

Providing independent support to women since 1978

Independent Choices

THE COST OF GETTING IT WRONG

PRESENTATION TO GP	£48
CALLOUT TO POLICE	£90
A&E - MINOR ASSAULT	£65
DEPRESSION	£332
A&E - MAJOR ASSAULT	£2,700
HOSPITALISATION - DUE TO SEVERE DOMESTIC FORCE	£9,190
COURT COSTS - COMMON ASSAULT	£215
COURT COSTS - SERIOUS WOUNDING	£9,127
COURT COSTS - SECTION 18 PROSECUTION	£8,430
DOMESTIC HOMICIDE	£1,097,330

TOTAL TO PAY	£1,127,437

REPEAT VICTIMISATION	£??
ADDICTION	£??
COST TO EMPLOYER	£??



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THE VALUE OF GETTING IT RIGHT

1 CALL TO THE WOMEN'S DOMESTIC ABUSE HELPLINE...

- A CONFIDENTIAL HELPLINE SERVICE
- HIGH QUALITY, EXPERT ADVICE
- SIGNPOSTING TO SPECIALIST AGENCIES
- SUPPORT IN ACCESSING SAFE, SECURE ACCOMMODATION
- EMOTIONAL SUPPORT/COUNSELLING
- COMMUNITY LANGUAGE SUPPORT
- ADVICE ON RIGHTS & LEGAL OPTIONS
- SAFETY ADVICE/PLANNING
- EMAIL ADVICE SERVICE
- WEBSITE - WDACHOICES.ORG.UK

TOTAL TO PAY £20

INDEPENDENT CHOICES

OVER 30 YEARS' EXPERIENCE IN MEETING THE NEEDS OF WOMEN ACROSS GREATER MANCHESTER WHO HAVE EXPERIENCED DOMESTIC ABUSE



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Meeting the needs and promoting the rights of women who have experienced domestic abuse

Annual Review 20102011

Special features:

International Women's Day 100 years on

Greater Manchester domestic abuse campaign - End the Fear

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Meeting the needs and promoting the rights of women who have experienced domestic abuse

Chair's welcome by Louise Murray Chair of Board of Trustees

Our annual review cover this year highlights the importance of funding for domestic abuse services and the value of easily accessible early intervention services, such as the Helpline and Community Helpline Language Service, in ensuring that women are able to make early choices that protect them. As we know, the costs of not providing early support are huge for women, their friends, family and children.

At a time of unprecedented public spending cuts it is also important to highlight the increased financial costs of not providing this early support and that cuts to early intervention services may come at a high price.

For Independent Choices, early intervention means a commitment to running open access services and also to highlighting the impact of domestic abuse on women. This year we have focused on strengthening our partnerships across Greater Manchester and leading work which aimed to change behaviour and prevent domestic abuse. We led a regional campaign for the World Cup in June 2010 and followed this up with further public awareness raising in November 2010 and February 2011.

Our partnerships have also helped us to strengthen our services, with the Helpline benefiting from staff on placement from partners, and the Community Helpline Language Service able to refer women into the new Sojourner Project, providing support, accommodation and subsistence for women with no recourse to public funds.

Our volunteers provide a highly motivated and dedicated resource which is core in supporting the staff team to deliver services. This year we have also renewed our membership, welcoming 14 new members, many of whom have gone on to get involved in fundraising, planning our first Manchester Run for 2011. This kind of support will become increasingly important to the future sustainability of our services to women and I would like to say a huge thank you from the Board of Trustees to all those who have supported the work of Independent Choices this year as a member, volunteer, worker, funder or sponsor.

As we look ahead to 2011 - 2012 we will need your support more than ever.

It's a fact

UK government research shows that domestic abuse costs the economy at least £3bn a year in lost output.

Average cost of a non-molestation order is £2,000 - this increases to £4,000 if contested.



Overview of Greater Manchester work in 2010-2011

by Sam Priestley, Chief Officer

Independent Choices has been actively involved in regional working around domestic abuse strategy both through crime initiative and community support work.

We have taken a lead in co-ordinating for a second year a timetable of over 40 events for the 16 days of action against gender violence (25th November - 10th December 2010); we held events and stalls in several organisations to promote support for domestic abuse.

We were the third sector representative on the GMAC serious Crime Group since January 2010 and have taken an active role in realising the strategic assessment 2009 - 2011 and the development of the new strategic assessment soon to be launched. As part of this role we have been working towards the regional backing for a 'one contact point' system for domestic abuse across Greater Manchester and also ensuring a consistent message to the public of Greater Manchester about domestic abuse and relevant support services.

