

Healing Together Programme Evaluation

E-Scape Project: Supporting Children & Young People Affected by Domestic Abuse

healing
together 

Peterborough
Women's Aid 
Set yourself free



Report Date:
Written for:
Written by:
Supervised by:

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Preamble

Peterborough Women's Aid have been funded by the NHS Healthier Futures Fund to deliver the E-Scape Project (Supporting Children and Protecting through Education). The project supports children and young people aged 5-18 that have experienced domestic abuse. The project delivers assemblies or whole class sessions to provide education about domestic abuse, healthy relationships and consent. The project also accepts referrals from schools, health and social care to work directly with children and young people on a one-to-one basis. The team will deliver the Day Programme with secondary aged children (a multimedia course providing education about domestic abuse) and the Healing Together programme with predominately primary aged children.

Since the project commenced in April 2024 a total of 103 referrals have been received from schools, social services and CAMHS. Primary schools have been the main referral source. Approximately 8-10 referrals are received each week and current there is a waiting list of 10 children and young people. On average the two practitioners work with 15 children each week and the children access 8-9 sessions depending on their needs. The completion rate is 85% and the reasons for not completing the therapeutic work were due to leaving the country, a child withdrawn from school for home education, a child placed in care out of area, parent/carers withdrawing consent or the child opting out.

The aim of this impact report is to demonstrate the impact the Healing Together programme has had, identify actionable recommendations to enable Peterborough Women's Aid and the NHS Healthier Futures Fund to continue to support its journey towards supporting children affected by domestic abuse.

This report is built based on the data received to date from accredited facilitators within Peterborough Women's Aid, for **35** children and young people. The report also includes an analysis of themes from the semi-structured interviews that took place with the practitioners that are delivering the E-Scape Project and delivering the Healing Together programme daily.

Data Breakdown



Data set

35 full data sets
and **5** partial data sets



Data submitted between

May 2024
and **May 2025**



Methodology

Set-up

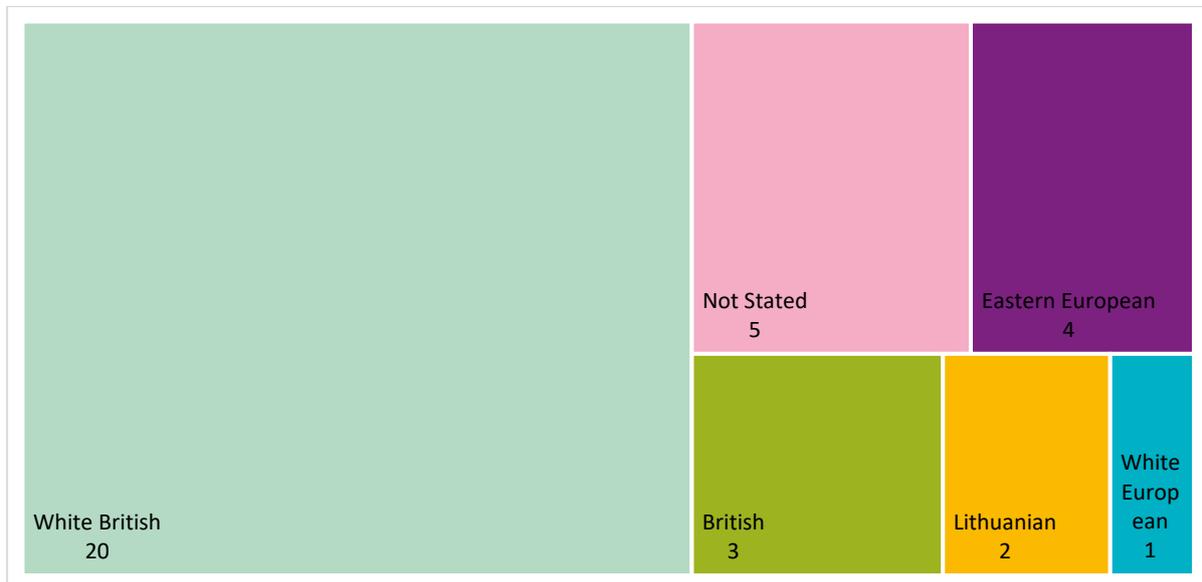
The Healing Together programme has been designed to deliver maximum impact and results. The two trained facilitators were trained to deliver the Healing Together programmes with children and young people affected by domestic abuse.

| | |
|---|---|
|  | Training Started on: 4/1/2024 |
|  | Facilitators: 2 trained facilitators |

