



SWANSEA WOMEN'S AID

IMPACT REPORT 2025-2026



*Celebrating
our 50th
year!*



A foreword from our CEO, Lynne Sanders and our Chair of Board, Clare Tregoning

We celebrated our 50th anniversary and launch of our new city centre office this year, welcoming Joanna Robinson, National Adviser VAWDASV as our keynote speaker and partners and stakeholders to what was a very successful event enjoyed by all.

However, it continues to be very challenging times for the third sector and we are faced with an ongoing high demand for our services and increased complexity in the needs of the women and children we are supporting. This is coupled with the high level of funders' reporting requirements and the never-ending drive for more resource, be that funding for project staff and central resources or access to free training etc. to supplement what we are able to fund.

As our services are flexible and responsive, offering a high quality, strengths based, needs led, trauma-informed holistic package of support that ensures women and children can access a range of interventions to best suit their individual needs, a focus on wellbeing initiatives and resources has also been essential to ensure our team can access the tools and support they need in order to maintain a positive work life balance. With this in mind, we have strengthened our programme of wellbeing events for staff, bringing in, whenever possible, sessions offering relaxation techniques, mindfulness etc.

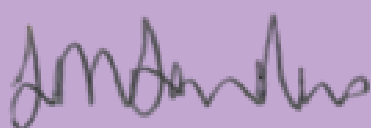
Sustainability remains key and we have focused on putting our efforts into raising unrestricted income, building up our supporter base and looking at what opportunities there are for sponsorship and joint fundraising endeavours. This is coupled with an ongoing exploration of other opportunities such as social enterprises, but these do not have development/start-up funding that is readily available and therefore are not easy to achieve.

Not helping are the increases in the Real Living Wage that mean we are struggling to maintain differentials between staff grades, the uncertainty regarding the level of Housing Support Grant funding ongoing and the consistent drain of our highly skilled staff to statutory agencies who offer higher salaries for similar roles. All of these are factors we have no control over, but can have a profound impact on what we are able to do operationally and planning wise.

Hence we have strong relationships with our partner agencies who are invaluable in working with us to guarantee the families we support receive an excellent service. We thank them sincerely for all they do on a day-to-day basis to support our staff and volunteers to deliver our services.

And finally, Swansea Women's Aid is where we are now thanks to the commitment and dedication of our staff, volunteers and trustees who work relentlessly to improve the lives of the women and children we support. A huge thanks to everyone. We would be lost without you!

Lynne Sanders



Clare Tregoning





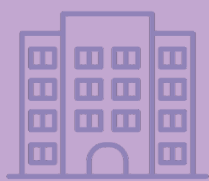
SUPPORTED HOUSING



We provide secure, shared refuges where women and their children escaping domestic abuse can stay temporarily in a safe and supportive environment. These spaces offer immediate protection while residents consider their future options and next steps. In addition to our refuges, we operate four safe houses—properties located within the community that are equipped with enhanced safety features. These homes offer a more independent living environment while still prioritising security and support. The focus of our work is on creating a psychologically informed environment where women are able to process the trauma of many years of abuse. While survivors of domestic abuse have always experienced a high level of trauma, in recent years we have seen that the levels of trauma have increased in intensity, leading to our support offering an increased focus on well-being.



Swansea
Women's
Aid have 4
safe houses



and 2
communal
refuges -
shared by
families and
single
women.

In 2025-26,
we ran 3
weekly
freedom
programme
sessions,



"It has been a great help and I don't know where I'd be without it. Being in refuge for a short while has given me safety and security. Its enabled me to get help and support mentally and given me the chance to rebuild my life, physically and mentally as well."

-Refuge resident

58
women supported in
2025-26.

23
children supported in
2025-26.

182
referrals received in
2025-26.

and 7
women
attended
at least
one of
these
sessions!

“

"The support I have received has been excellent. Staff are warm and dedicated. I feel confident my voice would be heard if needed and this service has made a real positive difference to my life."

-Refuge resident

”

SUPPORTED HOUSING

CASE STUDY

Being here at the refuge for the past five months has completely changed my life. For the first time in four long years, I don't live in fear anymore. I can finally go out shopping or spend time with my children without constantly looking over my shoulder. It's a feeling of freedom I thought I'd never have again — and that's something I'll never take for granted. The support me and my children have received has been truly life-changing. For so long, I felt unheard and invisible... but coming here, I finally feel seen, listened to, and cared for.

