuse and support them to have policies and support for their workers.	We will see: <ul style="list-style-type: none">• New work policies about abuse.• More people coming forward for help.



2. Teach children about safe and equal relationships.




Support the new classes on relationships and sexuality.

We will:

- Keep supporting the Welsh Government's idea of a healthy relationship.
- Keep supporting everyone to have healthy and safe relationships in their lives.
- Have support providers supporting the new classes.






	<p>Work with community groups like young farmers, youth clubs and youth councils.</p>	<p>We will see:</p> <ul style="list-style-type: none"> • Clear messages about relationships for all children. • Children and young people will know about healthy relationships.
	<p>Share what we learn across the area to make services better at teaching about healthy relationships.</p>	<ul style="list-style-type: none"> • More people will know about abuse. • Better support for workers who are abused. • More people getting support for abuse.

3. Look at supporting people who are abusive and violent to stop them doing it again.

	<p>Learn more about what helps abusers stop.</p>	<p>We will have:</p> <ul style="list-style-type: none">• Better understanding of what helps abusers stop.• Good ways to help abusers stop.• Help Welsh government learn what helps people stop.
	<p>Make sure professionals know what is there to support abusers to stop.</p>	<p>We will see:</p> <ul style="list-style-type: none">• More people using support services.• Less abusers.• People are kept safe.




	<p>Be part of a national campaign to encourage abusers to ask for help.</p>	<p>We will see: The same message across Wales. More people asking for help.</p>
	<p>Work with other Welsh services to make services better.</p>	<p>We will see: A Wales wide plan to stop abusers abusing.</p>
<p>4. Changing things early and stopping abuse from happening is important.</p>		
	<p>Have a plan for GPs to take action early.</p>	<p>GPs in Mid and West Wales will intervene early.</p>

	<p>Start a Community Ambassador Programme.</p>	<p>We will find people being abused earlier.</p>
	<p>Grow the Bystander Initiatives from Aberystwyth University.</p>	<p>We will have safer streets and communities.</p>
	<p>Start an independent domestic abuse adviser role in hospitals.</p>	<p>We will see more patients able to report abuse. More staff reporting abuse. Staff will know more and be able to help more.</p>
	<p>Teach boys and young men how to stop male violence.</p>	<p>Boys will understand consent and healthy relationships.</p>

	<p>Look at how to teach girls about rights and empowerment.</p>	<p>Girls will know their rights and where to find good information.</p>
	<p>Support children who are being abusive.</p>	<p>We will have good support for children across the area.</p>
	<p>Make sure we are working well with housing support teams</p>	<p>We will know who needs housing help earlier. Staff will be more confident to help.</p>
	<p>Make sure people know that some survivors may feel like suicide.</p>	<p>There will be better ways to find support when people feel so bad they might hurt themselves.</p>
	<p>Learn from what happens when someone dies because of domestic abuse.</p>	<p>Local and national services work better.</p>

5. Train professionals and staff so they help people who have been abused.



	<p>There is a Wales-wide training programme. We need to make sure everyone is using it.</p>	<p>Make staff more confident to work with people who have been abused. More people who have been abused will come forward.</p>
	<p>Make sure staff know more about abuse</p>	<p>Staff are more aware of abuse. People who have been abused are kept safe. More people come forward to find help.</p>
	<p>Try out better training to learn about older people.</p>	<p>Look at the Dewis Choice training virtual reality training. Make sure the training is for the whole region.</p>


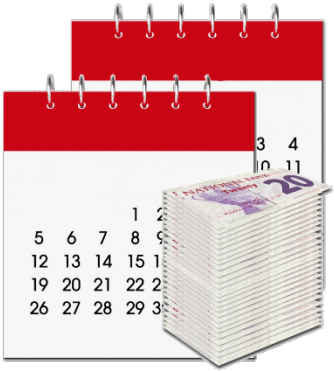

	<p>Make sure staff in our area are trained about abuse.</p>	<p>Improve understanding of violence and abuse. More referrals to specialised services.</p>
	<p>Make sure judges and courts know about abuse.</p>	<p>Help the Judiciary understand about abuse. People who have been abused have a better future.</p>
	<p>Support survivors from diverse communities.</p>	<p>Good support for everyone.</p>

