

Wirral Domestic Abuse JSNA (June 2025)

Overview of Tomorrow's Women (headlines)

Tomorrow's Women (TW) is a charity led by women for women offering support, courses, activities and interventions for a range of issues including domestic abuse, mental health, stalking & harassment, substance misuse, confidence & self-esteem issues, and social isolation. TW currently have over 17,000 women registered between their Wirral and Chester centres, offering a timetable of activities and support options for a range of issues.

Women will self-refer to the centre whereby they will complete a referral to identify areas of support, and a support plan will be created tailored to her needs.

Empowerment Advisors at the centre are trained to provide holistic support to women including the completion of DASH (Domestic Abuse, Stalking and 'Honour'-based violence) forms or SASH (Screening Assessment for Stalking and Harassment) forms, emergency housing referrals, social services referrals, and general emotional support.

In 2024, headline figures suggest that:

- a total of 1,126 referrals to the Wirral centre
- whereby 53% of women disclosed domestic abuse (current and previous) at point of referral; these women can access support from trained IDVAs (Independent Domestic Violence Advocates).
- 17% of women were given safety plans, and
- 10% suicide risk forms were completed.
- There were also 3% of Risk Identification Checklist (RIC) forms and 4% DASH forms completed.

TW host solicitor drop-ins whereby women can access free legal advice:

- In 2024, a total of 235 legal advice sessions where women gained advice and support surrounding issues including domestic abuse, family matters, finance, divorce and care proceedings.

TW also benefit from a police drop in:

- An officer from Merseyside Police visits the centre to give advice and support, with a total of 34 women benefiting from this.

Women disclosed sexual abuse at point of referral:

- In 2024, 26% of women disclosed sexual abuse at point of referral; these women can access support from ISVA (Independent Sexual Violence Advocates) as well as early evidence kits should the woman wish to report the incident to the police.

Headline so far in 2025:

- There have been 413 referrals
- Where 46% of women have disclosed domestic abuse and
- 30% disclosed sexual abuse.

Referral routes to TW

TW gain referrals from Merseyside Police surrounding Out of Court Disposals where women who have been given a Conditional Caution or a Community Resolution will access the centre for wrap-around support as well as complete our Better Solutions Course which focuses on thinking skills, consequences and problem solving.

Between 01.10.24- 30.04.25, the centre in Wirral, had:

- A total of 4,106 signs ins
 - o This is women **accessing the centre for support** with an issue such as domestic abuse, mental health, stalking and harassment etc, or to take part in a course or activity.
 - o Women are also able to access the centre for a hot drink and meal as **a way of reducing social isolation**, and there are a number of **volunteering opportunities** available.
 - o Women are also about to access **free counselling** whereby they can have a minimum of 12 sessions with a trained or trainee counsellor – between these dates 53 women accessed this counselling.
- TW also offer **a weekly lunch club** which is a fantastic opportunity for women to come together to enjoy a 2 course meal.
 - o in 2024 over 4,000 meals were served.
- They also support women with **housing/homelessness drop ins** which was attended by 26 women, as well as **employability** which was attended by 475 women.

TW place a huge **focus on wellbeing**, offering a range of courses which in 2024

- 399 women attended.

They also offer a wide range of activities, including

- **Sewing group** - Stitch in Time - which 466 women attended
- **Creative Group** which explores singing, drama and dancing - 262 women attended.
- **Holistic sessions** including mediation (76 women attended), yoga/sound bath (96) and belly dancing (185).

TW offer a number of **in-house courses** which educate the women on issues they may be experiencing, as well as navigate through them.

These include **Finding Me for victims/ survivors of domestic abuse** which was attended by 585 women in 2024.

TW also **supports with drug and alcohol misuse**, supporting 816 women in 2024. They also work closely with Wirral Ways as well as run recovery support groups as well their **in-house course, Alcohol & Me**.

Other in-house course include:

- **Wellbeing & Me** which focuses on improving well-being,
- **My Child & Me** targeted at women experiencing abuse from their child,

- **Red to Pink**, which is an anger management course,
- **Happy Healthy Homes** which builds resilience in families, and
- **A More Confident You** which focuses on improving confidence.

TW also offers a perpetrator course, **Changing Me**. **Changing Me** is a 6-week course targeted to women who have exhibited negative behaviours in relationships and, helping them to alter them for the better.

The course, utilising varied teaching methods including roleplay and visual learning, encourages women to identify their own negative behaviours, healthy and unhealthy emotions, and personal triggers to recognise the impacts of their behaviours.

Taking accountability of their own behaviour is a key message within Changing Me and is the catalyst to making positive, permanent changes as well as identifying their strengths to boost self-esteem and positive self-image.

Women complete this group with the tools to make better behavioural choices, affirmations for more positive behaviour and in turn, positive outcomes, with the prospect of a brighter future away from crime.

For more information about Tomorrow's Women, please contact