

East Sussex Directory of Interventions 2018

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1. What is the Directory of Interventions and who is it for?

The directory of interventions outlines the work that CGL, in partnership with RISE and Survivors Network, known as the Portal, offers across East Sussex. The service is open to victims/survivors of domestic abuse and violence 16 years and over, and to other professionals for information and consultancy. The interventions included in this directory are currently offered by CGL @ the Portal independently, or alongside other partners in the Portal.

The directory is designed to help referrers direct service users to the most appropriate intervention to meet their needs. It includes the eligibility criteria for using CGL @ the Portal services, referral forms and information on how to book onto any training.

1.1. What is The Portal?

The Portal provides a single point of contact for victims and survivors of domestic or sexual abuse and violence, helping them to find the right help, advice and support. The Portal can also give advice and support to friends, families and professionals.

1.2 Who are the Portal?

The Portal is a partnership between three local specialist agencies, led by RISE. It is jointly provided by:

- **RISE:** a national award-winning domestic abuse charity providing sanctuary and support in Sussex since 1994.
- **CGL (change, grow, live):** providing information, advocacy and practical and emotional support to women and men living with domestic abuse and violence in the East Sussex area since 2000.
- **Survivors' Network:** established in 1990 and offering a range of professional, relevant, services to survivors of any gender who have experienced any form of sexual violence.

1.3 Eligibility - what help and support is available?

The Portal provides a support service to victims and survivors of domestic or sexual abuse and violence who are 16+ and living in, working in or visiting Brighton & Hove or East Sussex, to enable them to cope and recover from the impact of abuse and violence.

- Help and support available depends on levels of risk, identified support needs, the type of support requested, as well as service user eligibility.
- If a service user is eligible – and accepts the service – they will be allocated to the appropriate team and a Safety and Support Plan will be developed.
- If a service user is not eligible they will be given advice on other local support. This could include a referral to another agency like Victim Support, other services provided by Portal partners, or another specialist service.

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1.4 How do I make a referral?

- Go to www.theportal.org.uk and click on the ‘Professionals’ icon.
- Download and complete the Referral Form.
- Where relevant, attach a completed Domestic Abuse Stalking and Harassment Risk Identification Checklist (DASH RIC).
- The referrer must ensure that the service user is aware – and has given their consent to the referral (a police officer does not need to seek consent if the victim has experienced domestic violence).
- Please note: if a referral form is missing key information we will ask the referrer for more information and we may not be able to accept the referral until this information has been provided.
- Services are open Monday – Friday 9-5pm.

2. Interventions and Support

2.1 One to One Support for Adults

CGL @ the Portal offers one to one specialist support for medium and high risk victims of domestic violence and abuse who are 16yrs of age or above. The service is SafeLives Leading Lights accredited and funded under the Brighton and Hove and East Sussex County Council Safety Partnerships, OPCC, and Hastings and Rother CCG.

The service has a specialist team of SafeLives qualified Independent Domestic Violence Advisors and caseworkers, who can offer:

- A range of options to look at individual needs and risk
- Advice, information and signposting
- Individual assessments of victims’/survivors’ risk and needs
- Support and advice on Stalking and Harassment
- Advocacy
- Representation at a Multi-Agency Risk Assessment Conference (MARAC)
- 2 DVA case workers based within Police Neighbourhood response teams
- Court Support for criminal cases
- Advice and signposting for civil and family court
- Housing – Link Worker Hastings.

2.2 Specialist DVA support

- Male worker for male clients is available for support/case work/advocacy and advice (employed by CGL @ the Portal).
- DVA case workers based within Eastbourne and Hastings Police Neighbourhood Response office
- LGBTQI-identified worker to support our LGBTQI communities (employed by RISE @ the Portal).

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- Lead workers for BaME (employed by RISE @ the Portal).
- The Lead Workers operate across East Sussex and Brighton & Hove, sharing expertise, skills and information relating to their specialism across the Portal partnership. They will not necessarily be the case co-ordinator for all related cases but will provide specialist support to their colleagues, and where required to service users.
- Health Independent Domestic Violence Advisor (HIDVA) based at the Conquest Hospital, Hastings, and can be accessed by requesting support from a health professional or reception staff at the hospital, or going online to access the Portal website www.theportal.org.uk.
- Primary Care Independent Domestic Violence Advisor (IDVA). This is a named independent Domestic Violence Advisor who provides the same one to one support as above but also provides training to the Primary Care staff in Hastings.

2.2.1 Lead workers will provide:

- Consultancy
- Signposting, Advice and Information
- Training and awareness
- Keep abreast of developments in services, legislation and practice relevant to the client group and share resources across the partnership
- Casework the most complex cases in their lead area
- Support an informal network/ community of practice of support worker champions with the potential to tap into existing and/or new reference groups to extend this to other partners
- Contribute to development and capacity building in partnership with commissioners and the wider communities of interest.

