Hampton Trust

IMPACT REPORT

2024/25

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> For every victim and survivor of domestic abuse, there is a perpetrator. If we are to stand any chance of reducing the risk to victims and tackling the root cause of domestic abuse, it is imperative that we identify and engage those individuals using harmful behaviours and hold them to account.

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CHAIR'S INTRODUCTION

Simon Hayes

The raison d'etre of Hampton Trust is to offer pathways to change that prevent harmful behaviours, both in the present and into the future; to prevent harmful behaviour being passed through generations by providing effective, quality, innovative interventions in people's lives.

Exciting developments have unfolded throughout the past year, marking this a period of remarkable progress and innovation for Hampton Trust and confirming us as a charity with a national reach. Building on this momentum, we have introduced new programmes addressing emerging needs, while also refining existing initiatives to ensure maximum impact. These collective efforts have not only bolstered our reputation but have also positioned the Trust for further growth and success in the coming year.

As this report shows, Hampton Trust has had another successful year, not only in the increasing numbers of people we have supported away from harmful behavioural patterns, but also by increasing the number of organisations, both statutory and private, that have taken on our services during the year.

In a climate where money and funding are hard to come by, and commissioners are looking for ever-improving value for money, we are pleased to see new contracts and repeat commissions being awarded to Hampton Trust. The case studies and testimonies highlighted in this report speak for themselves to indicate the impact Hampton Trust interventions have had on the lives of people at their time of need.

We consider the change in legislation that took place in August to recognise, in some cases of domestic abuse, the benefit of a conditional caution combined with preventative interventions as a positive move in both supporting victims and preventing re-offending.

As we look to build next year on the achievements of this year, our work on trauma-informed early interventions to support female offenders is a particularly exciting opportunity.

With our emphasis on changing lives and preventing harmful behaviours that impact succeeding generations, the prospect of developing our support for women and children, alongside the existing Caring Dads intervention for fathers who want to strengthen relationships with their children and show healthy behaviours, is illustrative of the ongoing contribution Hampton Trust can make to improving people's future lives.

As always, our work is also assessed by scrutiny and independent evaluation; partnerships with universities are critical in this regard. We are grateful to Cambridge University, Southampton University, Bournemouth University, Birmingham University, York University, Durham University, Winchester University, and Cardiff University for their continuing assessment.

Trustees believe Hampton Trust is succeeding in our endeavour to offer pathways to change and are proud to recognise the hard work and committed dedication put into so doing by the entire team at the Trust, led by our CEO, Chantal Hughes.

> In a climate where money and funding are hard to come by, and commissioners are looking for ever-improving value for money, we are pleased to see new contracts and repeat commissions being awarded to Hampton Trust.
>
> **Simon Hayes**

CHIEF EXECUTIVE'S INTRODUCTION

Chantal Hughes

As we end a successful year 2024/25, we are proud to have supported over 3,000 service users, each receiving tailored interventions aimed at transforming their lives. In parallel, we have trained more than 1,000 professionals in the Domestic Abuse Routine Enquiry (DARE) Toolkit. Through this work, we are driving systemic change, empowering professionals with the skills, confidence, and competence to effectively engage individuals who use harmful behaviours and who come into contact with their services.

In August 2024, we welcomed the long-awaited legislative change enabling the use of conditional cautions in specific domestic abuse cases. We are grateful to our key stakeholders and government departments for the opportunity to share our extensive expertise in this area and to contribute meaningfully to the development of the accompanying guidelines. Looking ahead, we are eager to support the broader policy shift towards Out of Court Resolutions, anticipated during 2025/26.

The continued national rollout of our CARA (Cautioning and Relationship Abuse) intervention, delivered under licensing agreements, has opened valuable opportunities to forge strong, collaborative partnerships with professionals across a broad spectrum of organisations throughout the UK. CARA is now available in 40% of police forces in England and Wales. In addition, securing a contract with MOPAC to pilot CARA in 2025 in collaboration with Solace Women's Aid and the Metropolitan Police Service presents a significant opportunity to evaluate its effectiveness across a diverse range of London boroughs. This pilot, implemented across two Basic Command Units, will provide valuable insights into how CARA can be adapted and scaled to meet the needs of varied communities across the capital.

The Respect reaccreditation of our domestic abuse prevention programme reaffirmed our commitment to delivering a first-class service that places victims and survivors at its core. The process allowed us to evaluate our approach, celebrate our strengths, and identify areas for continued growth. We were especially encouraged by the excellent feedback received from the Assessor, which has further energised and inspired our team to maintain the highest standards of care and professionalism.

With a sector-wide shift towards trauma-informed principles and language, there has been a conscious move away from the term perpetrator in favour of more inclusive language, such as individuals using harmful behaviours. This change reflects a broader cultural shift in how services engage with those causing harm, aiming to reduce stigma and increase accessibility.

In response, we are currently in the process of actively participating in wider discussions with our service users and key stakeholders to rebrand the domestic abuse prevention programme. While it is essential to remove language that creates barriers to engagement, we are equally committed to ensuring that this does not dilute or minimise the lived experience of those affected by domestic abuse.

We close the year particularly proud to have been awarded a four-year contract for our Out of Court Resolution intervention for women in the criminal justice system. Feedback from participants continues to highlight the transformative impact of JUNO on their lives. Building on this success, we are aiming to pilot JUNO in collaboration with an additional police force, expanding its reach and potential to support even more women.

ABOUT HAMPTON TRUST

At Hampton Trust, our vision is for everyone to live free from violence and abuse.