Every single member of staff has gone above and beyond, not just in their roles, but from the heart. You can feel the genuine care they have for each and every person who comes through these doors. When I first arrived, I was terrified — I didn't know what to expect or what I was bringing my children into. But I was met with warmth, understanding, and kindness that made us feel safe right away.

While being here, I've had to face two separate court cases, and I've lost close family members. Those were some of the hardest moments of my life, but I got through them with the incredible support of the refuge staff. I honestly don't think I could have done it without them. I'm especially grateful to my support worker, who has always been there for me — but even when she's been away, I've known I could turn to any member of staff, and I'd be met with the same care and support.

Since coming here, I haven't felt alone once. Swansea Women's Aid has given me strength, hope, and the chance to rebuild my life. It's given me and my children a fresh start — and for that, I will be forever thankful.

DAISE

Domestic Abuse Information Support and Empowerment



388

service users
supported by
DAISE in 2025-26

406

experienced
psychological or
emotional abuse



201

experienced
stalking or
harassment

90

requested
support for
legal issues

99%

of women felt that they were better able to
recognise abusive behaviour

and

98%

of women felt safer as a result of accessing
support from the DAISE project



The DAISE project offers dedicated support to women who are experiencing, or have previously experienced, domestic abuse. Our experienced support workers have specialist knowledge of the complex issues surrounding domestic abuse and the impact it can have on both women and children.

We provide confidential, emotional, and practical support tailored to each individual's needs,

empowering women to make informed decisions and rebuild their lives in safety.



GROUP WORK

NO. OF
ATTENDEES

Own
My Life

17

Own My Life allows survivors to explore their experiences and learn about the different tactics of power and control used in an abusive relationship. Women are given resources to rebuild their confidence and strategies for coping and recovering from the harmful effects of domestic abuse.

“

Feedback from Own
My Life participants:

“Every week I came away feeling clearer and have felt my confidence grow.”

“I love how it started my journey of healing, it gives me something to reflect back on to see how far I have come.”

”

“I always feel so empowered after our appointments. I really feel that you listen to me and validate my experiences. I don't know what I would have done without that support.”

Service User – 1:1 Support

“I think the work that you and the service do is amazing. The help you provided has transformed my life and the lives of so many other women, thank you.”

Service User – 1:1 Support

CHYPS

Children and Young People's Service



This year we supported 75 CYP

8

children aged between 4 and 6

37

children aged between 7 and 11

30

children aged between 12 and 16



"thank you for helping me with coping strategies as well, this helps me when I feel sad in refuge"

CYP

"The sessions have helped me to reflect on my own relationship and I've realised that elements of it have been unhealthy"

CHYPS service user

The STAR (Safety, Trust and Respect) programme can be used in 1:1 sessions and gives CYP the opportunity to explore their feelings around domestic abuse, as well as learning practical skills around keeping safe.

"I am immensely grateful for the support you have provided to my son, he is coming home and telling me what he has been learning and it all sounds so positive, thank you so much"

Parent

91 children attended play & activity sessions



6 children received play therapy support

98% of children reported improvement in their overall wellbeing after play and activity sessions.



"I feel more confident now and I don't get as angry as I used to"

"I am so grateful for you helping my daughter as she is opening up more and talking about her feelings and worries. Thank you so much"

"My son's class had a session on online safety and consent, my son was a step ahead of them because he had already learnt this with you and the teacher was very proud of him"

Interactive, tailored sessions delivered to groups of young people, which are designed to educate about healthy and unhealthy relationships.

99%

felt better able to talk to a trusted adult about their experience

99%

felt safer after receiving support from CHYPS

100%

reported a better understanding of healthy and unhealthy relationships

CHYPS

CASE STUDY

Child X was referred to the CHYPS team by an external agency after their support had ended. X had witnessed domestic abuse perpetrated by their father towards their mother. At the time of referral, the father had been remanded, and X was no longer in contact with him or his side of the family. As a result of witnessing the abuse, X was experiencing trauma and emotional difficulties.