In connection with this work at GMAC in January 2010 we started chairing and leading a regional campaign on domestic abuse under the brand 'End the Fear'; this campaign was launched with the backing of 25 partners (including all ten local authorities) for the World Cup in June 2010. The campaign group had strong representation and agreed a brand and a regional website to support the publicity campaign materials, the first campaign received well over 40 pieces of high profile media and large internet coverage.

The End the Fear campaign went on to hold a further campaign image launch during the 16 days of action in November - December 2010 and then held a celebrity supported campaign for Valentine's Day in February 2011. For all aspects of the End the Fear campaign the Helpline has been utilised as the key contact point and Independent Choices have increased service provision to respond to potential increased demand.

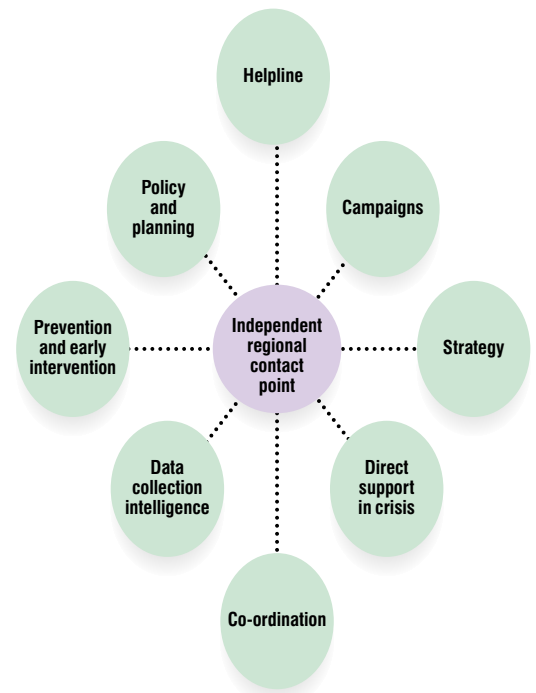
In Manchester city we regularly attend the practitioners' forum - we spoke at the practitioners' forum around our involvement with Forced Marriage and FGM. In May 2010 we instigated a networking forum between the 11 women's domestic abuse organisations in Greater Manchester called HOWDAS (Heads of Women's Domestic Abuse Services). The group includes representatives from Women's Aid, Rape Crisis and Wai Yin and has met six times over the year. HOWDAS seeks to sustain and strengthen the third sector specialist support to women.

We maintain national links through Women's Aid Federation England and links to the National Domestic Violence Helpline; we link with Respect Phoneline, MALE, Broken Rainbow and Rights of Women. The Chief Officer as a member of ACEVO is a member of the Women's Special Interest group.

We continue to sit on our representation since 2009 on the Greater Manchester Police Intelligence and Enforcement Group which we have been on since 2009. The group that looks at ways to prevent domestic homicides in the region (9 homicides in 2010 and 14 in 2009). We have also worked closely with GMP on the GO Order (Domestic Violence Protection Orders) pilot due to be launched in June 2011. We have also worked with GMP on Stalking and Harassment initiatives.

From a service user...

“ The worker was thoughtful and understanding.



The stars of Strictly Come Dancing and local football clubs teamed up with a young domestic abuse survivor to help put a stop to domestic abuse on Valentine's Day. Celebrities including Ann Widdecombe, Zoe Ball, Patsy Kensit and Colin Jackson joined

15-year-old Brooke and urged people across Greater Manchester to pledge their support to end the fear of abuse.

Brooke spoke out about how she suffered at the hands of her mum's abusive partner from the age of 10. By sharing her experiences, she hoped it would give other victims the courage to come forward and seek help and support before the abuse escalates any further.

Brooke was extremely brave in coming forward to tell her story and it reminds us of the impact this crime has on many children who feel they have nowhere to turn to for help.



Women's Domestic Abuse Helpline Services

by Karen Harrison, Helpline Service Manager

In 2010 - 2011 we continued to provide a confidential Helpline to women who are experiencing or who have experienced domestic abuse. We also provided consultation, advice, support and signposting to agencies. This service has continued to be available for 33 hours per week with no break in service, although we were not always able to have both phones covered.

There were 5592 incoming contacts to the Helpline service and 1673 outgoing contacts were made on behalf of women. We received 265 emails to our email advice service and had 9451 website visits, of which 6037 were unique hits; in 2009 - 2010 the website figures were 7809 and 4032 respectively, demonstrating a 22% increase in the number of unique hits and 9% increase in visits. Work continued on the website development; the site is now more user-friendly and informative.

In June we extended Helpline hours to coincide with England matches in the 2010 World Cup. This was done in conjunction with a joint publicity campaign with GMP and domestic abuse organisations in Greater Manchester (GM) - Greater Manchester Against Domestic Abuse. The campaign also adopted the End The Fear (ETF) logo and started the process of making ETF the Greater Manchester message www.endthefear.co.uk

There was extensive publicity displayed throughout GM and much interest shown by local media. The Helpline featured on the BBC Northwest news and BBC Manchester radio as well as being included in newspaper articles.

