



Impact Report
2012-2013

oasis
domestic abuse service

Our 'Love shouldn't hurt' competition winner



Dear friends

I would like to thank all of our supporters; the ways that you help this cause with your kindness is heart-warming and humbling. We have begun delivery of our mentoring work that aims to prevent young people falling into problematic relationships. These young people are going through a difficult transition from childhood to adulthood and are often carrying life experiences with them that we would not wish on our own. It is a time when a mentor can be a much needed source of support and a valuable role model. It is Oasis aim to provide much more of this valuable support in its ambition to undermine both the causes and consequences of domestic abuse, and subsequently the horrific impact it has on families. Many of the children we work with see and hear and experience things that as a society we should commit ourselves to ending.

The ambition for this work has grown out of our learning over the past three years about the experiences the children who come into our refuge are having at home. It also comes from our understanding that many, but not all, of the adults we work with will have had difficulties in childhood. For this reason we began the campaign 'Love Shouldn't Hurt' a tagline kindly gifted by our partners Rising Sun Domestic Violence and Abuse Service in Canterbury. The campaign began with a wonderful art competition through schools in Thanet including; Cliftonville Primary, Palm Bay Primary, Chartfield Primary and St Joseph's Catholic Primary School. The children drew their representation of the theme and some kind supporters of the charity presented a prize giving at the Turner Contemporary. The aim of the campaign is to embed the concept in the minds of all of the children and young people in Kent as they grow into adulthood. It has been underpinned by two wonderful events gifted to us – The Postcard Auction on from our kind supporter Fiona Sherriff of the Harbour Arm and The Vagina Monologues produced by the Tom Thumb Theatre and the marvellous Jan Dunn.

Our adult work is so crucial in keeping families safe and we continue to devote energy to ensuring these are as effective as possible, but in the year ahead we turn and face head on the need to enable children to have the resilience to move safely into adult life. The kind support of all of you who receive this newsletter enables us to do that, and we remain indebted to you for this kindness.

Best wishes
Deb Cartwright



Oasis Events and Awareness Raising

The Thanet community have continued to show their support for the work we do here at Oasis through fundraising and awareness raising events. With supporters putting their minds and bodies to the test with sponsored, walks, runs, cycles and abseils.

The Vagina Monologues

On February 17th 2013 'The Vagina Monologues' came to Margate and took place at The Tom Thumb Theatre. Playwright Eve Ensler has an international campaign to end violence against women and girls through her awareness raising play. Our production was directed by film maker Jan Dunn (Gypo, Ruby Blue) and had an all-star cast including Nancy Dell'Olio, Rita Tushingham, Joanna Scanlon, Beverley Hills, Father Ted's Pauline McLynn and comedian Amy Lane. This fantastic event raised £5000 for Oasis to bring the love love shouldn't hurt message to children and young people.



Postcard Auction

Oasis and Pilgrim's Hospice joined together for a postcard auction at the Margate Harbour Arm Gallery early in September 2012. There were 100 pieces of artwork anonymously auctioned off to the public. There was a mixture of contributions from local artists, Oasis clients, hospice patients and well-known names such as Tracey Emin and Prime Minister David Cameron. The event raised nearly £8000 for Oasis and Pilgrim's.

Loukia Michael, Community Fundraiser at Oasis said: "the atmosphere at the auction was fantastic and the bidding for the Tracey Emin Pieces was particularly exciting. There are so many people to thank – bidders, artists, guests, sponsors and the auctions – but I would like to say a special thank you to Fiona Sheriff of the Margate Harbour Arm for giving Oasis the opportunity to get involved with such a popular community event."

Oasis hopes to get involved with the post card auction again in the future as it was such a fantastic event for a local charity to get involved with.



The Body shop continue their support of our work by having us as their Westwood stores local charity, holding in store fundraisers for our work.



Inside Oasis Women's Refuge

The Oasis Refuge accommodation is available 100% of the year. From January 2012- March 2013 the refuge housed 51 families/single women, with 35 children in these families. This averages at 40 families in a 12 month period with 28 children. The average length of stay is 3.6 months in a 12 month period.