During initial discussions, X's mother explained that X was struggling to sleep, had become withdrawn, and was not communicating openly. She was concerned that X may have been blaming themselves for what had happened and developing feelings of anger and resentment. Mother also worried about the long-term impact of the abuse on X's development and understanding of healthy relationships. She wanted X to understand domestic abuse, learn how to keep themselves safe, and recognise that abusive behaviour is never acceptable.

A tailored support plan was developed to meet X's individual needs. The support worker delivered 1:1 sessions within the school environment, where X felt safe and supported by trusted adults. Sessions focused on understanding domestic abuse, exploring emotions, identifying safe and healthy relationships, and developing awareness of personal safety. The support worker helped X differentiate between positive and negative behaviours within relationships, supporting their understanding of healthy, respectful treatment and unacceptable behaviour. X was also introduced to the Power and Control Wheel to explore different forms of domestic abuse, including emotional, verbal and controlling behaviour. The worker reinforced that harmful behaviour is not acceptable and that witnessing abuse does not mean that all relationships will be abusive.

Through a range of activities, X was encouraged to explore and express their feelings in a safe and supportive environment. Over time, X became more comfortable discussing their emotions and experiences. They were also encouraged to identify trusted adults they could speak to when worried or upset, helping them recognise that they were not alone and that support was available.

A personalised safety plan was developed, including safe spaces, trusted adults and important contact numbers. Each session began with a recap to reinforce previous learning and assess X's understanding and progress. Over time, X became increasingly engaged and communicated more openly. By the end of the support, X demonstrated improved confidence, a greater understanding of domestic abuse, healthy relationships and personal safety, and increased awareness that the abuse they witnessed was not their fault.

Feedback from both X and their mother indicated that the sessions had helped X feel reassured and supported. The work enabled X to develop coping strategies, strengthen their understanding of safety and relationships, and begin building resilience for the future.



SWAN

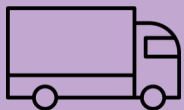


56 women attended drop in for wellbeing activities.

93 women increased and maintained positive engagement with community support services.

The SWAN Project supports women who are sexually exploited or at risk of sexual exploitation. We provide practical and emotional support to improve women's safety and wellbeing. Since the project began in August 2018, the service has primarily supported women involved in street-based sex work and who are experiencing multiple vulnerabilities. Our core aim is to safeguard women by reducing risk, promoting safety, and improving access to appropriate support services. Through outreach and partnership working, the project aims to engage women in a non-judgemental way and support them to improve their safety and wellbeing.

In 2025-26



194 women accessed SWAN via our Evening Outreach Service.



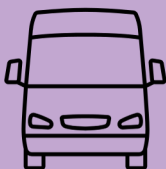
46 women accessed sexual health with SWAN support.



164 women accessed SWAN's daytime support services.



71 women accessed housing support with SWAN support.



1,358 individual visits were made to the SWAN Evening Outreach Service.

"SWAN got me off heroin. I needed help getting into a drugs recovery programme and without their support, I wouldn't be where I am today. 3 years clean!!"

"Coming to SWAN makes my mind happy. I love the staff and would be lost without them."

"I prefer coming here over anywhere else, you give us the time of day, don't judge us. The girls always go out of their way to help us."



The SWAN team delivered 9 Sexual Exploitation Lunch & Learn sessions to 102 professionals





50th Anniversary Celebration!

In October we celebrated the 50th anniversary of Swansea Women's Aid, coinciding with the unveiling of our brand new office and co-production centre in the heart of the city.

We were joined by a special guest, keynote speaker Johanna Robinson, National Adviser for VAWDASV.

The event was enjoyed by professionals from a wide range of local partner agencies alongside staff from all projects.

Together we celebrated the achievements of SWA services across the 50 years!



Later, in March, we held a celebratory event especially for survivors, where service users past and present and their children joined us to visit the co-production centre and partake in fun activities and wellbeing sessions.



VOLUNTEERING

Volunteers at Swansea Women's Aid play a vital role across our projects, generously offering their time, skills, and experience to support service users. Their dedication helps ensure that vulnerable women and children in Swansea receive the care and assistance they need.