Over the Christmas period we opened for additional hours in the week between Christmas and New Year. Where resources allow we will aim to open the Helpline at key holiday/event times of the year.

Throughout the year we continued to contribute to local

initiatives and research, working closely with partners in the region. We also provided information stalls at various venues contributing to other agencies event days and publicising the Helpline service.

Volunteering

We continue to provide the Helpline service with the on-going commitment of our volunteers.

This year we included a session on volunteer commitment to our new volunteers' domestic abuse awareness training. This was to explain to potential volunteers what we expect of them and what they can expect from volunteering on the Helpline. This was followed by three days compulsory training on domestic abuse awareness and Helpline skills & practices. They all entered the training with enthusiasm for learning and the commitment needed to become a front-line volunteer.

Placement Programme

This year as well as providing awareness training for new volunteers, we piloted a 'placement programme'. We invited Greater Manchester Women's Aid groups and some specialist domestic abuse agencies to apply for the programme which provided fast-track training for the domestic abuse specialist to answer Helpline calls. Workers and their agencies would be supporting the delivering of the Helpline service and share skills and knowledge.

We had four applicants from women's aid groups and one from a women's asylum seeker group (with many years' experience in the DA field). All the applicants were really enthusiastic in supporting the Helpline and throughout the pilot they learnt about how the Helpline operates; giving them a greater understanding of how they can use the Helpline in their paid employment. We were really pleased with the contribution made by the workers and the experience they brought to the Helpline. Due to the success of the programme we will be running it again. We would like to thank Rochdale and Stockport Women's Aid and WAST for their support with this.

From a service user...

“Your standards of service are good so I wouldn't say you needed to change anything.”

The Helpline is operational Monday - Friday 10am - 4pm, Tuesday until 7pm:
0161 636 7525

For non-urgent email service with a response in 3 working days:
helpline@independentchoices.org.uk

Who made the contact	% of contacts	
Agency	1186	21.2%
Family/friend	182	3.2%
Health agency	108	2%
Homeless section	590	10.5%
Hung up	159	3%
IDVA	181	3.2%
DVO/Police	134	2.4%
Self	1386	25%
Social Services	205	3.6%
Women's Aid Group	1000	18%
Other	461	8.2%
Total	5592	

Type of abuse (where known)	
Emotional	2657
Stalking/harassment	386
Financial	661
HBV	45
Physical	2711
Forced marriage	95
Sexual	339
Gang related	12
Trafficked	2

***Women often experience more than one type of abuse**

Please also see map of statistics opposite.

Women's Domestic Abuse Helpline Case Study

"I had no say in anything. I wasn't allowed friends. I was more like a housekeeper. Everything had to be just so and if it wasn't just so I would either get a back-hander or be called names. I was walking on eggshells all the time."

Angela was one of the many people across Manchester trapped in an abusive relationship. Domestic abuse knows no social or economic boundaries - it can affect all sorts of people from all walks of life. It includes emotional, financial and sexual abuse as well as violence or threats of violence from a partner, ex partner or the wider family. It can also involve social isolation and forced marriage.

A victim can suffer 35 attacks before reporting the abuse to the police. As the attacks on Angela became more and more violent she knew she had to take action.

"I had my head banged off the wall, black eyes, bruised ribs and a broken leg. I knew it would only get worse. Nothing ever gets better in these types of relationship, nothing. I waited until he went out to work and phoned the Helpline".

Thankfully, with the help of The Women's Domestic Abuse Helpline, Angela escaped her life of abuse and quite possibly her death at the hands of a violent and abusive partner.