The refuge team provide support, empowerment, involvement, safety and security in line with the Kent County Council commissioned services requirements, and the refuge operated at Level A of their quality standard. There were no complaints from residents, and the organisation sought feedback regularly to inform good practice.



No more fear

The weak will get strong.
No more fear
No more heart ache.
No more controlling.

I will live in spite of my daddy who
crushed our lives.
He will no longer have a say

My life, my body, my mind, my sole
He will never again have control
Whether in this world or the next
Justice will have a say and way
I was hurt almost killed, and he
almost won
But he LOST!

Anonymous



Little Princess

I thought I was his little princess.
Like the necklace he brought me once.

So it first started with a look in the eye
saying "don't you dare".

Later it was pulling hair
Once even using the belt.
Seeing it pushing through air so hard,
and coming for me.

Crying so much,
Please STOP Please!
But it continued,
his fierce voice said "Shut up, don't you
dare cry"

So much belief that I was his little
princess,
I started believing that this was his
way of showing love.
The only way he wouldn't hit harder is
by not crying.

Anonymous

What our clients say

"When I arrived the room was comfortable, it felt safe and snug. I had no fear of my perpetrator turning up."

"I feel 110% helped –especially in terms of self-esteem and confidence. I am getting back to my real self and taking it day by day. I now feel able to do normal household tasks without having to ask permission. Also being allowed to cook."

The refuge team manager

"Our sense of community isn't limited to just the children and women during their stay with Oasis; they can access our continued support after they leave, just like someone would with their family. We offer a support group for current and ex residents. People who lived here 10 years ago still visit us regularly. It is good when current residents meet ex residents because they can see the light at the end of tunnel and see that they can move on with their lives. Women and children need to feel safe and comfortable; because that helps them want to stay."

"They come in with nothing, completely demoralised and you watch them grow, you see the change quite quickly. It gives you an inner glow when you see the transformation."

Supporting the Children in Oasis' Refuge

Identifying and meeting the needs of children is another important aspect of the work of the refuge, as the impact of domestic abuse on children can often be overlooked. All children at the refuge have been adversely affected in some way by living in and atmosphere of abuse and some have also been directly physically and sometimes sexually abused.

Our specialist play –worker at the refuge provides a range of activities both in the play room and outside the refuge to encourage children to play and express themselves, to share and socialise and interact with each other in a positive manner. The play worker with the refuge support team enable the family to grow and repair bonds. Oasis fundraises for this post and is grateful to the Lloyds TSB Foundation for this grant for two years.



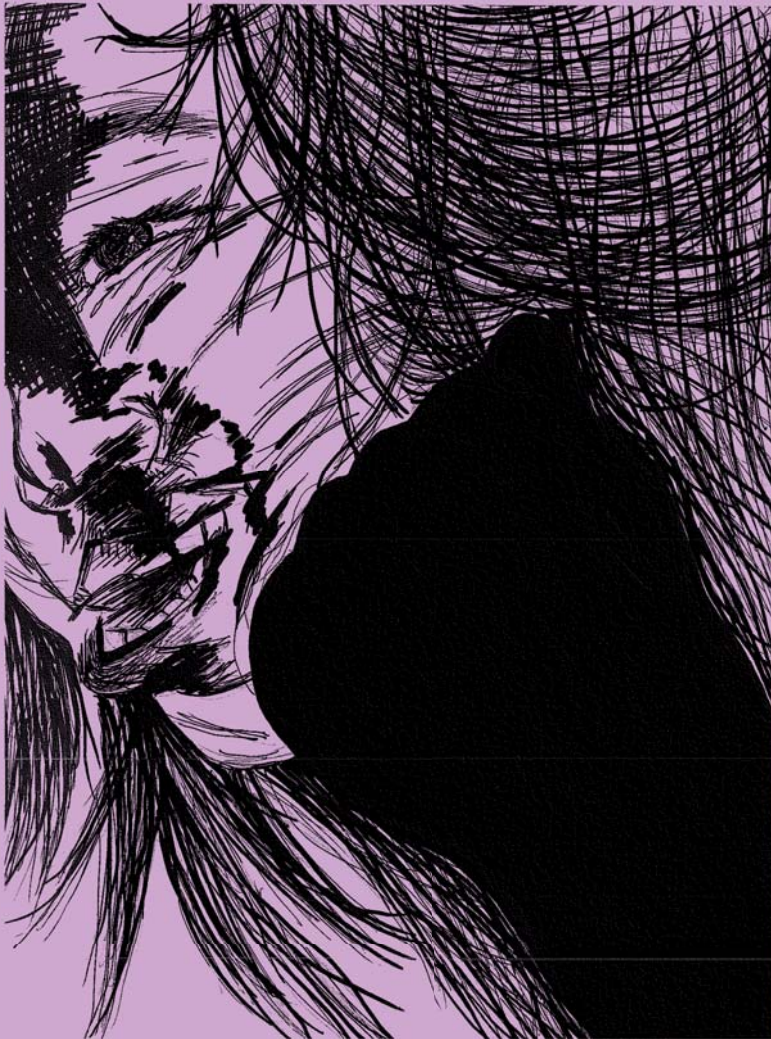
Lloyds TSB | Foundation for England and Wales