When Hampton Trust was founded in 1996, our key aims were to prevent young people from entering the criminal justice system and to provide rehabilitative programmes to domestic abuse offenders to prevent reoffending. More than 25 years later, we remain true to these objectives, delivering a broad range of award-winning services to rebuild lives and create safer communities.

We are leading in the design and delivery of bold and innovative early interventions, training, and education that help break the cycle of abuse by addressing the root cause of harmful behaviour and criminality. Our visionary rehabilitative interventions are both community-based as well as embedded within the criminal justice system.

Our work spans three distinct business areas:

- Domestic abuse and sexual violence work in the community
- Early interventions embedded in the criminal justice system
- Professional training and consultancy services

Our primary objective is to prevent harmful behaviours from becoming entrenched and being passed down through generations. However, we know that we can't do this alone, which is why we work strategically with a range of local and national partners and policymakers to drive long-lasting, transformative change within the system.

Our vision

For everyone to live free from violence and abuse.

Our mission

Our mission is to design and deliver interventions, training and education to break the cycle of abuse and rebuild lives.

WHAT MAKES US DIFFERENT

At Hampton Trust, we use a trauma-informed approach in everything we do.

We believe that empathy and accountability are not mutually exclusive, and our decades of experience working with perpetrators and witnessing the results first hand have reinforced the belief that, with the right support, everyone can change.

In 2021, Hampton Trust achieved the One Small Thing Trauma Informed Quality Mark. We are known for testing new and innovative approaches to develop an evidence base and inform policy change.

It is important that our work remains open to scrutiny and independent evaluation, which is why we work in partnership with several universities, such as Cambridge University, Southampton University, Bournemouth University, Birmingham University, York University, Durham University, Winchester University, and Cardiff University. Our programmes are scalable and can also be delivered by other organisations with guidance and quality assurance from us.

OUR YEAR AT A GLANCE

Each year, we directly support thousands of individuals across the UK to rebuild their lives and move forward into a more positive future.

These include not just offenders and perpetrators of domestic abuse, but also victims and survivors, and women finding themselves in the criminal justice system.

Each year, we also train hundreds of professionals in trauma-informed practice and provide them with strategies and tools to successfully engage with those using harmful behaviours in their intimate relationships and nudge them into specialist services. Our reason for this approach is simple: The more engaged participants are when entering support programmes, the more likely they are to succeed in changing harmful behaviours.

And each year, we directly support our partner agencies with our specialist knowledge and expertise to ensure services are joined up and every contact with a victim, a survivor, or a perpetrator provides the chance and opportunity to support positive change and transformation.

2024/25:

961

VICTIMS AND SURVIVORS

supported alongside behaviour change interventions

1286

INDIVIDUALS SUPPORTED

through awareness and behaviour change interventions (Project Foundation, CARA, ADAPT and Caring Dads)

1145

FRONTLINE PROFESSIONALS

trained in DARE

144

FEMALE OFFENDERS

supported (JUNO)

234

VICTIMS AND SURVIVORS

of sexual violence and abuse supported (ISVA)

Other key highlights

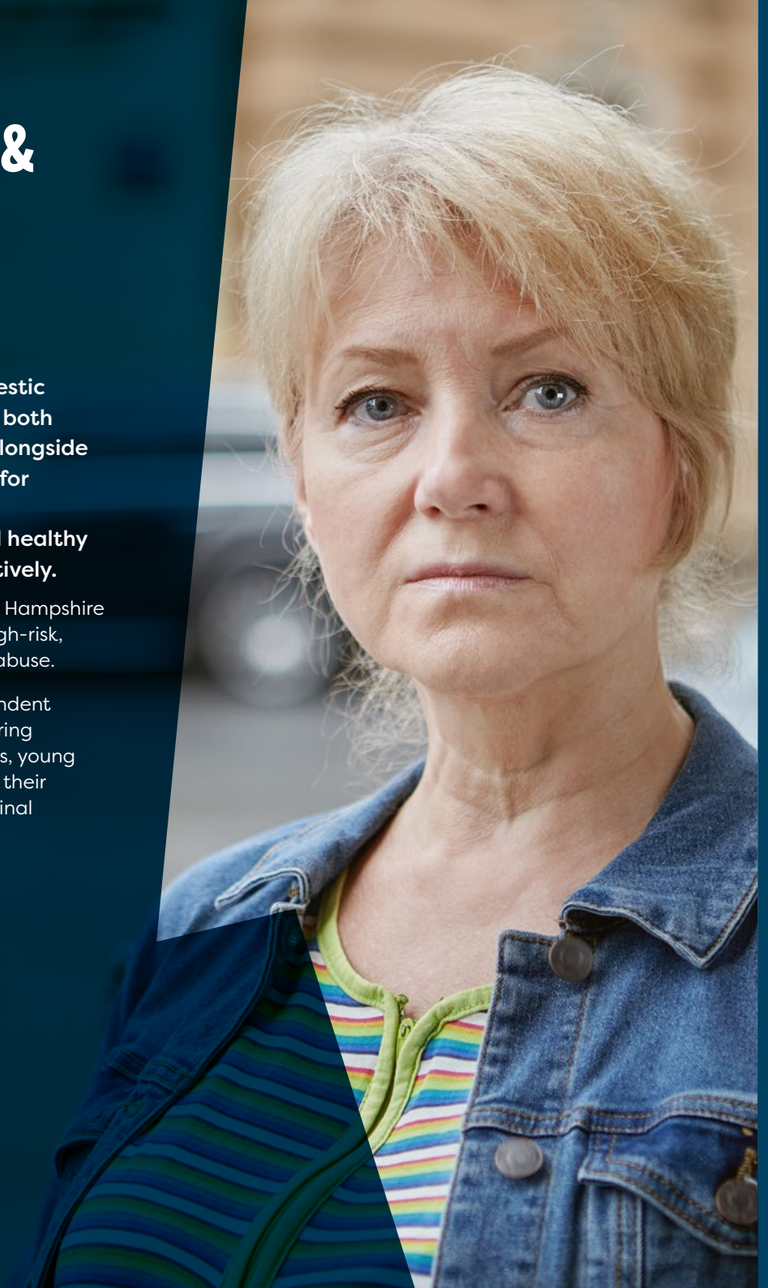
- **October:** CARA mobilisation in Hertfordshire and Bedfordshire together with The Change Project
- **November:** Respect reaccreditation of ADAPT
- **December:** CARA mobilisation with Dyfed-Powys Police, North Wales Police, and Devon & Cornwall Police
- **January:** MOPAC commissioned CARA to be delivered in partnership with the Metropolitan Police and Solace Women's Aid