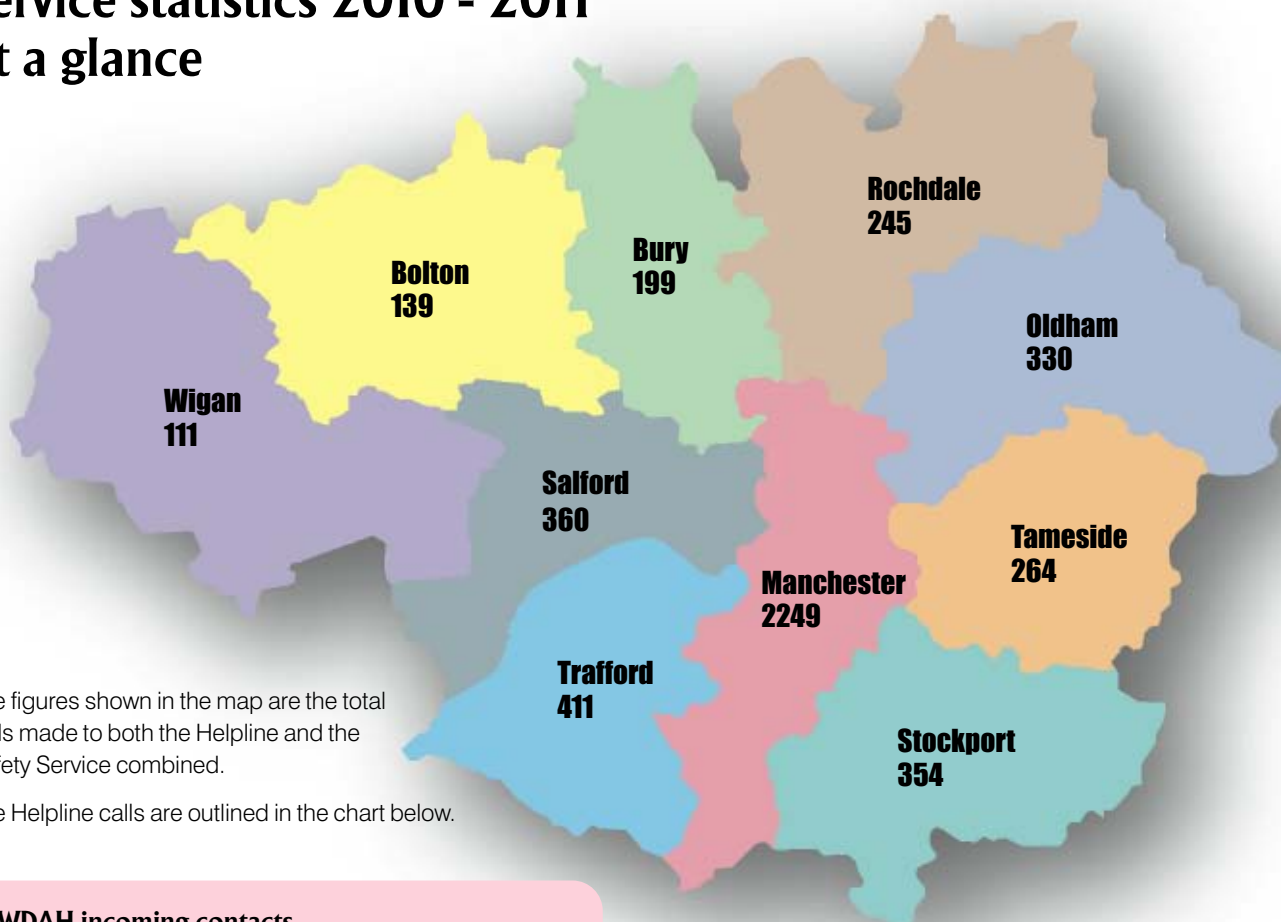
It's a fact

Domestic violence and other abuse is the most prevalent cause of depression and other mental health difficulties in women.

The average cost for treating depression is £332 per woman.



Independent Choices annual service statistics 2010 - 2011 at a glance



The figures shown in the map are the total calls made to both the Helpline and the Safety Service combined.

The Helpline calls are outlined in the chart below.

WDAH incoming contacts

Area from	Trafford	380	
Bolton	100	Wigan	76
Bury	159	Manchester	2144
Oldham	292	Not known/not district specific	345
Rochdale	209	Outside Greater Manchester	1028
Salford	324	Total calls	5592
Stockport	301	Website visits	9,310
Tameside	234	Unique hits	6,255

More service user comments:

- “ You have helped me so much, thank you.
- “ Maybe you could extend the opening hours.

Community Helpline Language Service by Farheen Anwar, CHLS Supervisor

The Community Helpline Language Service (CHLS) for women of South Asian origin is a service for an advertised 9 hours per week. The CHLS is a unique service provided by Independent Choices and is part of the Women’s Domestic Abuse Helpline. The languages spoken by the CHLS worker are English, Urdu and Punjabi.

We received 866 incoming contacts from or regarding women of South Asian origin; where ethnic origin is known (71% of incoming contacts) this represents 22% of contacts. The CHLS Supervisor provided support for all volunteers with a focus on volunteers who can speak community languages. This year additional training was provided for volunteers by the worker on issues of forced marriage, honour based violence and no recourse to public funds.

This year the CHLS focused on raising awareness and networking with other agencies. We are actively involved with Safety4Sisters Northwest, the work of the group impacts and assists the work of the Helpline.

Safety4sisters North West

Safety 4 Sisters (S4S) is working towards securing greater protection, safety and support for women who have experienced gender violence and who have no recourse to public funds (NRPF) which includes state benefits. This includes: Women on visas who have no recourse to public funds; failed asylum seekers who have been made destitute; women who have been trafficked; women not able to access housing benefits due to the habitual residence rule (European women); and women with no immigration status.