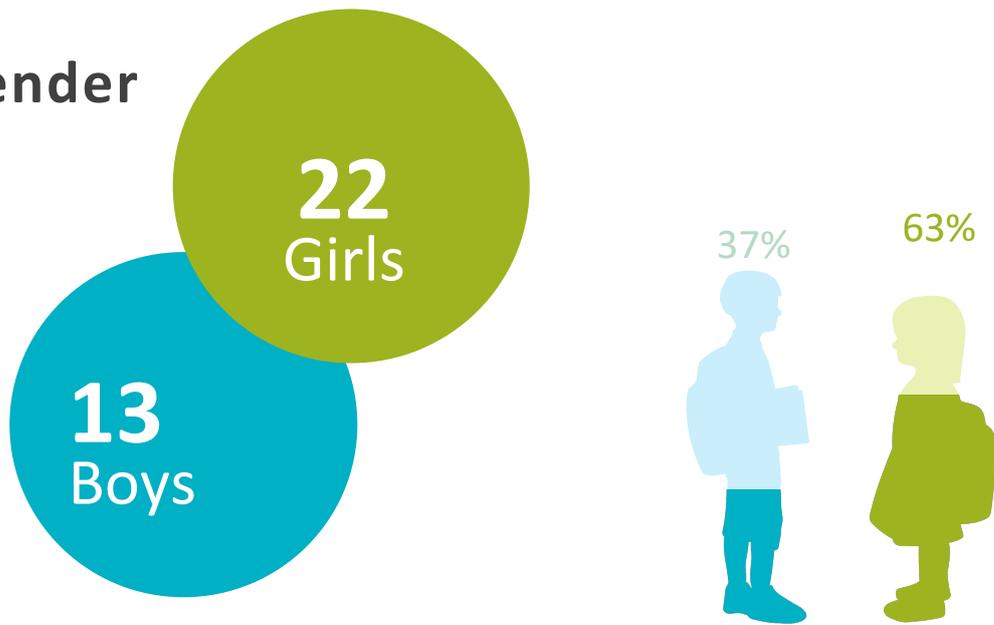
Demographics

To date, 35 children and young people (aged 5 to 11 years) attended the programme:

Ethnicity



Gender



Disability



Programme Design

To measure the impact of the Healing Together programme on children impacted by domestic abuse the **Emotional Awareness Questionnaire** is completed at the beginning of the programme and as part of the post programme evaluation.

The questionnaire is designed to measure how children Peterborough Women's Aid feel or think about their emotions across aspects of emotional functioning. For the Healing Together Programme, and with permission from the authors, four of the six subscales were used, these were differentiating emotions, not hiding emotions, bodily awareness, and verbal sharing of emotions.

Differentiating Emotions: the ability to differentiate between emotions and locate their antecedents. Possible score range 7-21.

Not hiding emotions: not trying to conceal your feelings. Possible score range 5-15.

Bodily Awareness: attention to the physiological aspects of the emotion experience (i.e., awareness that emotions are accompanied by bodily symptoms). Possible score range 5-15.

Verbal Sharing: verbal communication of emotions. Possible score range 3-9.



Impact Results

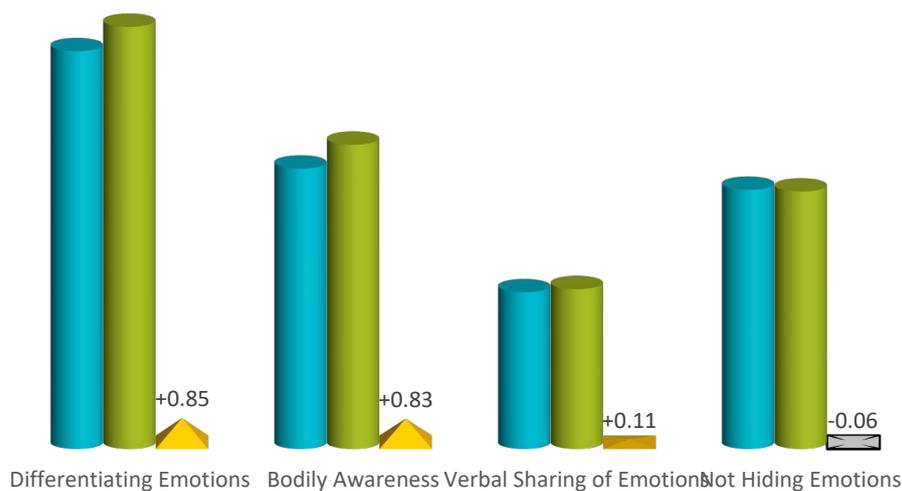
Children’s pre and post programme feedback