DOMESTIC ABUSE & SEXUAL VIOLENCE WORK IN THE COMMUNITY

ADAPT is our Respect-accredited domestic abuse perpetrator programme, taking both self and agency referrals. Embedded alongside ADAPT is Caring Dads, an intervention for parents who want to strengthen their relationships with their children, model healthy behaviours, and co-parent more effectively.

Project Foundation is our collaboration with Hampshire & Isle of Wight Constabulary, focusing on high-risk, serial and repeat perpetrators of domestic abuse.

On the Isle of Wight, we provide the Independent Sexual Violence Advisory Service (ISVA), offering intensive trauma-informed support to adults, young people and children, helping them manage their trauma and successfully navigate their criminal justice journey.



ADAPT

Our flagship programme ADAPT has been designed to help individuals understand the difference between healthy and unhealthy actions associated with harmful behaviour.

Participants learn tools and strategies for more positive behaviours in their intimate relationships and make steps towards a better future. For individuals with multiple and complex needs who are not ready for behaviour change, practitioners provide needs-led trauma informed support which includes linking up with specialist services.

Alongside the main intervention, we deliver Caring Dads, an intervention for parents who want to strengthen their relationships with their children, model healthy behaviours, and co-parent more effectively. It equips parents with the tools and strategies needed to build emotional connections, set positive examples, and create a supportive child/parent environment.

The service is jointly commissioned by Hampshire County Council, the Police and Crime Commissioner for Hampshire & Isle of Wight, Southampton City Council, and Isle of Wight Council.

ADAPT

> The facilitators were very knowledgeable and understanding about every person's situation and experiences. I felt supported by the facilitators throughout the group; it has made a big difference to me and my boys.
>
> **Caring Dads participant**

PROGRESS IN 2024/25

ADAPT

ADAPT continues to be delivered across Hampshire, Isle of Wight, and Southampton, with the integrated victim safety service offering dedicated support to current and former partners. Engagement remains consistently high, driven by targeted and tailored interventions for individuals at risk of disengagement. Safeguarding and robust risk management remain at the heart of the service, which works with high-risk individuals facing multiple and complex challenges.

Caring Dads

Caring Dads is now firmly embedded across Hampshire and Southampton, with a steady year-on-year increase in engagement. During 2024/25, referrals have surged by over 400%, potentially exceeding those to our ADAPT service. However, some Caring Dads referrals were deemed more suitable for ADAPT, and vice versa. Stakeholder feedback indicates that social care professionals feel more confident initiating conversations around parenting rather than directly addressing abusive behaviour.

Healthy Relationships

In addition to the ADAPT behaviour change programme, we provide a shorter, awareness-raising module for individuals assessed as unsuitable for behaviour change work due to high levels of denial, minimisation and blame, and lack of accountability. Placing such individuals in group settings can increase risk, as feigned compliance may mislead referring agencies into assuming genuine engagement and therefore reducing any existing child/adult safeguarding measures.

Behaviour change interventions such as ADAPT and Caring Dads require participants to demonstrate a baseline level of accountability before meaningful work can commence. In contrast, the Healthy Relationships module offers a more flexible and exploratory approach. Evidence shows that many individuals gain valuable insights through this module, even if they do not progress to more intensive behaviour change programmes.

LOOKING AHEAD: A NEW NAME FOR 2025/26

Based on practitioner experiences, referral rates, participant feedback and insight from partner agencies, we have initiated a rebrand of the service for the year 2025/26.

The new overarching name ‘Pathways to Change: Navigating towards healthy relationships’ and supportive messaging have been designed to help referring agencies engage clients more effectively and encourage participation. The new structure of the service, with one single referral point, will also help Hampton Trust practitioners to determine the best intervention pathway for each individual based on a thorough assessment of risks and needs.

Pathways to Change will incorporate the following interventions:

- Healthy Foundations (awareness module, formerly Healthy Relationships)
- Healthy Relationships (behaviour change programme focused on intimate relationships, formerly ADAPT)
- Caring Dads (behaviour change programme focused on parenting)

313

individuals engaged with the programme

325

victims were supported whilst their (ex-)partners were part of the programme, which positively impacted more than 800 children

We made

91

referrals to other support services, including counselling, mental health and wellbeing services, GP services, and substance misuse services

STORIES OF CHANGE

Brian's story

ADAPT

In August 2023 I was referred to Hampton Trust by social services whilst I was still on police bail, I wasn't allowed to have contact with my children or be near or around my ex-partner. This was probably for the best, I had been arrested for violent offences against my ex-partner just weeks prior to my referral.