6. Make sure people who have been abused have a good service that is right for them.

	<p>Make sure everyone knows how important working with young people is. Make sure all services have good services for children.</p>	<p>We will see better services for children. We will agree how best to pay for young people's services.</p>
	<p>Provide good services for older people in our region.</p>	<p>We will see better services for older people.</p>
	<p>We will make sure the Sexual Assault Referral Centre model is used by everyone.</p>	<p>Staff will be trained to use the new model.</p>
	<p>Learn from the review of independent sexual violence advisers.</p>	<p>Better services for people in our area.</p>

	<p>Operation Soteria is a new way to investigate rape. We will make sure all services are using it.</p>	<p>Working with the police and courts will be easier for people who have been abused.</p>
	<p>Build Peer Support Groups.</p>	<p>Better outcomes for abuse survivors.</p>
	<p>Find money to pay for safe places for people to stay.</p>	<p>There will be more safe places for people to stay.</p>
	<p>Make sure there are good services for people from different communities.</p>	<p>Good services across our area for people from different communities. Better outcomes for everyone.</p>

	<p>Some people who travel from another country cannot use services like health and social care.</p> <p>We will look at ways we can work with them.</p>	<p>We will make sure everyone in Mid and West Wales can get a good service.</p> <p>People who cannot get a service start to get a service.</p>
	<p>Talk to lesbian, gay, bisexual and trans people (LGBTQ) about abuse.</p>	<p>Better support for LGBTQ survivors of abuse.</p>
	<p>Find out about sexual exploitation in our area and what support people need.</p>	<p>Staff will know more and be able to support people better.</p>

	<p>Some people who have been abused may also need help to address their own behaviour. We need to know how to support people when this happens.</p>	<p>Services will work the same way in our area.</p>
	<p>Planning and paying for services should be the same across our region.</p>	<p>Services are the same across Mid and West Wales. There is fair access to services for everyone.</p>
	<p>Make sure there is enough money to pay services in this plan.</p>	<p>Use money across the region better. Use Welsh government money to pay for good services.</p>

Good funding and planning into the future.



The Welsh Government is looking at how services are planned and paid for. We will work with them.

The way services are planned and paid for in Wales will be the same.



Make sure local and regional teams and services work well together.

We will make the most of the money we have for services.




Llywodraeth Cymru
Welsh Government

Let the Welsh Government know what we do well so others in Wales can learn from us.


We will help to make a Wales wide plan for funding.

Planning and running services well

 A spiral-bound notebook with a white cover and silver rings. On the cover is a green map of Wales with white regional boundaries.	<p>Report how we run our services to the National partnership board.</p>	<p>We will have a regional group that will report to the Wales group. What we do will help a new Wales wide plan to end violence to women.</p>
 A man in a dark suit and glasses is holding a clipboard and a pen. On the clipboard is a map of Wales, with the southern and western parts highlighted in red and the northern part in green.	<p>What we do well in Mid and West Wales should be shared across Wales.</p>	<p>We will have a place in 6 Wales working boards. Work in our area will help across Wales.</p>
 A diverse group of six people (three men and three women) are gathered around a table, looking at and pointing to documents. They appear to be in a collaborative meeting.	<p>Keep and make stronger our links with boards in our area.</p>	<p>We will have good working across our region.</p>

	<p>We will have a plan to check we are doing everything in here.</p>	<p>We can show how well we are doing locally and for Wales.</p>
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Working with people who have survived abuse

	<p>We will be better at working with people who have been abused.</p> <p>We will find ways to include young people in planning services.</p>	<p>We will have a plan to work with everyone.</p> <p>We will have a way that people who have</p>
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