



domestic
abuse
commissioner

D4 - Meeting the needs of trans victims and survivors



#DACFestival



the LGBT+ anti-abuse charity

Supporting Trans+ Survivors

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Supporting Trans+ Survivors

- What do we know about trans+ survivors?
- Where are the gaps in support for trans+ survivors
- How Galop works





Trans, Non-Binary and gender-diverse+ survivors

63% of Trans, non-binary and gender-diverse+ people have been subjected to one or more abusive behaviour from a partner, ex-partner or family member (Galop, upcoming)

43% of trans and non-binary people report having been subjected to abuse from family members (Galop, 2022)





Trans, Non-Binary and gender-diverse+ survivors

Trans and non-binary survivors are often subjected to abuse that is not recognised or poorly understood by mainstream and statutory services.

43% of trans and 36% of non-binary people in the UK have been subjected to someone trying to change, 'cure' or suppress their sexual orientation or gender identity (compared to 18% of LGBT+ people overall) (Galop, 2023)





Access to specialist support

92% of our trans+ people live outside of London. And yet the vast majority of funding is only made available for survivors there. 81% of trans+ survivors of abuse by an intimate partner or family member experienced this outside of major queer cities.

In 2021 there were around 900 IDVAs in the UK, only 3.5 FTE of these were LGBT+ specialist IDVAs.

Trans and non-binary tell us they want specialist by-and-for support.



“

[I'd] hesitate to tell anyone to go to an organisation that isn't for queer people only [...] So many people say 'we're a women's charity' but does that include trans people as well? I do think that services need to make that more visible on their websites and literature and that sort of thing.

”



Access to Support

- Over half of trans+ people were unaware that support was available for them (53% compared to 41% of LGBT+ people overall)
- Trans, non-binary and gender-diverse+ survivors (18%) were **three times more likely** than cis LB+ women survivors (6%) to report not seeking help because they **worried the service would not understand their LGBT+ identity.**
- Trans, non-binary and gender-diverse+ survivors were significantly more likely to not seek professional support because they thought the support available would be judgemental (23%)





Access to Support

- Trans people far more likely than the rest of the LGBT+ community to get informal support from other LGBT+ people and informal networks (41% compared to 29% overall)
- But were significantly less likely to get informal support from family (15% compared to 23%)





How Galop provides by and for support

100% of Galop's frontline staff identify as LGBT+, 46% of the team identify as trans+

LGBT+ Specialist IDVAs

Trans and non-binary specialist roles across the Advocacy & Support team





National Services

- National helpline for LGBT+ survivors available 48 hours per week, including phone and live chat support
- Specialist by-and-for advocacy available to survivors across the country when and where they need it
- Streamline pathway from the National LGBT+ helpline into specialist 121 support
- Working in partnership with local services to ensure the best outcomes for survivors



Get in touch



For referrals

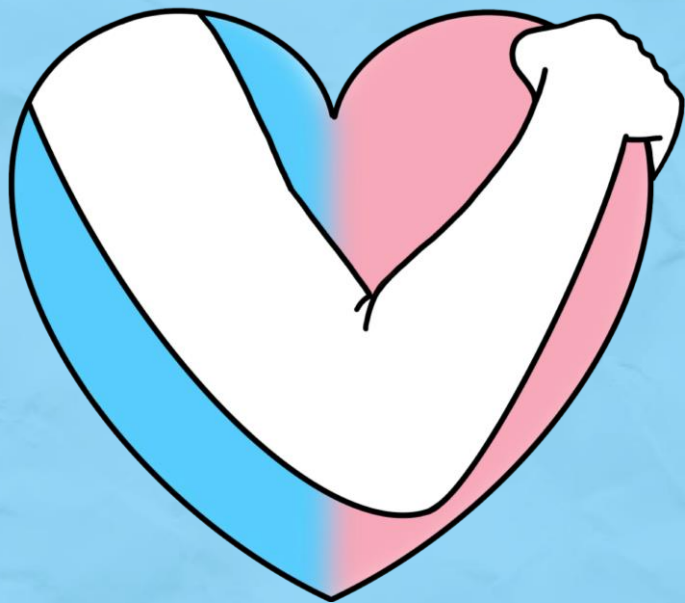
www.galop.org.uk/report



If you have questions or concerns about a young person, but don't necessarily want to refer them.

advice@galop.org.uk





Loving Me

Amanda Elwen

Founder - Emily Davison Centre

Moss Ferry

CEO Loving Me



www.lovingme.uk



07902 478958



help@lovingme.uk



[@lovingme_uk](https://www.instagram.com/lovingme_uk)



What we offer

- Domestic abuse service covering all of England
- Currently for those over 18
- Transgender, non binary people (self identified)

- Types of service depend on the needs of the individual
 - Phone / online support
 - Risk assessment and safety planning
 - Attendance at meetings including MARAC
 - Multi agency work and advocacy
 - Referrals and signposting including to safe accommodation
 - NEW – Accommodation



Founding of Loving Me

Why is a by and for service needed?