2.3 Peer Support Group:

2.3.1 What is it?

The Peer Support Group (PSG) is currently a women-only group and is a safe space for women to talk about their experiences and feelings around the impact of domestic violence and abuse. The group offers peer support, practical advice, emotional support to help reduce isolation and increase self-esteem and wellbeing. The group is not for suitable for people who are in crisis. Examples of topics discussed include: identifying what domestic & sexual abuse is; reviewing safety planning; health & well-being, children; civil & criminal remedies; financial matters; and healthy relationships.

2.3.2 Learning Objectives

To experience support and a common reference with others who have experienced domestic violence and abuse (DVA) and/or sexual domestic violence and abuse (SDVA). Learning objectives include:

- Improved understanding of DVA and recognising signs of abuse
- Understanding and minimising the impact on children
- Reducing isolation

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- Aiding sustained recovery and continued safety
- Development of peer support networks
- Shaping the future of services through service user involvement.

The Peer Support Group will be continually monitored to ensure clients are getting the best service available.

2.3.3 Who is it for?

The Peer Support Group (PSG) is for any self-identified woman who has experienced domestic violence and abuse against them by an intimate partner or adult family member, is no longer in crisis and whose risk has reduced. The support is drawn from peers, women who have also been in abusive and violent relationships, who are now on the road to recovery and feel ready to share their experiences with others.

2.3.4 When and where does it run?

Every fortnight; there is a maximum limit of 12 clients who can attend at any one time. The group will run in both the Eastbourne and Hastings/St Leonards area alternatively each week (see Appendix 7.3). To avoid long waiting lists, if a person misses 3 consecutive sessions then notification is given that this space will be offered to next person waiting to start the group.

The Peer Support Group for Eastbourne, Lewes and Wealden will launch on Thursday 21st September 2017 and will continue fortnightly on Thursdays from 10.00am to 11.30am. The Peer Support Group will be based at CGL, opposite 7 Wharf Road, Eastbourne, BN21 3UG.

The Peer Support Group for Hastings and Rother will launch on Tuesday 26th September 2017 and will continue fortnightly on Tuesdays from 10.00am to 11.30am. The Peer Support Group will be based at CGL, Fellowship of St Nicholas, 66 London Road, St Leonards, TN37- 6AS.

2.3.5 How do I refer?

For any client who is open to the CGL IDVA service, an internal referral process will be completed. To refer someone who is not open to CGL, please call CGL @ the Portal on 0300 3239985, complete the referral form (Appendix 7.1), or alternatively contact the service to request a copy of the referral form at portal.es@cgl.org.uk.

On receipt of referral, the client will be contacted by the service for further discussion and induction to explore whether the client is able and safe to work within a group setting.

Clients open to Refuge and Home Works in East Sussex can be referred directly by calling the CGL SPOC:

- **Eastbourne: 01323 417598**
- **St Leonards: 01424 716629**

The Domestic Abuse and Violence (DVA) Peer Support Group is suitable for self-identified women who have experienced DVA and are no longer in crisis. This group does not have a crèche and is not suitable for clients who have acute or complex needs.

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3. Quarterly Workshops

3.1 The Workshops have been developed to be educative and will be co-facilitated by specialist services in that field. Attendees are encouraged to participate and ask questions, however as each person's case is individual the facilitators cannot always specifically address your concerns. Advice will be on hand for signposting to the service that can meet your specific needs.

Workshops offered:

- Family Court and Legal
- Parenting and Child Contact
- Parenting, Resilience and the Impact of Domestic Abuse on Children
- Housing and Finance

3.2 Learning Objectives

- To improve knowledge on court and family proceedings – increase access to legal services
- To improve knowledge/safety and options for Parenting and Child Contact issues
- To improve awareness of the impact of DVA on children and improve the non-abusive parent's coping skills
- To address Housing and Debt concerns, access to services, options and advice.

3.3 Family Court and Legal Workshop

3.3.1 What is it?

A two-hour workshop focusing on domestic abuse in the family court arena. This workshop discusses issues within family and civil court, how to advocate within family court, the roles of legal representatives including McKenzie Friends and civil orders available, including non-molestation orders, Domestic Violence Protection Orders and Domestic Violence Protection Notices (DVPOs and DVPNs). It also covers self-representation in court and the various court stages. Workshop facilitators will be from a range of local legal firms alongside CGL's Court Support Worker.

3.3.2 Who is it for?

This workshop is for anyone who is either going through family court or feels that this might be an issue for them in the future, particularly if they are currently having issues around child contact. This workshop is suitable for clients who have legal representation and also those who do not.