Where do our clients go?

89% of our resettled clients were as part of a planned move. We support clients as much as possible to make the choices that are right for them and that they are happy with. Oasis does a great deal of safety planning and other work with our clients to improve their chances of success.

Ex Oasis resident Rebecca* said “when you leave your entire friends and family the people at Oasis become your new family. It’s the people here that keep you here.”

“punch to face” by anonymous



What improvements did Oasis make?

During 2012 clients requested more support with healthy lifestyle choices and more activities within the refuge. This led to a staff member attending training on supporting clients to adopt healthier lifestyles’ which has influenced the one-to-one support. Sarah said “I really appreciate all the hard work the staff have put in to help me. I have learnt to cook some really interesting dishes – I now know how to make a quiche!” The Oasis refuge team have also been trialling new group activities such as Dance and Drama and Keep Fit.

Tribute to a Refuge Volunteer

The refuge had a long running craft group which had been the hot bed for many art projects over the past three years including the inspiring ‘Survivors Voices’ exhibition. Sadly the volunteer facilitator for this group, Valerie, passed away. Val’s wish to help at the refuge was personal to her and all of the women, children and staff have experienced this as a great loss.

Thoughts and guilt’s by mother of a survivor of domestic abuse

The couple had a skinful, argued and had a fight.
That's what I thought would happen, even though
its still not right.
When it happened to my loved one within my family.
I realised just how ignorant and naive I had been.
OASIS was a godsend, they helped to ease her
pain.
They gave me back my daughter, and made her
strong again.



Some of the pieces that were produced for the 2010 Survivors Voices under the kind stewardship of Val

Oasis Outcomes 2012 - 2013

Refuge empowerment star showing average increases in perceived outcomes



'I love myself now'

Refuge supported:

51 women

35 children



'Oasis made me who I am again, gave me back my strength.'

After working with Oasis Community clients on average felt...

- 25% less afraid
- 26% improved social network
- 33% increased confidence
- 18% financial improvement
- 26% better at coping
- 28% safer
- 10% improvement in relationship with their children
- 14% increase in child's wellbeing
- 19% increase in child's Safety

'I have been able to re-build my life and am continuing to do so with the tools I've learnt.'

Community & Positive Relationships work with **358** adults and **198** children

! Significant risk reduction

58% of our high risk community clients experience a significant reduction in their risk levels.

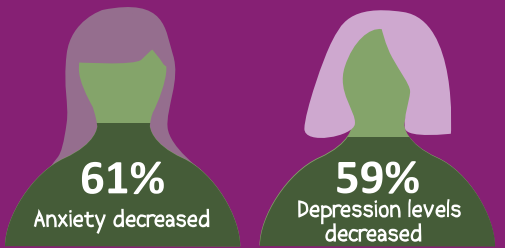
Client satisfaction with our Independent Domestic Violence Advisors at Court **89%**

92% engagement rate.