Need for trans expertise

How was the service set up?

Challenges faced



Experiences of Trans People

Extremely difficult environment for most trans people

- Hate crimes towards trans people have increased by 56% this year (Home Office)
- Poor employment nearly 50% of employers said they were not sure that they would employ a trans person. 12% of trans people reported being physically assaulted by colleagues or customers whilst at work (Stonewall 2018)
- Discrimination in education
- Poor access to housing



Experiences of Trans People

- Isolation from friends and family
 - High numbers the perpetrator *is* a family member (Donnovan 2022)
- So far fewer informal sources of support for trans and non binary people experiencing domestic abuse
- Violence at home often pushes trans people into feeling living with an abusive partner is a safer option
- "honour" based violence at home, forced marriage and conversion practices (conversion "therapy")
- Unmet physical and mental health needs – often a refusal to treat trans people
- Very poor access to medical transition (for those that want it) 5 year wait for a first appointment is common



Poor experiences of professionals

- Feeling services offered / removed arbitrarily
- Confusing and unclear
- Health services being treated as freaks – unnecessary medical examinations (sometimes of genitals) or questions, students being asked to come in “for a look”
- Trans people may have learned that they need to only give partial information to health workers to prevent removal of services
- Fear that complaining will result in removal of service



Perceptions of Domestic Abuse services

- Only **7% of trans** people experiencing DA contacted a domestic abuse service.
- Very few considered seeking support from a DA service when faced with family violence.
- Found only 2.5 of people accessing DA services were LGBT+.
- 60-80% underreporting rate.
- Studies have found that trans people don't even consider behaviour that meets the government definition to be abusive.

Out of Sight Report (2010). Donovan (2022). Safe Lives (2019)

- Media portrayal of trans women as a risk to other women in refuge DA service, not as victims in need of protection
- Domestic abuse services perceived as only for cis (white ?) heterosexual women even if they are not



Impact on Mental Health

Trans survivors have been found to have greater impacted mental health than cis survivors

Trans respondents were asked about the impact on their wellbeing

- 76% reported psychological or emotional problems
 - 73% stopped trusting people
 - 15% had made a suicide attempt
 - (Out of Sight Report 2010)
-
- Familial abuse research - most of the trans respondents reported suicidal ideation as a result (Donovan 2022)



Trans people and your service

Some of the issues trans people have experienced with other services will impact how they interact with you

- Be aware that many of their interactions with other workers in health / social care / support settings will have been poor
- Trans people often spend their appointments managing the workers uncomfortableness or educating them
- This will be coupled with high numbers of trans and non binary people having trauma specifically linked to them being trans even pre experiencing domestic abuse

Case Studies





Training

Explore more of these issues and how to be a more trans inclusive service see [website](#) about our training offer.



 www.lovingme.uk

 help@lovingme.uk

 07902 478958



TRANS WITHOUT ABUSE

Supporting Trans* people in Cheshire

How we work with our local trans* community to offer high quality support to people affected by domestic abuse





Introduction

My CWA

My CWA is a feminist organisation specialising in support to people affected by domestic abuse. We work with the whole family, including any children and where it is safe to do so, the person causing the harm.

Trans* People in Cheshire

At the moment there are over 3,500 people in Cheshire who are waiting for treatment. We have four trans* support groups for adults and a well established set of youth groups.

Demand for domestic abuse support is high and we have supported over 30 people via our service including six people in refuge accommodation in the last year. 139 people participated in our research project





What we want

Be clear and specific
Address safety concerns
Get your house in order



Survey data

Prior experiences
Communications
Expertise



Barriers to Help Seeking

Prior experiences

"I was given an IDVA but they never answered the phone or replied to texts or emails and I got the message"

"The worker asked me 'What are you?'. I didn't know what to say"

Be very clear

"saying everyone is welcome doesn't help. Make the effort to let us know we can come to you. Think about your messages"

"I want to see the trans flag, I want to see people like me. I want to know I can trust you"

Get your house in order

"what have you done to tell us we're safe with you? Can we trust your team? what expertise do you have?"