Upon having my initial assessment it was clear that I wasn't willing to self reflect; I wanted to point the blame on everyone else, my ex-partner, failing services, I was on the verge of losing my job and looking back I was on the verge of losing it all. I could not accept responsibility for MY actions.

Hampton Trust changed the trajectory of my life. At the beginning I was not engaging, I was not willing to accept that I had done anything wrong; then the penny dropped and I realised I was there to put the spotlight on myself and change my actions and behaviour. I started to engage more, open up, and listen to people who had been in a similar situation to myself.

The group facilitators were incredible in teaching me the tools I needed and equipping me to keep using them in real-life situations. They were patient, they often stayed at the end of sessions and often answered calls, texts and emails outside normal working hours to help me along and advise where they could.

Through my engagement with the group facilitators, using the tools provided in a safe and professional environment that they had created, I was able to start to effect change. Fast forward to April 2025: I am now training to become a mentor for Hampton Trust myself. I have regular unsupervised contact with my children. I am trusted to be around my ex-partner without her worrying about my actions, and I'm performing a lot better in my working life.

I could go on for hours about how this course has helped me; the truth is, I wouldn't be in the position I'm in today without it. The group facilitators gave me the tools I needed to self-reflect and change me from an angry, violent person to a functioning member of society who, truth be told, would probably be in prison without this course.

I would say he has really grown as a person as a result of both ADAPT and Caring Dads courses, he seems a lot calmer and has coping mechanisms so he knows when to stop and take a time out before things get on top of him. Even though it was a bad situation to begin with he is a better partner and dad now.

Partner of service user

PROJECT FOUNDATION

Project Foundation was initially set up as a Home Office funded pilot in 2021, providing a multi-agency response to high-harm repeat and serial domestic abuse perpetrators in family settings. It has now been rolled out across Hampshire, Isle of Wight, Portsmouth and Southampton with four Hampton Trust Foundation Practitioners co-located into Police Priority Crime Teams (PCT). An additional Portsmouth Foundation Practitioner is hosted in a partner agency.

From a monthly list of approximately 150 potential Foundation nominals, practitioners analyse existing crime data using a risk assessment tool to identify a cohort of high-harm perpetrators suitable for Foundation. Following this, Foundation Practitioners make pro-active contact with offenders, including joint police visits designed to engage offenders and support them in accessing additional support provided by Hampton Trust and specialist services. We also provide informal police training to improve the quality of referrals into the service.

Foundation Practitioners engage clients and support them through a process of stabilisation work, which includes emotional regulation and safety plans around mental health, recognising barriers to accessing support. A needs assessment identifies risk and protective factors, informing a support plan for clients and referral pathways into both external specialist services and to the ADAPT behaviour change programme.

PROGRESS IN 2024/25

Project Foundation continues to operate as a targeted intervention for high-harm, serial and repeat perpetrators across Hampshire, Isle of Wight, Portsmouth and Southampton. As a partnership-led initiative, the project has fostered strong collaborative relationships with all 14 Priority Crime Teams within Hampshire & Isle of Wight Constabulary. This joint working approach enables robust risk management and harm reduction initiatives to be delivered.

In 2024/25, the service received more than 1,200 referrals. Foundation Practitioners completed nearly 1,000 risk assessments on domestic abuse offenders coming to the attention of the police, demonstrating the scale and impact of the intervention.

As a result of joint working, the level of client engagement has increased throughout the year. Practitioners are spending more time directly working with clients who are engaging for longer periods of time before being referred to Hampton Trust for behaviour change programmes.

979

risk assessments completed by Foundation Practitioners

290

were assessed as high risk, with risk management plans put in place

45

high-harm, high-risk individuals successfully engaged with Hampton Trust following assessment

> The practitioners are helping officers with a growing caseload. Getting a perpetrator to engage requires persistence and a regular, sustained point of contact. The intervention and engagement take up was low prior to the Foundation practitioners coming on board. Part of this was because the perpetrator didn't want to engage with police. There are joint visits happening on a more frequent basis, I can see the practitioners being a key component to ensuring that all stakeholders are communicating.
>
> **PCT Sergeant, Havant**

STORIES OF CHANGE

Tony's story

PROJECT FOUNDATION

Tony had been referred to Project Foundation for the second time, now scoring as high-risk following two incidents. As his contact details were out of date, the Foundation Practitioner requested a joint visit with the allocated officer. During the visit, Tony's brother initially answered the door, stating Tony was not at home.

However, after a brief conversation and clarifying that he was not going to be arrested, Tony came to the door. He engaged in a conversation with the Foundation Practitioner about how Foundation could support him to access housing and work with him to prevent further police incidents, and subsequently requested time to consider the offer.

When the Foundation Practitioner contacted him the following week, Tony agreed to meet with the practitioner and complete an assessment, sharing that he did not want things to continue as they were and that he was frightened of going to prison. Following the assessment, he remains engaged with Foundation.