Counselling

The aim in therapy is to aid recovery and restore the severely damaged self-structures, specifically self-esteem, self-worth, self-respect and self-efficacy, eroded through the power and control of the perpetrator; the recovery process leads to client independence.

For those that completed therapy overall had:



What have we learnt?

That we need to direct resources to working with children and young people at risk and who have been affected by domestic abuse. We also need to support those experiencing intimate abuse at a young age and those with complex needs due to life-long trauma. That is why Oasis are starting a child and young person's mentoring scheme that will go into the community to support these young males and females.

Oasis in the Community

Independent Domestic Violence Advocates (IDVA) Leading Lights

Oasis Independent Domestic Violence Advisors (IDVAs) work was awarded Leading Lights accreditation. Highlighting the excellent work we have been providing for Thanet. This award means that Oasis now helps deliver the IDVA service across Kent as part of the Kent Domestic Abuse Consortium so that everyone in Kent gets the high quality service we provide.

IDVAs work with those in the community who are dealing with domestic abuse, they provide safety plans, impartial advice, legal support, communicate with multiple agencies and provide a listening ear to all those that call them.

Sue* said the following when asked about her IDVA “She has been brilliant, really supportive. Just knowing she was there for a good old chat and that she would make time to listen. My family were always there for me but having someone from outside that really understood made a big difference to me. It was just a great pleasure to have worked with her.”

“Without the work of Oasis I would be so alone.”



The Life of a Court IDVA

We support a wide variety of people through the courts. The role of the Court IDVA often extends beyond offering support purely for the purposes of the Criminal Justice System (CJS), and therefore many positive impacts that the client experiences may not necessarily relate to the experience of the CJS directly, however, the CJS has an essential role to play in the client's overall wellbeing.

I am currently supporting a number of clients who have mental health issues, which appear to have been exacerbated by the domestic abuse that they are experiencing. In all cases, having the support from the IDVA, both when going through the court process and identifying their additional needs to then refer onto appropriate agencies has increased their wellbeing.

One client has been coping with the abuse she is subjected to by serious self-harming, another approached our service due to an impending court case, and has now been able to disclose issues around her pregnancy and outline the extent of a serious assault when making a report to the police. Both clients are now engaged with other agencies who can offer them additional mental health support, which I feel may not have taken place without the IDVA input.

In effect, the relationship that the IDVA can develop with the client requires an approach which embraces all components of the client's experience, ensuring that as many of their needs are met through signposting and support. This is a wonderful opportunity to develop trust with the client and ensure that they are fully informed and therefore empowered to take the journey through the court system, having a strong voice during this process and increasing the likelihood of successful prosecutions and outcomes within the system, as well as making effective and longer term positive changes within their own lives.

As the Thanet KM charity of the year Oasis has been very lucky, and has taken part in the sponsored events the KM offers local charities. In particular an Oasis client took part in the Abseil with her family to fundraise for our work to continue in the community.