Getting our House in Order



Who we are

Getting our values right. Trust, Respect, Courage. Courage to support those who need it. Making sure our people are on board. Training and external advice and guidance. Behaviour framework & Trans* inclusion policy



Communication

Leaflets, posters and banners clearly identify that we welcome the trans community. Currently re-developing our web pages following feedback. Progressive flags in the entrance and reception. Developing resources for the trans community



Working together

Developing a new service alongside local trans* support groups. Research to understand barriers and unique support needs. Developed multi-agency resources for other local professionals



Managing risks

Working across the whole system in Cheshire to ensure that risk assessment and safety planning incorporates the unique forms of abuse experienced by trans people



Trans* Without Abuse



Next Steps in Cheshire

Our new project will work across four Local Authorities to raise awareness of Trans* experiences of domestic abuse. Training will be available with free resources to local agencies from statutory, voluntary and community sector partners.

Trans* people who have experienced domestic abuse will be able to get the help they need and will be supported through a peer network.



Continuing our work

We know we still have more to do. Following feedback from local Trans* people we are:

- Reviewing our websites for hetero and cis-normative language and content
- Working with local trans* teens to produce a film about trans* youth experiences
- Working with a group of trans adults to develop a recovery programme for trans* people




We want to work together

Partnerships

We are a small Cheshire based organisation and we know we can't tackle domestic abuse against Trans* people alone.

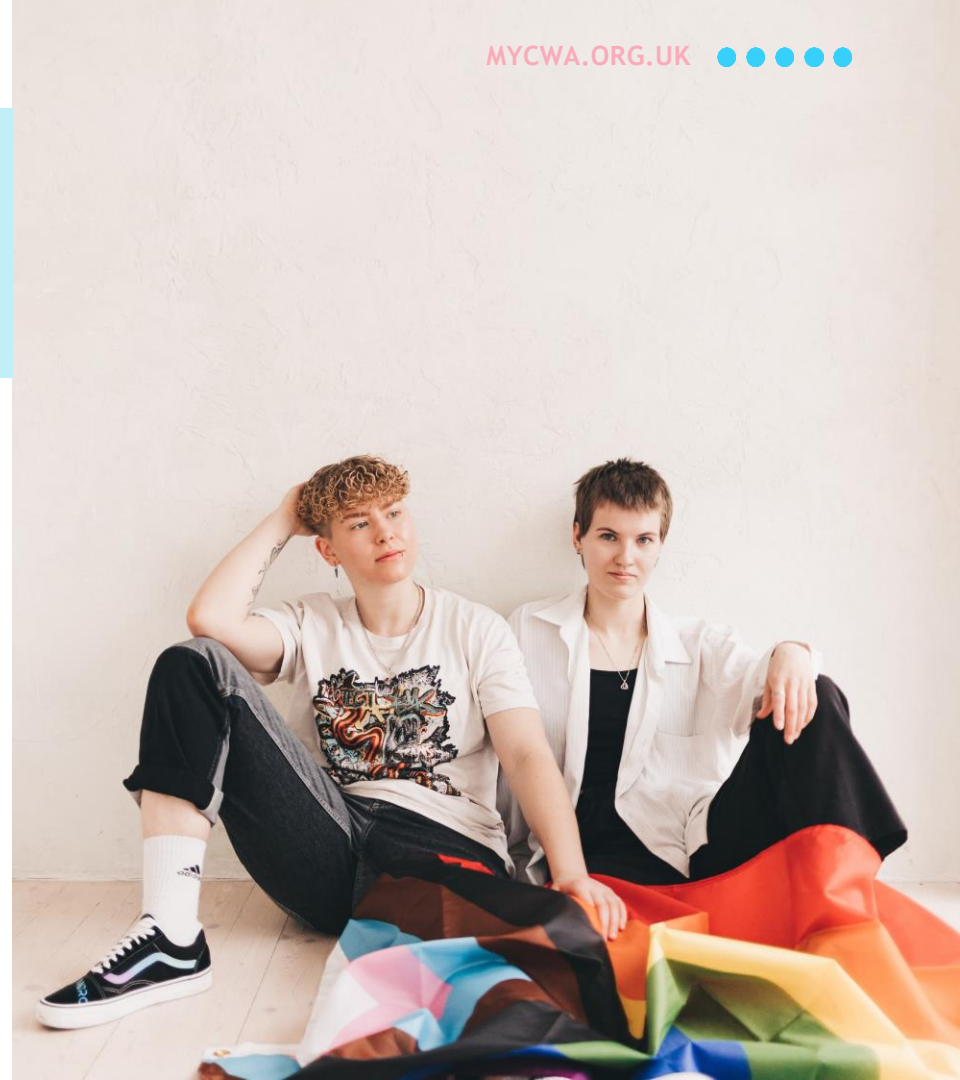
We are keen to work with partners who want to make sure that Trans* people get the support they need, when they need it

For more information :

 01270250390

 saskia.r@mycwa.org.uk

MYCWA.ORG.UK





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Q&A



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