Quantitative Data

The table below demonstrates the average results for each subscale pre and post programme. An overall score cannot be calculated due 4 out of the 6 subscales being used.

| Measure and Possible Score Range | Programme Average | | |
|----------------------------------|-------------------|-------|----------|
| | Pre | Post | Variance |
| Differentiating Emotions (7-21) | 13.86 | 14.71 | 0.85 |
| Bodily Awareness (5-15) | 9.77 | 10.6 | 0.83 |
| Verbal Sharing of Emotions (3-9) | 5.46 | 5.57 | 0.11 |
| Not Hiding Emotions (5-15) | 9.03 | 8.97 | -0.06 |

Emotional Awareness Pre and Post Programme: Average scores

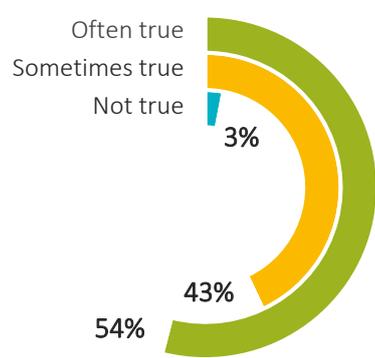
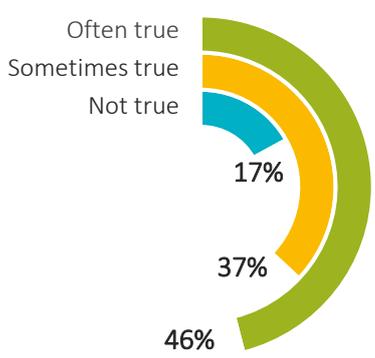


Note: The above results indicate an increase in all aspects of Emotional Awareness except for 'Not Hiding Emotions' which has marginally decreased.

In addition to the Pre and Post Programme Emotional Awareness Questionnaire a Post Programme Evaluation is completed to enable the facilitators to understand the children's evaluation of the programme and importantly determine how likely they are to use the specific techniques they have learnt over the course of the programme.

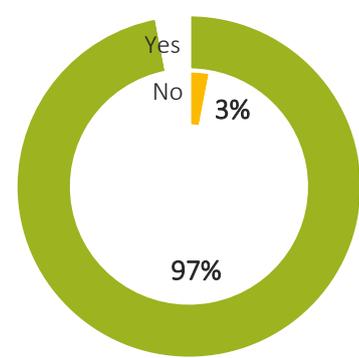
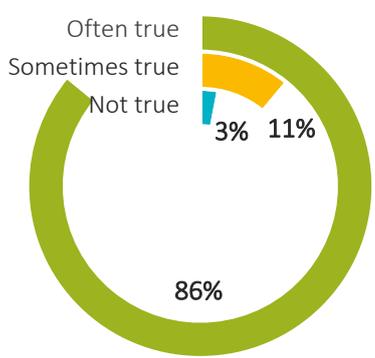
I know my brain works when I feel anxious or stressed ('flipping your lid')

I will use the techniques when I am feeling scared or anxious



I enjoyed attending the Healing Together Programme

I would recommend this programme to other children



Children's Feedback

Every Voice Counts!



Feedback From Children Post Programme.

Qualitative results

The following are anonymous quotes from the children in their last session of the Healing Together Programme.

Gender: Boy

Age: 8

Ethnicity: White British

Location: Peterborough



In their own words:

I have had an amazing experience. If you come here you will have a blast. It is so calming.

Gender: Girl

Age: 8

Ethnicity: Not stated

Location: Peterborough



In their own words:

I had fun with you guys. I learned about rocking to feel calm - this was my favourite part.

Gender: Girl

Age: 8

Ethnicity: Lithuanian

Location: Peterborough



In their own words:

The breathing exercises are really useful and helpful. After I used the breathing exercises I felt happy again.

Gender: Boy

Age: 11

Ethnicity: Eastern European

Location: Peterborough



In their own words:

I've learnt so much and it's given me tips on how to calm down. It comes with amazing people who are here to help you when you need it.



Children's Share Their Experience of the Healing Together Programme.

I recommend Healing Together to you because it helps me manage my distractions and made me a better person.

You should try Healing Together because it has helped me to be calm, happy, respectful and kind and no hitting.

It helps when I'm feeling scared, sad, angry or anxious. That's when it helps and I use it.

I've learned my breathing exercises. You hae to do what you need to do to be kind. The most important thing is to love yourself.