The group meets every 4/6 weeks, reviewing any changes affecting women with NRPF, raising awareness and finding solutions. For further details or to be a member, please email: safety4sisters@googlemail.com

The Helpline received 219 contacts from or about women with NRPF in the last year. One of the positive aspects of S4S group is the promotion of the Sojourners Project, which is run by Eaves Woman’s Aid.

Who is eligible for the Sojourners Project service?

Victims of domestic violence who have no recourse to public funds and who have been admitted, or granted an extension to their stay in the UK as a spouse, civil partner, unmarried or same sex partner qualify for indefinite leave to remain under the Domestic Violence Rule.

How can you access the service and what is the process?

The majority of the referrals come from existing Domestic Violence Helplines and refuges, however anyone can make referrals to the scheme by calling the **Sojourner Project Duty Worker on 0207 840 7147.**

کیا گھر میں آپ کے ساتھ بدسلوکی ہو رہی ہے؟
 کی تو گھڑے نال ڀر وڃ سبھلوی تو رھی ڇو؟

آپ کی آپ کی کسی اور کسی کے ساتھ بدسلوکی ہو رہی ہے؟
 اگر وہ بدسلوکی ہو رہی ہے تو اس کو روکنے کے لیے آپ کو کیا کرنے کی ضرورت ہے؟
 آپ کی زندگی میں کیا بدسلوکی ہو رہی ہے؟

- آپ کی زندگی میں کیا بدسلوکی ہو رہی ہے؟
- اگر آپ کی زندگی میں کیا بدسلوکی ہو رہی ہے؟
- اگر آپ کی زندگی میں کیا بدسلوکی ہو رہی ہے؟

0161 636 7525
 Helpline: Monday - Friday 10am - 4pm
 Community Helpline Language Service in Urdu & Punjabi: Mon & Tues 10am - 1pm, Wed 1pm - 4pm
www.wdvh.org.uk

0161 636 7525
www.wdvh.org.uk
 0161 636 7525
www.wdvh.org.uk
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CHLS - case study

A woman who lives abroad rings the Helpline and wants to know what options are open to her sister who resides in the UK. The woman is from Pakistan and has been in the UK for 20 months and she:

- entered the UK on a spouse visa and has NRPF
- lives with her husband and in laws
- is being physically, sexually, financially & emotionally abused
- could not speak or understand English
- does not have access to a phone except for occasional conversations with her sister

The woman who lives abroad preferred to speak in Urdu. She explained the horrendous abusive conditions her sister was living in and how isolated she was.

I explained what options were available to the sister in the UK, which included safety planning, safe housing & legal options, one of them being the Sojourners Project. After discussing all options with the woman, it seemed the best way forward was the Sojourners Project. We helped the woman make the relevant contacts and stayed in touch, acting as advocate on several occasions. Over a period of time the woman had safely left the perpetrator, accessed refuge (with funding from the Sojourners Project) and got her Indefinite Leave to Remain (ILR) in the UK allowing her access to public funds.

Community Helpline Language Service is operational Monday & Tuesday 10am - 1pm, Wednesday 1pm - 4pm: 0161 636 7525
 For non-urgent email service - response in 3 working days:
helpline@independentchoices.org.uk

Women's Safety Service

Independent Choices provided the Women's Safety Service (WSS) until December 2010, at which point it moved to a new provider.

WSS is a service under contract by Greater Manchester Probation Trust to provide an advice and support service to women when their partners or ex-partners have been convicted of an offence in the context of domestic abuse and have been sentenced to attend the Integrated Domestic Abuse Programme (IDAP).

The Women's Safety Service also supports women when their partners or ex-partners are attending the Healthy Relationships Programme in prison.

Some of the key functions of the Women's Safety Service are to promote women and children's safety by constructing a realistic safety plan taking into account the individual woman's circumstances. We also provide realistic information to women about the Integrated Domestic Abuse Programme and Healthy Relationships Programme and the possible outcomes and keep women updated on attendance on the programmes.

Another key function of the service is to make referrals to local women's support services for support, advice and assistance where more intensive support is needed.

We also play a key role in contributing to the evaluation of IDAP by obtaining feedback from women at regular intervals.

WSS referrals April - December 2010

Bolton	39	Salford	36
Bury	40	Stockport	53
Manchester	105	Tameside	30
Oldham	38	Trafford	31
Rochdale	36	Wigan	35
Total	443		

Volunteering

We are very fortunate to have a team of strong volunteers at the Helpline but this current year has been less successful than previous years in sustaining volunteers for the rota. Volunteer recruitment can be a challenge and therefore we were not always able to cover the two phone lines. A call can take over an hour to deal with, for example if a woman requires refuge space; if only one line is being covered this can result in the line being blocked for other incoming calls.