81

women
volunteered their
time



5

across five
projects within
SWA



1,699

hours given back
to the community
by volunteers

SWAN - Evening Outreach Service

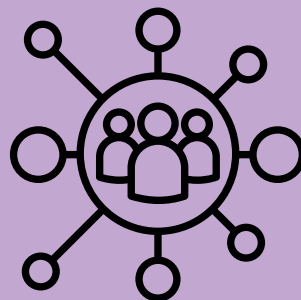
Our SWAN evening outreach service is primarily staffed by volunteers who provide a safe and welcoming space for individuals experiencing sexual exploitation. Here, service users can access both emotional and practical support, receiving vital resources and support for their safeguarding and harm reduction.

This year 61 volunteers gave 1,553 hours of their time.



DAISE - Specialist Counselling Service

Our 3 volunteer counsellors offers six free counselling sessions each week to both current and former service users, supporting women as they work through the emotional trauma caused by abuse



Volunteer Receptionists

7 volunteers gave 54 hours of their time, ensuring service users and visitors received a warm and friendly welcome when attending our office



"When I go out on the SWAN van, each time is different. Sometimes its chaotic, sometimes calmer. I feel valuable giving my time to some of the most vulnerable women in society, it actually grounds me and I feel thankful for my own life even though I've had many challenges. The women we help are so grateful for the smallest things. Sometimes we are the only ones that care. Why wouldn't I volunteer for this."- SWAN volunteer

WILD WOMEN

The Wild Women project welcomes all Swansea Women's Aid service users, volunteers, and women in the wider community. Rooted in the belief that nature has a powerful role to play in healing and connection, the project brings women together in calming outdoor spaces. These shared experiences in nature create opportunities for genuine connection, reflection, and relaxation. Many participants say they leave feeling lighter, more grounded, and more in tune with themselves and those around them. The focus is always on creating a safe, welcoming space where women can take a break from everyday pressures and reconnect with themselves and each other. Over time, these moments in nature help to build confidence, resilience, and a strong sense of community.



This year 268 women attended 18 events

Swimming

Organic
farm days

Wreath
making

Beach
art

Flower
farm
days

Sound baths



"Joining the Wild Women monthly swims has become something I really look forward to. It's a great way to meet up and just switch off from everything and have fun in the water. It's good for the soul and the chats after and tea is great. Everyone is so friendly and they include everyone so it doesn't matter if you go alone. Thank You for organising the sessions and I always leave feeling better."



CO-PRODUCTION



The Co-Production centre is a survivor-led project that provides peer supported activities and programmes to aid women and their children in their recovery from the longer term impacts of domestic abuse.

Any woman who is a survivor of domestic abuse can attend or volunteer for our co-production project. The activities have provided a safe space for women to meet new people, re-build their confidence and self-esteem and challenge themselves by trying new things.



52
women

attended
activities at the
co-production
centre



ACTIVITIES HAVE INCLUDED:

- ☐ Wreath making
- ☐ Arts and Crafts
- ☐ Yoga
- ☐ Coffee mornings
- ☐ Jewellery making
- ☐ Quilting
- ☐ Seed planting

“

“I really enjoy volunteering at the coffee mornings at SWA as this is a very beneficial service to the service users who are victims of domestic abuse. This gives them a safe space to come in and speak about their experiences they have been through and currently still facing. There is an exciting and new activity each week which not only gives the service users something to look forward to it also makes it easier for them to speak whilst engaging in a therapeutic activity. Having lived experience of domestic abuse myself and becoming a survivor this enables me to give these lovely ladies some light at the end of the tunnel and an empathic understanding of what they are currently facing in their every day lives. The environment is safe, therapeutic and everyone always gives positive feedback of their experience in the coffee morning and tells me how much just having this to look forward to once a week helps them overcome the disadvantages they are facing.”

”

THANK YOU

A big thank you to all our supporters. With the continued support, help and donations we receive, we are able to continue carrying out our vital work.

National Lottery Community Fund

South Wales Police and Crime Commissioner

Swansea Council

Swansea Mother's Union

The Waterloo Foundation

Moondance Foundation

Home Office – Children Affected by Domestic

Abuse Fund Leathersellers' Foundation

Welsh Government

Iscoed Chambers

AGM Computers

PBS Telecom & Telematics