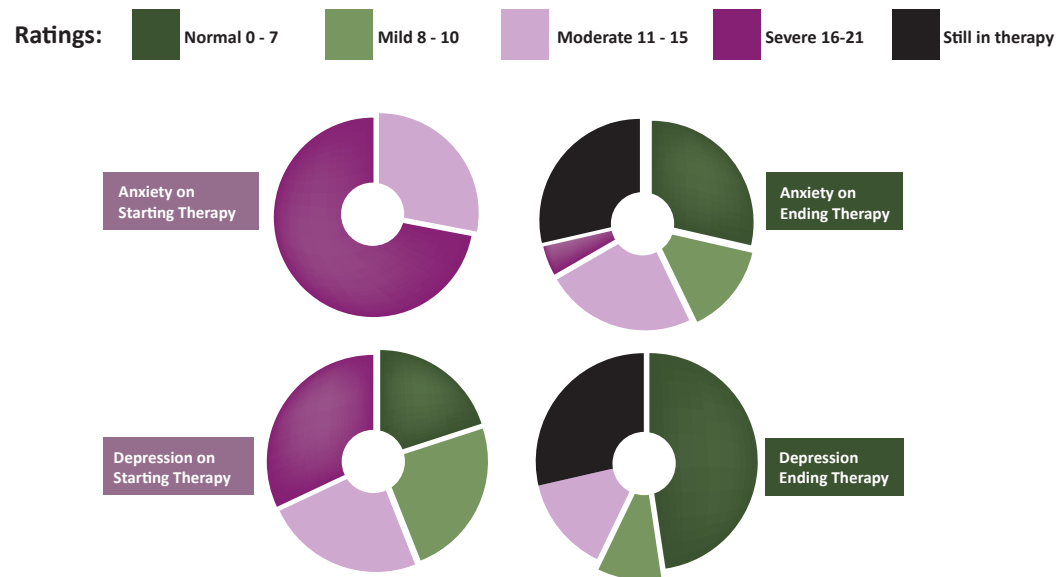
Recovery and Prevention

Oasis Therapeutic Support

Domestic abuse is not just physical, it can leave scars that cannot be seen that leave impressions for life. These invisible scars can really alter a woman or child's life, their confidence and trust are worn down. That is why Oasis offer a counselling service to residents and community clients, which allows them to explore their feeling and helps them grow back the trust and confidence that gives them the ability to go out into society and make a positive difference once again. We help to restore those feelings of self-worth, self-respect and self-esteem that have been worn down by the power and control of a perpetrator of domestic abuse.

Our women and children are the ones that lead themselves to independence. Oasis refuge offers a safe place to explore all of the damage they have suffered in a protected place that ultimately gives them the space to grow into independent confident individuals. These survivors often have issues developing new relationships, Oasis gives them ways to cope with these problems and to have the trust and ability to have a good positive relationship.

Based on HADS (Hospital Anxiety and Depression Scale)



New Projects – Oasis' Children and Young People's Mentoring

We are constantly learning and improving at Oasis. We have noticed a need to direct resources to working with children and young people at risk and who have been affected by domestic abuse. We also need to support those experiencing intimate abuse at a young age and those with complex needs due to life-long trauma. That is why Oasis are starting children, young person's and young adult's mentoring schemes that will go into the community to support young people who are at risk of becoming instigating abuse or being victimised. In this way we will test this scheme for enabling young people to develop resilience and avoid difficult relationships in later life. We are also delivering a specialist mentor funded by KCC. Our 'Positive Relationships' worker focusses specifically on girls who are at risk of early pregnancy, sexualisation and/or domestic abuse.

Positive Relationships Case study *

Helen is a 15 year old girl who has been through our mentoring scheme. Helen was referred to our mentor Alex by her school after they noticed she was starting to miss school, often coming in increasingly late in the mornings.

Mentor Alex said the following;

"Our meetings were very relaxed. My role is ultimately to give girls like Helen someone to talk to on their level. We play pool or go for a cup of hot chocolate if it's raining and we just talk about what Helen wants to talk about. Talking to someone you don't know about your private life can be very difficult especially if you're a young person, so to building trust is important. Helen had very low self-esteem. Running late for school because she felt she had to do her make-up to be accepted. We would talk about peer pressure and relationships. During these conversations Helen would discuss her new boyfriend who had started preventing her from talking to her friends. We talked a lot about what a healthy relationship should be like. We would talk about theoretical situations a lot, for instance is it ok for a boy to hit a girl if she has done something he doesn't like. She would give her view and I would give mine. We would meet when Helen wanted to, typically it would be every two weeks but if she had more issues going on it would be more often because I was impartial. I don't tell the young people I work with what to do, and I don't judge. I listen and we chat. After 6 months I stopped seeing Helen, because she was attending school a lot more, and arriving on time. Helen told me she felt more confident and hoping to get into college after she finished her GCSE's."

*names changed to protect individuals.

Thank You for Helping our Cause!