A volunteer's story by Moira

I have been passionate about women's rights for a number of years and my work at the helpline not only fuels this passion but allows me to actively contribute to changing women's lives.

I have been volunteering at the helpline for two years and have had the chance to attend many various training events. Such training has allowed me to become confident and knowledgeable when advising women on issues such as criminal/civil proceedings, welfare rights and housing.

Being a volunteer at The Women's Domestic Abuse Helpline has provided me with an insight and understanding of the barriers that women face when they are in abusive relationships. I have had the chance to campaign with my colleagues and attend marches in order to raise awareness of domestic abuse. As I have gained more experience at the helpline I have also had the opportunity to support my manager when training new volunteers. I have found that volunteering at the helpline has provided me with the chance to work in different roles and as a result, my confidence and skill set have been able to develop.

It is a pleasure to volunteer on a weekly basis and I have always enjoyed my shift on the helpline. Part of that enjoyment is due to the women I work with. There is a strong feeling of unity amongst the staff and this is evident when we meet for a celebratory night out. The work that the helpline does and the women who make it possible are very special and I am proud to be part of that team.

"My experience" by Hayley

I started at the Helpline because I wanted to do something practical to help women who are experiencing domestic abuse, as well as gain some experience in this field.

The experiences that I have gained from volunteering at the Helpline are invaluable. I have gained so much more knowledge about domestic abuse and the issues surrounding it as well as insight into other agencies and procedures. The Helpline covers a wide range of issues as well as D.A from housing to forced marriage and I have received great training in these areas thanks to the Helpline.

It's a fact

The annual cost of intimate partner domestic abuse to Greater Manchester (excluding human and emotional costs) is £281.8 million.

The average cost of an IDVA/MARAC case is £14,031.



Greater Manchester domestic abuse campaign - End the Fear



This year Independent Choices was, for the first time, instrumental in bringing together agencies from the ten Greater Manchester local authorities to have joint publicity campaigns and to send out one message - End the Fear, Greater Manchester Against Domestic Abuse.

The first campaign fronted by X Factor star Rowetta, was launched on the 7th June to coincide with the World Cup. A series of posters aimed at victims, family/friends of victims and perpetrators were displayed throughout the 10 Greater Manchester areas, including on buses and in pubs. There was also a focus from the media at the launch of the campaign, in local newspapers, nationally in the Guardian and by the BBC.

The campaign had three key messages:

- Reporting helps - it helps identify the problem for the victim and enables access to support and the perpetrator to be held accountable.
- There are services locally that want to help - ie: Helplines, Women's Aid, Police, health professionals, IDVA, DA Co-ordinators, Victim Support, Police/DV Units, MALE and Respect.
- The region of Greater Manchester is working together to reduce and stop domestic abuse.

The joint working continued throughout the year with publicity/awareness campaigns around Christmas and Valentine's Day. Work continues on the End the Fear website to establish it as a Greater Manchester resource.



Posters can be downloaded from www.endthefear.co.uk/practitioners/publicity-material/

Extract from press release 7th July 2010:

Greater Manchester Police recorded 353 incidents of domestic abuse on the day England went out of the World Cup after a 4-1 defeat by Germany. Apart from New Year's Day, it's the highest number of domestic abuse incidents recorded in a day so far this year and is 15.7 per cent higher than the same day in June last year. Figures released this week also show calls to the Greater Manchester Domestic Abuse Helpline rose by 187 during June, which included England's three-week World Cup campaign, compared to the number of calls received the previous month. The helpline received 448 calls in May, while in June, with England matches against USA, Algeria, Slovenia and Germany, 635 people contacted the helpline.



BEING CONTROLLED IS DOMESTIC ABUSE

TO TAKE BACK CONTROL OF YOUR LIFE CALL:

The Domestic Abuse Helpline: 0161 636 7525

Greater Manchester Against Domestic Abuse - www.endthefear.co.uk

Domestic abuse costs Greater Manchester £5.4 million per week

International Women's Day - one hundred years on



International Women's Day

One hundred years of International Women's Day
8th March 2011.

Although the first International Women's Day (IWD) was celebrated in New York in 1857, the first 'official' IWD was held in 1911. That year more than one million women and men attended IWD rallies campaigning for women's rights to work, vote, be trained, to hold public office and to end discrimination.

Over the years IWD has become a global day of recognition and celebration across developed and developing countries. Celebrating the advancements of women and also remembering the women and girls who are still persecuted, abused and discriminated against because of their gender.

IWD is now an official holiday in many countries as diverse as Afghanistan and Zambia - from A-Z! A decade ago very few events were held in the UK but now the UK has become a global leader for IWD activities. Hopefully year on year the support for IWD in the UK will grow.