> My team love working with Foundation, our perpetrators speak positively of it and actually want to interact with us. We are a bit short on the ground and I have come to rely on Foundation more as the honorary 5th member of the PCT. I feel that the interactions that we have with DA perpetrators during our joint visits are achieving more than when we were doing these as a single agency, and that we are doing meaningful diversionary work.
>
> **PCT Sergeant, Basingstoke**

> Since working with Foundation, I understand myself and my reactions better because I am learning about my emotions so I can handle them differently. I make different choices now. I don't have any contact with my ex and I don't react to everything. I can use Foundation when I am frustrated and work through things so I react differently. I know my choices and actions will affect how people respond to me and I feel much calmer.
>
> **Foundation client**

234

clients supported

143

new referrals

20

clients supported in court

“

My ISVA is simply amazing. I could not have done any of this without her support along the way. She made me feel safe, secure and strong. I cannot explain how important she has been along this journey. I really could not have done this all without her. She has massively helped change my life, and I am forever grateful.

ISVA client

ISVA

Independent Sexual Violence Advisory Service

Since 2011, Hampton Trust has worked with clients who have experienced sexual violence and abuse, providing support and guidance that is specifically tailored to each client's needs.

Experiencing sexual violence and abuse is a traumatic experience, and survivors often feel isolated and overwhelmed, not knowing what to do next. Our team of Independent Sexual Violence Advisers (ISVAs) work with children and young people as well as adults, offering intensive trauma-informed support designed to help survivors manage their trauma and successfully navigate their criminal justice journey.

This is an inclusive service offering support to anyone who wishes to access the service and who has experienced sexual abuse, irrespective of whether that be recent, a long time ago, or through domestic sexual abuse. The aim is to empower survivors by rebuilding self-confidence and self-worth, offering them choices where they feel they have no voice, and enabling them to gain back control over their own lives and futures.

PROGRESS IN 2024/25

Over the past twelve months, the ISVA service has received 143 referrals, highlighting the significant and ongoing need for support among victims of both current and historic sexual violence.

Within these, self-referrals have remained consistent throughout the year, and referrals of those 55 years of age and older slightly increased, indicating that our efforts to reach every part of the community are working. Looking ahead, we will continue to focus on youth engagement and work closely with schools, youth services, and early help teams, whilst also further building on partnerships with Age UK and other adult services to expand outreach to older survivors.

ISVAs continue to manage consistently high caseloads, largely due to the extended duration of client engagement, often influenced by lengthy trial waiting times and court proceedings. On average, the service maintains around 120 open cases at any given time.

This year, the service supported four survivors over three years, culminating in a trial held in March that resulted in a guilty verdict and an 18-year prison sentence. This powerful outcome stands as a testament to the unwavering dedication and comprehensive support provided by the ISVA team. Throughout the complex and emotionally demanding process, practitioners remained consistently engaged, ensuring survivors' voices were heard and their needs prioritised at every stage.

STORIES OF CHANGE

Sarah's story

ISVA

Sarah is a young female who was referred by the police after reporting an incident with her boyfriend. She sought support to navigate the complexities of the police investigation and the criminal justice process.

The ISVA met with Sarah every fortnight for six months, transitioning to monthly face-to-face meetings thereafter. This consistent support helped establish a trusting relationship and allowed for ongoing guidance.

When Sarah had concerns about attending the same school as her ex-boyfriend, the ISVA worked with the school to implement strategies to manage the situation effectively and ensure Sarah's safety and well-being. Measures were also put in place to support Sarah during her GCSE exams, enabling her to focus on her education despite the challenging circumstances.

Throughout the police investigation, Crown Prosecution Service (CPS) process, and court proceedings, Sarah and her parent were kept informed of all stages. This transparency helped reduce anxiety and build trust in the process.

The ISVA provided emotional support and relevant information regarding managing feelings related to the situation, and supported with viewing video evidence, a crucial step in the process that required careful handling to mitigate distress.

The ISVA also accompanied Sarah to court, where she provided evidence via video link. This arrangement aimed to make the experience less intimidating for her. Following the verdict and sentencing, support was extended to help her process the outcomes.

As a result of the support, Sarah was able to complete her GCSEs, achieving a place in onward education. She credited the support from the C&YP ISVA as pivotal in helping her navigate the challenges posed by the suspect's presence at her school and the stress of examinations. Through the ongoing support, Sarah reported feeling more confident and less anxious, highlighting the positive impact of the ISVA's assistance.

"I would not have coped without Judi's support, especially at the very beginning and then giving my evidence. It was helpful to have information at the right times and guidance as to my options. I really, really am glad Judi was around."

OUR WORK WITH THE CRIMINAL JUSTICE SYSTEM

CARA is an early intervention for domestic abuse offenders who have been charged with a low-level domestic abuse offence and given a Conditional Caution by police.

JUNO also sits within the criminal justice system as an early intervention created specifically for women who have entered the criminal justice system and received a Conditional Caution from the police.

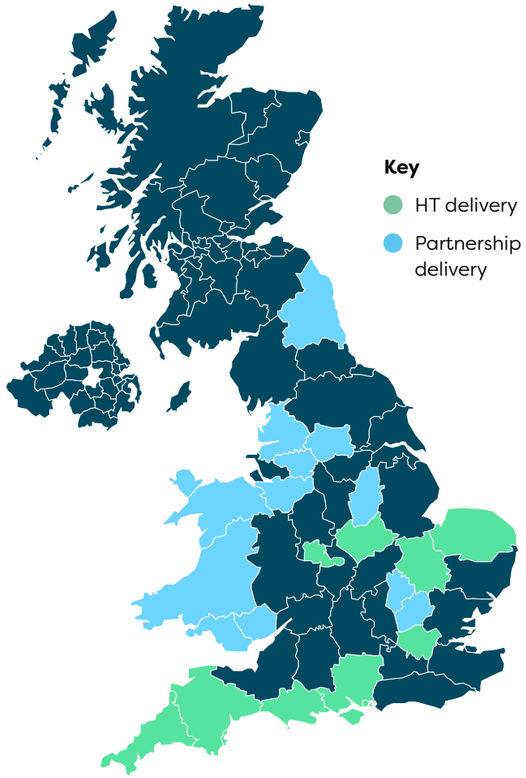
CARA

Cautioning and Relationship Abuse

CARA (Cautioning and Relationship Abuse) is an innovative, award-winning early intervention for domestic abuse offenders who have received a Conditional Caution. CARA has been designed to increase not only awareness of domestic abuse but also self-awareness and the motivation to address behaviours and make changes. It supports offenders in understanding what domestic abuse is, the harm their actions have caused, the impact this has had on their partners, children and relationships, and how to make different choices going forward and prevent these harmful behaviours from becoming more entrenched.