How to give to Oasis

If you would like to set up a monthly donation of any amount big or small please visit our justgiving site to set up a standing order at:

<http://www.justgiving.com/oasis-outreach/donate>

Alternatively why not put on your own fundraising event? From cake sale to ballroom dance whatever you feel you can manage to raise vital funds to keep our work going in Thanet are welcome. Inspire yourself with our fundraising pack that can be found on our website:

<http://www.oasiswomensrefuge.org/fundraise.html>

Although every penny counts your time is just as valuable to us. At Oasis we are always looking for volunteers who are willing to give their time and expertise to helping with the fundraising events and helping in some way towards the running of Oasis. We are always looking for volunteers willing to support us with events, collect and sort donations, and co-ordinate our collection pots as these are jobs vital to keep Oasis going as a charity. To become a volunteer just visit our website to download an application form to send in to volunteers@oasiswomensrefuge.org.

You can always sell on Ebay in a bid to raise funds for Oasis, just search [oasisdomesticabuseservice](#) and you can clear out while raising funds for the work Oasis does.



Meet our Trustee

Maggie Eliot



What is your day-to-day job/activity?

I am now retired from working in our family business which is a company that designs and supplies giftware to wholesalers, stores and entertainment groups. Over the years I was involved with many sides of the business but I am really enjoying retirement and having more time to get involved with Oasis.

How did you first become involved with Oasis?

I was on a fundraising committee a few years ago in organising a 'Black and White' ball for Oasis but didn't do anymore until this year when I was asked to become a trustee. This was a real honour.

What has been your best moment?

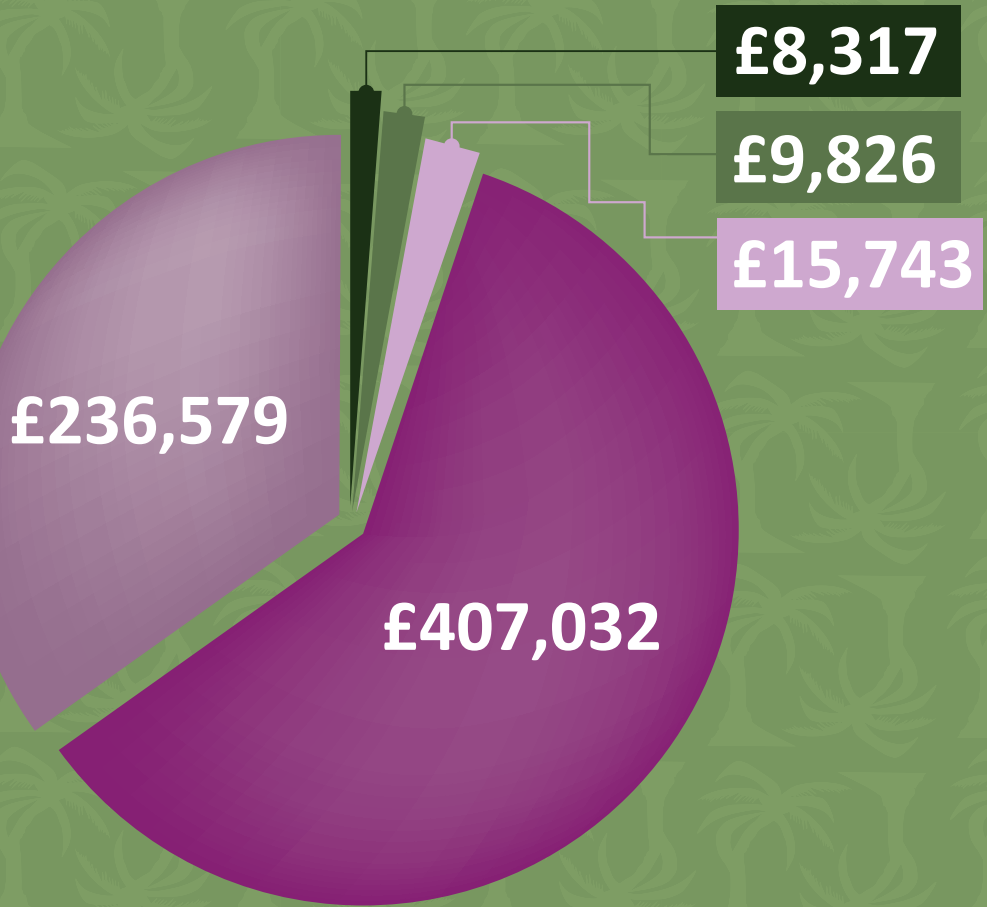
The best moment so far was the Ambassadors morning. Having so many interested, influential and committed people in one room and hearing Tina speak about the Oasis work was inspiring for everyone.