This year IWD was celebrated in 100 countries, with 483 recorded events in the UK, though many more would have taken place. This year workers and volunteers from Independent Choices were proud to organise/take part in several events. These included:

- **Information stall at Manchester IWD**
- **Alternative therapy and debate session**
- **Pankhurst Centre events**
www.thepankhurstcentre.org.uk
- **Information stall at the launch of Trafford Rape Crisis**
www.traffordrapecrisis.com
- **Women for Women International Bridge Event**
www.womenforwomen.org



Emmeline Pankhurst, Manchester Suffragette
Artist: Charlotte Newson

Celebrating Women Like You
6 March - 9 May 2010
Manchester Art Gallery
Free entry

Manchester Art Gallery, Newby Street, Manchester M2 3L, www.manchestergallery.org



Why dedicate a day exclusively to the celebration of the world's women?

In adopting its resolution on the observance of Women's Day, the United Nations General Assembly cited two reasons: to recognise the fact that securing peace and social progress and the full enjoyment of human rights and fundamental freedoms require the active participation, equality and development of women, and to acknowledge the contribution of women to the strengthening of international peace and security. For the women of the world, the Day's symbolism has a wider meaning: it is an occasion to review how far they have come in their struggle for equality, peace and development. It is also an opportunity to unite, network and mobilise for meaningful change.

Treasurer's report

This year we continued to review and adapt systems around finance which has made day to day and board responsibilities more efficient and effective.

We maintain close working relationships with all our funders and supporters, and we are grateful for their ongoing support. We have provided required monitoring information on a cyclical basis and have achieved our targets in relation to the same.

This year we ran the contract for the Women's Safety Service until the end of December 2010 and have continued to run an efficient Helpline service. The Chief Officer actively sought other sources of funding and we received money from the Greater Manchester World Cup campaign which enabled us to provide additional Helpline hours in the World Cup period.

Statement of Financial Activities and Income and Expenditure account for the year ended 31st March 2011

	Unrestricted Funds £	Restricted Funds £	2011 £	2010 £
Incoming Resources				
Donations and other Income	902	400	1,302	2,236
Grants	-	80,510	80,510	90,390
Fees and referral Income	152,123	-	152,123	172,564
Bank Interest	23	-	23	-
Total Incoming Resources	153,048	80,910	233,958	265,190
Resources Expended				
Charitable Activities	184,785	79,965	264,740	299,948
Total Resources Expended	184,785	79,965	264,740	299,948
Net Incoming/(outgoing) resources for the year	(31,737)	945	(30,792)	(34,758)
Transfer between Funds	-	-	-	-
Net movement in funds	(31,737)	945	(30,792)	(34,758)
Funds at 31st March 2010	124,486	1,000	125,486	160,244
Funds at 31st March 2011	92,749	1,945	94,694	125,486

The Statement of Financial Activities includes all gains and losses in the year. All incoming resources and resources expended derive from continuing activities.

The statements are an extract from the Independent Choices audited Financial Statements 2010 - 2011.

Domestic abuse training and consultancy

Independent Choices has over 33 years experience of working with, and influencing strategy for domestic abuse issues.

- We are available to provide training and consultancy on request
- Bespoke training a speciality (rates vary)

For more information on the range of courses available and costs, please email us at: admin@independentchoices.org.uk

Thanks and acknowledgements

All the volunteers that work or have worked on the Helpline or are members of the Board of Trustees.