Voices of Practitioners, Parents/Carers & Schools

The two practitioners that are delivering the E-Scape Project engage in a semi structured interview to capture their experiences of delivering the Healing Together programme and its impact. It was evident that both practitioners found their role rewarding due to the impact they were having on supporting the children, families and the school.

“It's very rewarding after you've worked with the child, and you've seen them improve or you see these children come to you and they're so proud to tell you about their experience”

Approach

The frontline practitioners spoke about the importance of being able to provide a flexible service that was able to meet the needs of the children. The flexibility of being able to provide additional sessions, re-cap content or spend more time to develop a therapeutic relationship were just some of the examples of how the practitioners worked with the children to ensure they felt safe to attend and engage in the sessions.

Impact on Children & Young People

The practitioners shared examples of how the Healing Together programme impacted children's daily lives, family life and engagement with their education. It was evident that the children were able to use the strategies that they had learnt within the sessions in their daily lives and were proud to share these moments with the practitioners.

“I used it, and it helped me because I didn't smash up my bedroom”

Children in Care

A young girl who is now living with her grandparents due to being exposed to domestic abuse and alcohol abuse had found that the breathing techniques she had learnt helped her to fall asleep at night.

Bullying & it's impact

As the Healing Together programme does not ask children to talk about their experiences of domestic abuse, this has also enabled children to relate the content of the Healing Together programme to other areas of their life.

Ben, aged 10 years had been attacked by older students at play time which led him feeling that he had to attack other children to keep himself safe. Ben completed the Healing Together programme and used the strategies he had learnt understand how he was feeling and manage his feelings of anger.

Peter who had been diagnosed with autism was initially frightened to come into the room for his Healing Together sessions and he would hardly speak to the practitioner. As the sessions progressed Peter was talking quite happily in the sessions. Peter was being bullied and asked the practitioner for support with reporting this to the school. The practitioner did but the second time Peter reported the bullying to his teachers himself because he felt confident to do this himself.

Impact within Schools

The project has built really good relationships with primary and secondary schools and the senior leaders are keen to refer children to the project as they have seen the impact the practitioners are having on supporting the children.

"I came back to school after being suspended. I joined the Healing Together Programme, it's amazing, it helped me with everything"

The practitioner's helped the educational staff to understand the impact of trauma and how trauma responses may present. By doing this, this has helped the educational staff to review their responses and approach to these children and find ways to understand the children.

Service Development

The frontline practitioners were asked whether the service they are currently delivering could be improved or expanded on in way to increase the impact it is having.

Some parents/carers had informed the school that they programme has really helped their child and in one instance a parent also referred their other child to the programme. One of the practitioners expressed that they thought it would be beneficial to consider also delivering the Healing Together programme with parents/carers to support the long term implementation of the resources and strategies at home.

“Mum reports that he has thoroughly enjoyed the sessions with you, and wishes they could continue. Mum has also noticed that he will remove himself from situations at home and go to a quiet space or get his blanket to snuggle with and sends thanks for your work with him.”

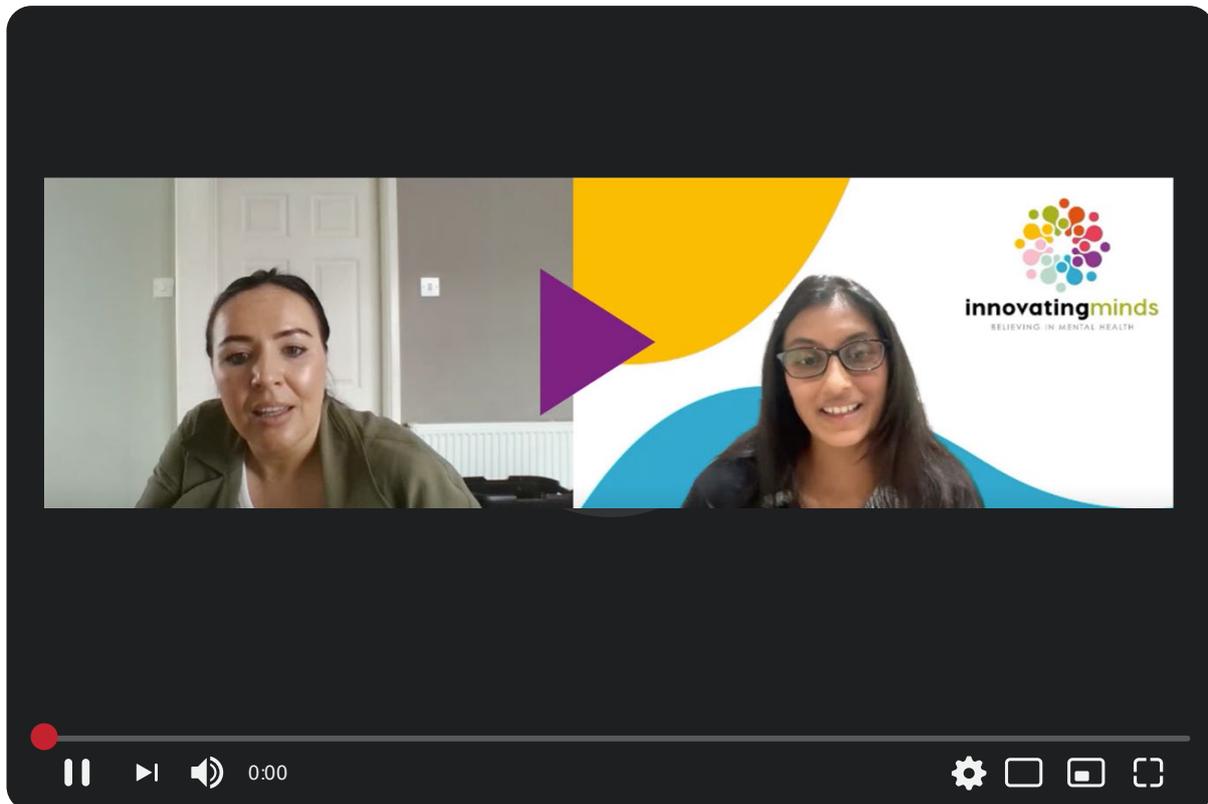
One of practitioners expressed that it may be beneficial to train to deliver the Healing Together to support children and young people affected by angry feelings and anxiety.