The workshops offer support relevant to the needs of the participants and signpost to further specialist help, including comprehensive behaviour change programmes. As an improved criminal justice response for victims, CARA ensures the perpetrator intervention is safe for the victim by providing regular contact and clear guidance.

Since the initial pilot evaluation through a randomised control trial, there have been several further evaluations demonstrating the effectiveness of this intervention. Proven benefits include a reduction in reoffending, victims reporting positive changes, and offenders reporting a change in attitude towards partners and children.



PROGRESS IN 2024/25

Project CARA direct delivery

We continue to directly deliver CARA (Cautioning and Relationship Abuse) across Hampshire, Dorset, West Midlands, Leicestershire, Cambridgeshire and Norfolk. Recently, we successfully mobilised delivery in Devon & Cornwall and London. While we were not recommissioned in Avon & Somerset, we extend our best wishes to the new providers and remain committed to supporting high-quality interventions across the region.

Across these police force areas, we received more than 1,200 referrals over the past year, with 85% of those eligible completing the intervention, reflecting CARA's continued relevance and impact. 642 victims engaged with us as part of the CARA intervention, receiving advice, support and signposting to ongoing support if needed.

The CARA multi-site evaluation led by Southampton University is nearing publication, and we look forward to the findings being presented at the national CARA Conference hosted by Northumbria University later this year.

Project CARA licensed model

Our first CARA licensed partnership with Restorative Solutions, established in 2020, continues to demonstrate a successful delivery model across West Yorkshire. We are now working with local providers across 12 police forces who have been commissioned to deliver CARA under licensing arrangements.

This creates valuable opportunities to build strong partnerships with a diverse range of organisations. Feedback on the CARA training and ongoing support we provide to new facilitators is consistently positive, reflecting the quality and effectiveness of our sustainable approach that combines national experience and insight with local knowledge.

We continue to chair the National CARA Oversight Group, which remains well attended and serves as a key platform for sharing best practice. This forum has also enabled the development of cross-border agreements between police forces delivering CARA, further strengthening national consistency and collaboration.

Following the dispensation for standard risk domestic abuse Conditional Cautions for eligible offenders to all forces in England and Wales in August 2024, all replication areas have seen an increase in referral volume in early 2025.

> "I was the one who did something wrong in my relationship, and now I feel like I have moved forward and can manage some of those emotions, and I think this course has really helped me to do that.
>
> **CARA participant**

928

offenders engaged with through CARA workshops (HT delivery only)

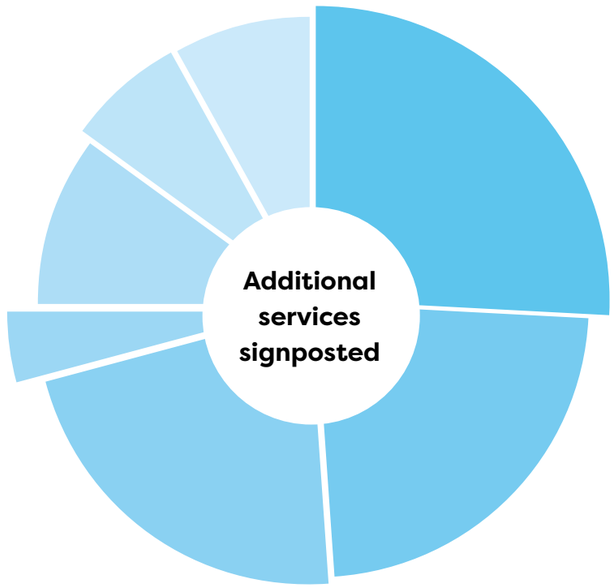
87%

of offenders have reported a positive impact on their motivation to change behaviour

62%

of those victims who engaged in victim contact reported a positive change in the offender's behaviour

GP	26%
Counselling	23%
MH services	22%
DA perpetrator programme or support	4%
Drug and alcohol services	10%
Financial or legal services	7%
Other	8%



STORIES OF CHANGE

Andy's story

CARA

The majority of those referred to CARA take part in the group intervention, which provides the benefits of learning from others' experiences and peer support. However, occasionally we will offer CARA as a telephone intervention to accommodate an offender's bespoke personal needs and situation:

Andy reached out to us advising that attending the Saturday CARA group sessions would compromise the contact time he had with his daughter, and he asked to be considered for an alternative day/time. With CARA sessions confined to Saturday, collectively it was felt that a telephone intervention would be appropriate to not impact or jeopardise the contact arrangements mandated by the Family Court. His failure to attend the contact could undermine not only the arrangement of the Court, but also his relationship with his daughter.

By demonstrating a collective willingness to listen and hear very real concerns presented by Andy, we have secured compliance and engagement at the outset and offered access to the intervention in the most appropriate way.