Financial Review

Sources of Income

we ran a 15 month accounting year from January 2012 - March 2013

Key:



Roll of Honour

Acorn Homes, Ramsgate	Trinity Resource Centre, Margate	Sundays Tanning Salon	Grant Roswell
Mr & Mrs Arthur	Urban Cottage Industries Ltd	Thanet District CAB	Rotary Club of Ramsgate
Jeff Balcombe	Jeremy Voizey	Thanet Scout Active Support Unit	Mick Santer
Mrs Bedford	Mrs E Walker	The Marquis at Alkham	Fay Shuttle
Birchington Brides and Suit Hire	Barbara Warren	Jenny Thompson	Mandy Smith
Charlie Bott	Sonia White	Kim Thorley	St Andrew's Church,
Annie Bradley	Cindy Willard	Linda Toby	Broadstairs
Joyce Brett	Eve Willis	Dave Tubridy	St Philip's Church, Palm Bay
Budgens Local, Ramsgate	Rachael Young	Victory News, Broadstairs	Andrea Stannard
Margaret Camber	Jacque Agnew	Waitrose, Ramsgate	Janine Terrana
Chartfield School	ASDA, Broadstairs	Mr & Mrs R Ware	Thanet Indoor Bowls Club
Mrs and Mrs D Clarke	Barnes Marsland Solicitors	Vanessa Warrilow	The Body Shop, Westwood
Julie Cook	Stefano & Jennie Bego	Colin Whitehead	Cross
Gareth Couldwell	Birchington Methodist Church	Stacy Williams	The Parish Church of St John -
Helen Day	Sue Bowen	Laura Wren	the Baptist
Cath Deeson	Rebecca Bradley	Laura Antras	Martina Thompson
Erin Downs	Broadstairs & District Ladies Probud	Sarah Bailey	Thorley Taverns
Jan Dunn	Caboose Café and Bar, Ramsgate	Annette Bates	Edwina Todd Laver
Enterprise Inns	Jan Cannon	June Binfield	Mrs Turner
Frock-a-licious, Westgate	Sister Katy Clapham	Boots, Westwood Cross	Jo Vogelaar
Lilyanne Gemmell	Mrs C Clifford	Boys & Maughan Solicitors	Sue Walker
Mavis Graph	Alison Coombs	Bradstow School, Broadstairs	Jane Warne
Sarah Griffiths	Mark Cox	Broadstairs & St Peter's Women's	Mrs J Watkins
Hardres Street United Church,	Sheila Deakin	Institute	Dave Wilcher
Ramsgate	Mr & Mrs J Denning	Callis Grange School, Broadstairs	Sheila Williams
Holy Trinity Broadstairs Mothers' Union	Mr & Mrs Derrick Downs	Ann Chanas	Mr & Mrs Wright
Holy Trinity School, Broadstairs	Deborah Ellis	Nicola Clarke	
Mary-Joyce Insaiddoo	Fontaine Decorative, Margate	Cliftonville Primary School	
Kan-Doo Timber Supplies	Fun to Dance	Barbara Copper	
Sharon Kirkland	Global Generation Church, Margate	Caroline & Benjamin Crowe	
Samantha Lawrence	Chloe Greenfield	Mrs S L Dean	
Lord Byron Pub, Margate	Alison Gurden	Christian Dennis	
Madam Popoff Vintage	Lesley Higgins	Janette Dryden	
Ray Martin	Holy Trinity Church, Broadstairs	Louise Embleton	
Victoria May	Mr & Mrs B Homewood	Janet Fowles	
Mr & Mrs C McManus	Mr & Mrs M Johns	Ruth Geldard	
Shelley Merryweather	Susan Kennedy	Dave & Nicky Goodwin	
Millmead Children's Centre	Valerie Knopp	Dawn Greenham	
Sophie Moore	Breda Leavesley	Haddon Dene Preparatory School	
Newington Free Church, Ramsgate	Danielle Louca	Ray Holdstock	
Stacey-Jane Panther	Chetna Makan	Holy Trinity Church, Ramsgate	
Darren Philpot	Anne Marvel	Brian Horsley	
Sylvia Pulling	Nadia McArthur	Sue Jones	
Rainbow Ward, QEQM Hospital	Emma Meades	Amie Kimpton	
Rayners Opticians	Lulla Michael	Louise Lambert	
Janet Rhodes	Minnis Bay Lodge	Joy Linley	
Helen Rogers	Vicki Neal	Mrs MacDonald	
Rotary Club of Broadstairs	Obsessions Salon, Ramsgate	Margate Round table	
Josie Rudland	Lisa Payne	Juliette May	
Sharps Printing Services, Broadstairs	Sarah Pilgrim	Margaret McClosky	
Six Bells Children's Centre	A & E Department, QEQM Hospital	Helen Medhurst	
Mr & Mrs H Smith	Sister Helen Ramsay	Mr & Mrs G Miles	
St Joseph's RC Primary School	Georgina Reed	Monkton Methodist Church	
Standfast Security Specialists	Jackie Ritchie	Neville Weston Chartered Certi-	
Students of Enterprise & Finance	Heidi Rogers	fied Accountants	
Dept., East Kent College	Rotary Club of Margate	Ian O'Sullivan	
Tesco Broadstairs Extra	S H Cutting Jewellers	Deborah Percy	
Thanet Lions	Jenny Shaw	Caroline Price	
The GB Pizza Company, Margate	Sue Skinner	Jimmy Rabbett	
The Tom Thumb Theatre, Margate	Smith Court Hotel, Margate	Ramsgate Probud Club	
Frank & Ann Thorley	St Nicholas at Wade Church	Mrs Reed	
Marie Thronsdon	Carol & Rex Stanion	Shirley Robinson	