3.4 Parenting and Child Contact

3.4.1 What is it?

A two-hour workshop focusing on parenting and the impact of domestic violence and abuse on child contact. The workshop will include looking at managing child contact, safety planning and protective behaviours.

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3.4.2 Who is it for?

This workshop is for anyone who is either having contact with their child/ren or where their child/ren have contact with the other parent and contact is currently an issue.

3.5 Parenting, Resilience and the Impact of Domestic Abuse on Children

3.5.1 What is it?

A two-hour workshop focusing on parenting and the development of resilience in children impacted by domestic abuse. The workshop will be facilitated by staff from CGL @ The Portal.

3.5.2 Who is it for?

The above workshop is for all non-abusive parents or main care-givers who have experienced domestic violence and abuse.

3.6 Housing and Finance

3.6.1 What is it?

A two hour workshop focusing on housing and finance issues and the impact of domestic abuse on these areas. Workshop facilitators will be from a range of local money and housing advice services alongside staff from CGL @ The Portal.

3.6.2 Who is it for?

The above workshop is for anyone who would like advice, information and signposting regarding housing including home move, housing options and sanctuary scheme as a result of experiencing domestic abuse and/or any person who would benefit from financial support particularly around debt advice, money management and financial abuse.

3.7 How to refer to Workshops

CGL workers can add open clients onto workshops via internal referral. External or self-referrals can be referred by calling CGL @ the Portal (0300 3239985), completion of the referral form (Appendix 7.2), or by requesting a form at portal.es@cgl.org.uk

Clients open to Refuge and Home Works in East Sussex can be referred directly by calling the CGL SPOC:

- **Eastbourne:** 01323 417598
- **St Leonard's :** 01424 716629

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3.8 Location* and frequency

Eastbourne Workshops	Hastings and St Leonard's Workshops
CGL, Wharf Road, (opposite house number 7) Eastbourne BN21 3UG	CGL, Fellowship of St Nicholas, 66 London Road, St Leonards on Sea, TN37 6AS
01323 417598	01424 716629

*Please exercise discretion when disclosing service delivery locations.

Workshop	Eastbourne	Hastings and St Leonard's
Court and Legal	21st February 2018. 26th September 2018	6th June 2018
Housing and Finance	16th March 2018 26th October 2018	15th June 2018
Parenting and Contact	5th June 2018 18th September 2018	28th February 2018
Parenting and Resilience	23rd February 2018 7th September 2018	4th May 2018

Full updated details of workshop dates, including any changes, will be posted to the Sussex Portal Facebook page.

4. Drop-In Services - Domestic Abuse Surgery

4.1 What is it?

The drop in domestic abuse surgeries are for anyone impacted by domestic abuse and violence including survivors and family and friends of survivors. It is open to any gender. The surgery is an opportunity to speak with a specialist domestic violence worker from CGL @ the Portal.

4.2 Location and Times

Hastings and Rother	Eastbourne, Lewes and Wealden
Thursdays 1.00-3.00pm	Wednesdays 1.00-3.00pm
Hastings Citizen Advice Bureau Renaissance House London Road St Leonards on Sea East Sussex TN37 6AN	Eastbourne Citizen Advice Bureau 6 Highlight House, 8 St Leonards Road Eastbourne BN21 3UH

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5. Sexual Abuse and Violence Services: Survivors' Network @ The Portal ISVA Services

The ISVA team (Independent Sexual Violence Advisors) at Survivors' Network provide signposting and practical advocacy support for people who have experienced sexual violence and are thinking about reporting to the police, have an open police investigation, or who have concerns about a case that has previously been reported to the police.

The service is run by ISVAs and includes one specialist Children's ISVA who works with children aged 13 and under, and their families/carers. They offer support to access appropriate services and help clients understand their rights, either in the immediate aftermath, or years after surviving sexual violence or abuse.

Support is offered on a range of issues relating to sexual offences such as reporting to the police, support through the legal process, housing, accessing follow up health support, liaising with work or college, or accessing therapeutic support. They can also help with third party anonymous reporting if you/your client do/es not feel ready to complete a full police report.

6. Consultancy Service

CGL offer support to other professionals on safety planning, risk and interventions available to their clients.

A victim may not reach the threshold for referral into our service, or may not feel ready to engage with another service. The Portal IDVA service is an experienced and specialist team that can provide options and guidance to professionals who have identified DVA/SVA with their client.

We are able to offer advice around completing a DASH RIC and making referrals into MARAC if appropriate.

If your client lives in Eastbourne, Lewes or Wealden please contact us on **01323 417 598** or email at portal.es@cgl.org.uk or securely at portal.es@cgl.cjsm.net

If you client lives in Hastings or Rother please contact us on **01424 716 629** or contact the above email addresses.

Our consultancy service is open Monday to Friday 9.00am to 5.00pm

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