Katie's story

CARA

Katie was referred to CARA following an incident in which she was identified as the perpetrator of the abusive behaviour, and the victim being her husband.

With the majority of individuals referred to CARA being men, Katie was offered a telephone intervention, during which it quickly became apparent that she was struggling with several issues, not least of all the death of her brother. She was able to feel safe enough to share how this impacted her life, and how she also felt unsupported within her personal relationship.

We know that the number of women arrested in connection with using abusive behaviour is small in comparison to men, and we also know that statistically, women in this context will also, at some point, have been a victim of domestic abuse.

This was indeed the case for Katie, but she was focused and willing to explore and engage with what domestic abuse is and consider its impact on victims, children, families, and the community. She was further encouraged, supported, and signposted to engage with longer-term support from Women's Aid, and specifically Cruse, for her ongoing issues with grief and bereavement.

"There have been no further incidents. Things are really good, he is doing more talking and using the skills such as time out and walking away if things get heated. There is calm in the house.

Partner of CARA participant

"It helped me identify and reflect on what I did wrong. I realise that anger and my reaction will only cause escalation, and I will end up with a criminal record. I have been given this opportunity to raise my awareness about what healthy relationships look like and have worked on my relationship. I have implemented lots of changes and will continue.

CARA participant

JUNO

Trauma-informed early intervention for female offenders

JUNO, named after the Roman goddess who kept special watch over all aspects of women's lives, is an early intervention programme created specifically for women who have entered the criminal justice system and received a conditional caution.

Whilst prison sentences for women have decreased in the last ten years, over half of prison sentences for women are for less than six months, despite a widespread recognition that prison isn't the right place for women who are not a risk to the public. Most of them will have been victims of much more serious offences than those they are accused of committing, and relationship problems, drug addiction and mental health problems feature strongly in women's pathways into crime.

PROGRESS IN 2024/25

We continue to see more clients presenting with a range of highly complex needs, such as complex physical and mental health needs featuring chronic physical disabilities, long-term misuse of alcohol, binge drinking, substance misuse, epilepsy, multiple personality disorders, paranoid schizophrenia, and postpartum depression. JUNO practitioners collaborate closely with healthcare professionals, mental health specialists, social workers and keyworkers to ensure these clients can access appropriate and realistic support.

The complexity of these cases prohibits some individuals from being able to engage with a group work intervention. In these exceptional circumstances, women were offered the JUNO Telephone Intervention, providing an opportunity for them to complete the intervention when residing in mental health facilities or living with limited mental health capacity and/or severe mobility disabilities.

Women often initially resist attending face-to-face group work sessions, requiring JUNO Practitioners to draw on their specialised skills to actively engage clients and remove barriers to engagement. Interestingly, those women most resistant to attending JUNO sessions consistently provide the most positive feedback, which highlights the value of trauma-informed engagement before group sessions.

Over the past twelve months, we have engaged with 144 women within the criminal justice system, continuing to learn from their lived experiences. Their voices have been instrumental in shaping the service, contributing to the recruitment of specialist female practitioners and meeting with key stakeholders to share their journeys through JUNO. Their invaluable input continues to guide and strengthen the programme.

JUNO's gender-responsive, trauma-informed approach creates a safe space to address the underlying issues of female offending with great success. Since 2022, more than 80% of women have not reoffended during the 12 months after completing JUNO.

We were proud to be awarded a four-year contract by the Police and Crime Commissioner for Hampshire & Isle of Wight to deliver JUNO across the whole of the policing area from April 2025.

> I found talking to people who have had similar life experiences without judgment gave me comfort in my situation because sometimes I feel like I'm the only one bad stuff has happened to, when most people experience similar abuse in their lives.
>
> **JUNO participant**

144

women referred to JUNO

102

women completed the intervention, and 4 women partially completed the intervention

67%

of JUNO participants said that the intervention had a positive impact on their motivation to change aspects of their behaviour or life

STORIES OF CHANGE

Daisy's story

JUNO

Daisy is a woman in her mid-forties who was born and raised within a close-knit community. She has multiple children with her abusive ex-partner. During the initial telephone assessment, it became clear that she was in an extremely vulnerable state, having recently suffered multiple bereavements, including the loss of a child and both of her grandparents within a short period.

The JUNO practitioner obtained an extension on the conditional caution expiry date to provide Daisy some breathing space and to prepare for the JUNO group sessions. In the interim, regular trauma-informed telephone support was provided to help her navigate this period of grief and loss.

In the first support session, the client was tearful and needed breaks when feeling overwhelmed. She expressed deep pain over losing her child, stating that the grief never leaves her. When discussing her situation, she shared feelings of shame since receiving the conditional caution, explaining that she had left her violent partner and was struggling to provide for her children with no financial support.

Due to limited literacy skills, she found it difficult to access employment. She disclosed that, as a female in her community, she was not permitted to attend school regularly due to concerns about external influences, particularly regarding topics like sex education, which might contradict traditional values. She described her community as both a source of belonging and a space where traditional values can be restrictive, particularly for women. The pressure to conform to cultural norms made it difficult to make independent decisions. She expressed a strong desire to leave the community due to ongoing judgment, isolation, and intimidation, which made breaking free especially challenging.

Between the two workshops, the practitioner continued to provide emotional and practical support, including completing a DASH risk assessment and safety plan while remaining sensitive to cultural factors. Daisy was provided with details of local services, including domestic abuse services, and organisations familiar with the cultural context of her community. She requested reminders via text and phone calls to ensure she attended the second session.

