

away out

IMPACT REPORT

LOVE
HOPE
FREEDOM

OCTOBER 23
- SEPTEMBER 24



PROJECT BREAKDOWNS

UNITY



YOUNG PEOPLE

Project Outline:

Evolve supports children and young people aged 9-16 years. It is delivered within schools and the community as a 6-week social skills intervention program which equips young people with the knowledge, understanding and resources they need to increase self-awareness, self-direction, motivation, self-regulation, social skills and resilience. Topics covered include peer pressure, bullying, hormones, making friends, internet safety, vaping and mindfulness.

Many of the children taking part come from chaotic homes, witness domestic abuse, family breakdown and not having positive role models to look up to. Many display anger, struggle to follow instruction, talk over one another with a go to reaction to fight/square up to one another/ argue/throw things. Some children are unable to engage within the group setting and for those we offer 1:1 sessions. Additionally, many children really struggle with feeling happy in themselves, with one child even stating he didn't like himself. It is very rewarding at the end of the six weeks to achieve a very positive outcome in relation to children reporting an improvement of feeling comfortable with their self.

OUTCOMES

24 unique individuals

11

children self-report having an understanding of the effects that violence can have



22

children self-report increased understanding of the importance of self care



20

children self-reported improved understanding of how being unkind to someone can make them feel



18

children self-reported improved understanding of expressing feelings and emotions with an improved understanding of expressing feelings and emotions



18

children self-report improved ability to calm self-down when feeling stressed, angry or upset



22

children self-report improved confidence in doing what feels right for them





SUPPORT FOR YOUNG WOMEN

Project Outline:

The Blossom Project supports girls and young women aged 13-24 (or up to 25 years if they have additional needs such as learning difficulties / disabilities), who experience multiple unmet needs and disadvantages. One to one and group, trauma informed and person centred, interventions build their resilience and prevent abuse, harm and exploitation and opportunities to lead campaigns, events and projects further ensure their voices are heard.

Blossom accepts referrals from a wide range of sources including Social Care (both childrens' and adults') education, health, housing schemes, mental health services (statutory and voluntary) as well as self-referrals. The girls and young women we support have a range of presenting needs upon referral including; sexual assault and harassment, low self-esteem and worth, lack of confidence, low resilience and struggling to regulate emotions, to name but a few. The support is focussed, exploring with the client what they want to work on first, together identifying actions and working together to co-produce their support goals.

The support offered is flexible and can be adapted to suit the changing needs of the clients. For example, this can take place in person, digitally as well as a combination of these to suit clients' needs. The support is very much tailored to their individual needs to ensure clients feel comfortable in their sessions. It is not time constricted in that clients can access support for however long they need it and they can also access ad hoc support once exited if they find they need this again. The girls and young women who have accessed Blossom tell us that this is one of the most important things to them; that they are listened to, felt heard and not judged and that support is there for them when they need it. Our clients co-produced outcomes that they felt are most important to them to achieve during their journey with Blossom; to be confident, to be safe (at home and contextually), to be healthy (mentally and physically) to increase confidence and to gain knowledge and awareness of issues that matter to them.

OUTCOMES

35 unique individuals

31

young women self-report increased or maintained how confident they feel.



33

young women self-report feeling safe within their home environment.



32

young women self-report feeling safe outside of their home environment.



28

young women self-report maintained or increased physical health.



28

young women self-report maintained or increased mental health and well-being.



30

young women self-report an increased ability to make and maintain relationships with others.



32

young women self-report feeling confident to seek support with their health.



32

young women self-report having increased knowledge/awareness of topics they did not know before (as a result of Blossom 1:1 or group work).



VIOLENCE AGAINST WOMEN AND GIRLS

Project Outline:

The Violence Against Women and Girls advocacy project reaches, engages and empowers girls and young women aged 16 - 26 who are experiencing or have experienced gender-based violence against them. Through collaborative assessment, person centred and trauma informed support and advocacy, we ensure they know their rights and can recognise and address VAWG. This service supports girls and young women who are resident in Stockton, Middlesbrough, Hartlepool and Redcar and Cleveland.

Our VAWG project accepts referrals from a wide range of agencies similar to those that refer into Blossom as well as self-referrals. The young women supported have wide ranging need linked to the gendered violence they have experienced, including sexual assault, sexual harassment, rape, sexual abuse (historic), stalking and domestic abuse and coercive control. As a result of these experiences the young women often present with secondary needs such as poor mental health and emotional wellbeing, ability to regulate emotions, lack of confidence and self esteem, body image issues as well as eating disorders.

As with the Blossom service offer, support is flexible and person centred to suit the clients individual needs and circumstances. Clients can access one to one support where they feel most comfortable. In person this can be at A Way Out office, within the community as well as an education establishment. Clients can also access digital support to suit their needs too, this is helpful for clients who are in full time work or education. Client feedback to date evidences that being listened to and feeling cared for is different to support they have previously received.

OUTCOMES

17 unique individuals

17

young women self-report feeling safe



17

young women self-report improved health and well-being



17

young women self-report feeling more knowledgeable and informed around the Criminal Justice process



17

young women self-report ability to return to lifestyle or adjust to changes





www.awayout.co.uk



info@awayout.co.uk



@awayoutcharity



@awayoutcharity

Head Office: The Gate, 1-2 Castlegate Quay, The Riverside,
Stockton-on-Tees, TS18 1BZ

A Way Out is a registered charity (1137535) and company limited by guarantee (6265354). Registered in England.