Funding and donations

Manchester City Council - Manchester Adult Social Care

Manchester City Council - Crime & Disorder AGMA

Greater Manchester Probation Trust

NHS Manchester

The End the Fear Campaign
www.endthefear.co.uk

Manchester Airport

Supporters

Rochdale Women's Aid

Stockport Women's Aid

Safety4Sisters

Vanilla Bar - Manchester

WAST

Public survey 2010 - support across the Greater Manchester region

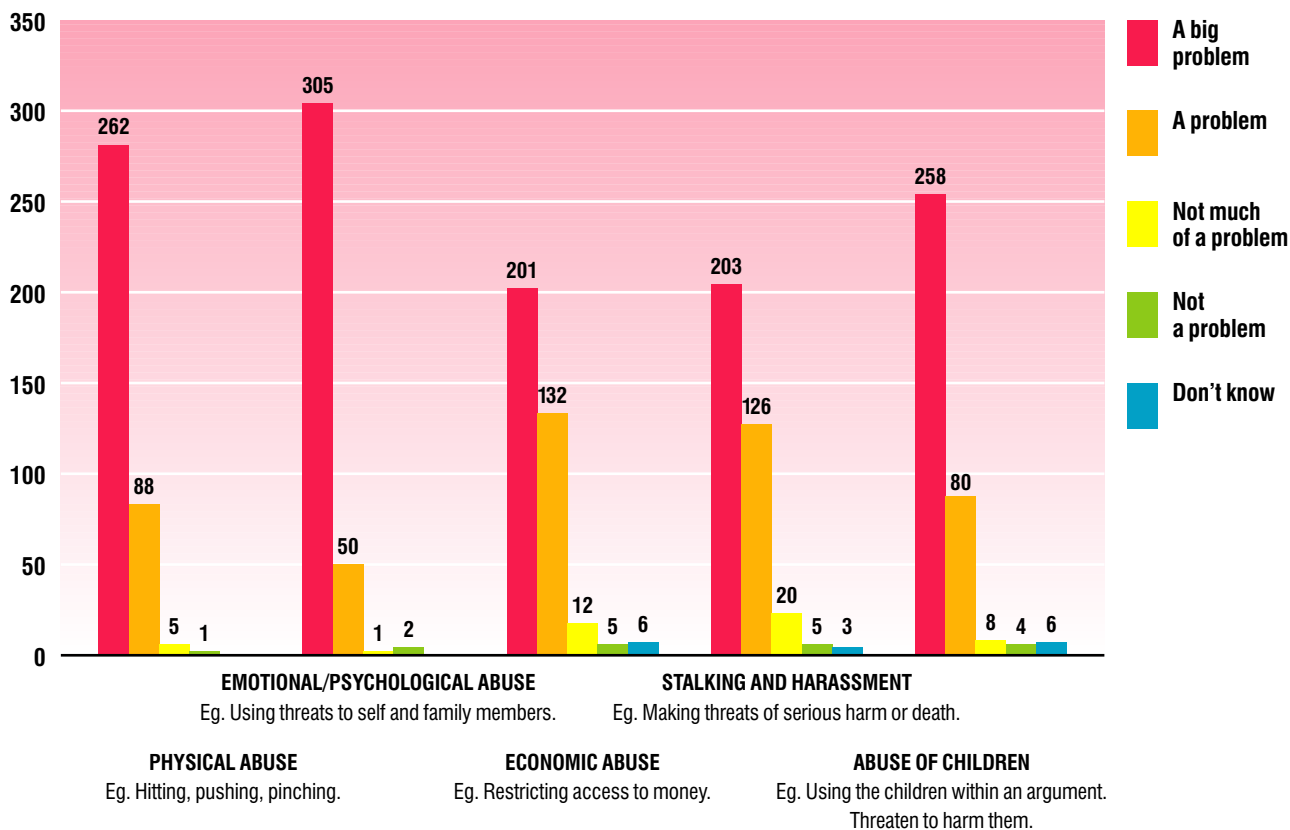
For a copy of the summary of the report email: admin@independentchoices.org.uk

The survey carried out by Independent Choices, which provides the Women's Domestic Abuse Helpline supporting women who have experienced domestic abuse in Greater Manchester, has shown that 85% of respondents had suffered or knew someone who had suffered domestic abuse.

The survey, which questioned 433 respondents over a period of 31 days (369 of whom were members of the public) also revealed that **93%** of those questioned would turn to a local domestic abuse helpline for support and advice if they were the victim of domestic abuse.

Respondents were asked "how much the different types of domestic abuse are a problem in our society".

The question is to find out, in your opinion, how much the different types of domestic abuse are a problem in our society. Listed below are the different forms of domestic abuse. Please tick as relevant.



Meeting the needs and promoting the rights of women who have experienced domestic abuse

Independent Choices

PO Box 390 Manchester M16 7WE
Website www.wdchoices.org.uk

Women's Domestic Abuse Helpline
Helpline **0161 636 7525**

Non-urgent advice e-mail
helpline@independentchoices.org.uk

Admin e-mail
admin@independentchoices.org.uk



Is your home where the hurt is?

Are you a woman living with emotional, physical,
sexual or financial abuse or being forced into marriage?



If you need to talk to
someone in confidence, call the
Women's Domestic Abuse Helpline...

0161 636 7525

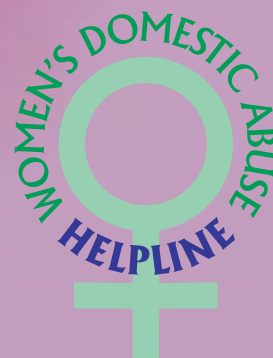
Mon, Wed, Thurs, Fri: 10am - 4pm, Tues: 10am - 7pm

Community Helpline Language Service in Urdu and Punjabi

Mon & Tues: 10am - 1pm, Wed: 1pm - 4pm

www.wdachoices.org.uk

For non-urgent advice e-mail: helpline@independentchoices.org.uk



An Independent Choices Service