By the second session, Daisy shared that she had left her close-knit community. She acknowledged that it was a difficult decision but said:

"Leaving was the best decision I ever made because, as a woman, it allows me to take control of my own life. I have gained independence, found my voice, and can raise my children in the way I choose - allowing me to make my own decisions without judgment or fear of repercussions. My siblings support me, and that's all that matters."

"I have been in care for years and I am upset and feel let down as I had to get into trouble with the police and get a criminal record before I got the help I really needed.

JUNO participant

PROFESSIONAL TRAINING AND EDUCATION

To break the cycle of domestic abuse, we need to safely identify and engage people who are causing harm in their relationships.

We have more than 25 years of experience designing and delivering innovative training, and our team are experts in their field who have delivered training to blue-light services, social care services, housing associations and many other organisations in the public and private sectors.

DARE

Domestic Abuse Routine Enquiry Toolkit

Our unique DARE training equips frontline professionals with the confidence to engage those using harmful behaviours in their intimate relationships, and to play their part in adopting a routine enquiry approach to domestic abuse.

1145

professionals trained in DARE

99%

felt confident or very confident to engage domestic abuse perpetrators following the training

“

I will make more of an effort to engage the partners of women we work with, exploring their experiences and history.

DARE participant

“

Very informative and insightful. I have a lot of experience working with victims, and before the training, I did not feel confident discussing behaviour with perpetrators. The training has helped increase my confidence to broach the conversation and support perpetrators into behaviour change moving forward.

DARE participant

PROGRESS IN 2024/25

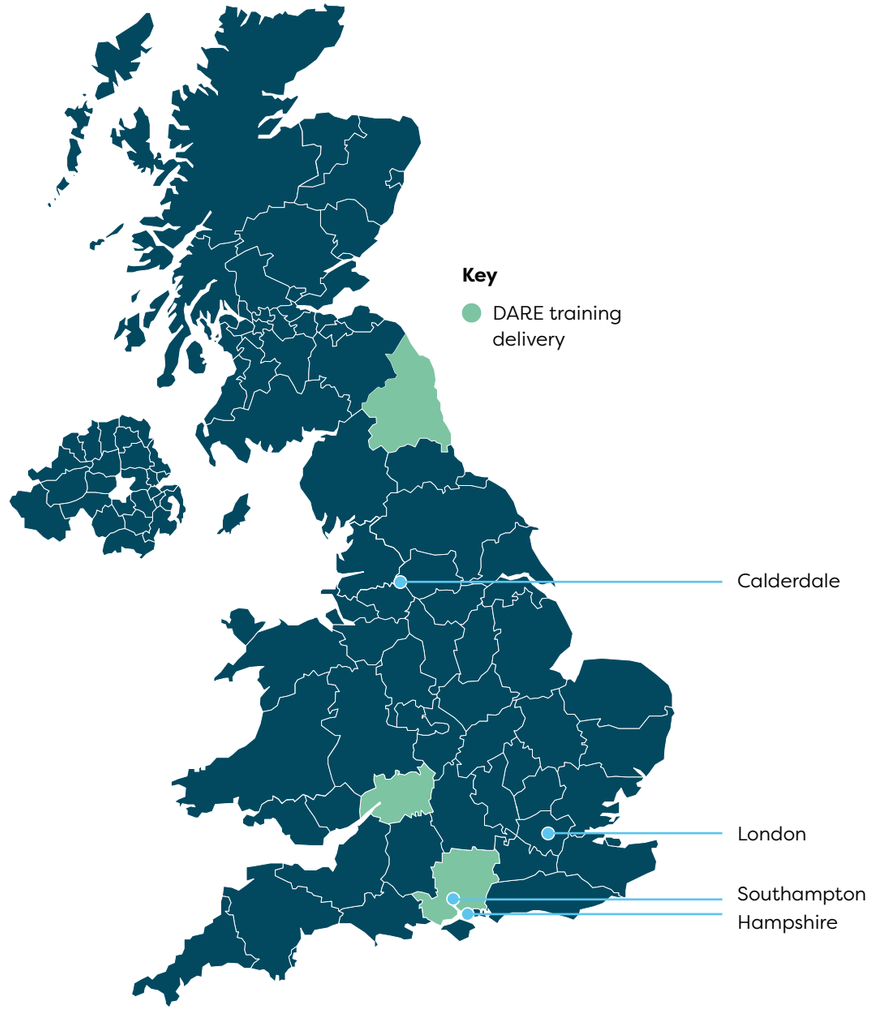
During the last 12 months, we have trained more than 1100 frontline professionals in using the DARE Toolkit as part of their work, including in Gloucestershire, Northumbria, Calderdale and London. Feedback continues to be consistently positive, with an overwhelming 99% of participants saying that following the training, they felt confident or very confident to identify and engage those using harmful behaviours in their intimate relationships.

The Northumbria Strategic Review of Responses to Perpetrators and the Northumbria Outcomes Framework for domestic abuse perpetrator interventions both identify workforce development as a critical component of secondary prevention. DARE is specifically cited as a key element in strengthening the region's response to individuals using harmful behaviours.

Over the next twelve months, we will support 30 DARE-trained professionals to become DARE Champions, enabling them to cascade the training within their respective teams and further embed best practice across services.

> I am already starting such conversations and using the tools to safely explore, signpost and invite perpetrators to think and make the choice of change.
>
> **DARE participant**

> The trainer was amazing, she was engaging, informative and shared some really helpful insights and tips from her work with individuals. I felt it was the best training I have been on for a long time.
>
> **DARE participant**



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