I would like to make a one-off donation of £

I would like to make a regular donation per month of (please tick box)

£10 £20 £30 £



Starting from ____ / ____ / 2013

I would like to make a standing order from

If you have any queries about this form please contact us at: fundraise@oasiswomensrefuge.org or call 01843 290891

Bank name _____

Bank address _____

Bank Postcode _____

Account holder(s) name _____

Account number _____ Sort Code _____

Please return the completed form to: Oasis Domestic Abuse Service, PO Box 174, Margate CT9 4GA. By signing the form I confirm that I have read and accepted the terms and conditions below. Please pay the amount detailed above and thereafter the same sum on the same day of each succeeding month until further notice to the account of Oasis Domestic Abuse Service, account number 00021110, sort code 40-52-40.

Signature _____ Date _____

Name _____

Address _____

Postcode _____

Email _____

Contact tel number _____

GIFT AID Thanks to the Gift Aid scheme you can give an extra 25p per pound. I confirm I have paid or will pay an amount of Income tax and/or Capital gains Tax for the current tax year(6 April to 5 April) that is at least equal to the amount of tax that all the charities and Community Amateur Sports Clubs that I donate to will reclaim on my gifts for the current tax year. I understand that other taxes such as VAT and council tax do not qualify. I understand the charity will reclaim 25p of tax on every £1 that I have given.

Signature _____ Date _____

Data protection information – Oasis is registered under the Data Protection Act. Your name and address will not be disclosed to any other organisation but we may, from time to time, send you news about Oasis and information on events. If you would prefer not to receive information please tick the box