This is because referrals from schools are because the child is presenting with behaviours that challenge, or the parent/carer is reluctant for their child to engage in a programme that relates to domestic abuse. As a result, the child is not able to access the help they require.

By training to deliver additional programmes increases the children’s ability to access they help they need.

The Lifeline

Often children have experienced difficulties with engaging with statutory services such as social workers and therefore they are reluctant to engage with them. Therefore, this project enables children to access early help that is not associated with statutory services. **The benefits of this approach can be viewed in this short clip.**



Sadly, the practitioners were not able to identify a service that the children would be able to access if this project came to an end. The local services within Peterborough that may have historically been able to provide help are no longer providing these services or the services are restricted to only being able to support children that are no longer having contact with the adult that harms. It was highlighted that not all children needed access to therapy/counselling but did need access to a therapeutic safe space that enabled children to opt-in when they felt safe, and they were not asked to re-live their trauma.

It's so it really is amazing to see the difference in the children when they first come into how they finish off with their sessions. You can see that they've got that little toolkit, of how to handle situations that they might come up against in the future.

Investing Wisely in Their Future

Social return on Investment is a type of cost benefit analysis that is calculated using financial values (proxies) for each outcome the programme delivers.

To make sure we do not overstate or over claim for the contribution Innovating Minds has made to each outcome (as we recognize that other practitioners/agencies will also be contributing to these outcomes), the figures are adjusted to identify the proportion of the outcomes we can claim we have delivered.



£56,908.18

Social Value Generated

For each child that has learnt techniques for managing their emotions as a result of the Healing Together programme has a **monetary value of £2,066 per child.**

For each child that has improved educational attainment as a result of the Healing Together programme has a **monetary value of £9,562 per child.**

For each child that reduces its likelihood of being involved in criminal activity as a result of the Healing Together programme has a **monetary value of £4,251 per child**



£1 of spending *

£19.91

SROI of **£19.91 for every £1 spent** on delivering the Healing Together programme with children and young people affected by domestic abuse.

Key Takeaways

From the results above, the overall results the Healing Together Programme increases how children feel or think about their emotions across all aspects of emotional functioning except from 'Not Hiding Emotions' which on average has marginally decreased, clinically we believe the result was in the opposite direction because children overestimate their awareness pre programme and develop insight during the intervention. **This result is also in line with the overall data that we hold (sample size 654).**



The greatest change can be seen in the area of 'Differentiating Emotions' which generally is consistent with overall data evaluated from those facilitators who are delivering the programme across the UK.



Qualitative data received demonstrates that the programme was enjoyed by the children and that it had a positive impact on their understanding of emotions and how they coped with big emotions.



The data collected from the post survey demonstrates that 97% of the children and young people enjoyed attending the sessions of the Healing Together Programme at least some of the time. 97% of them would recommend the programme to other children. It also indicates that the children are likely to utilise the techniques covered within the programme.



The data collected from the post programme evaluation showed that most children found all the techniques learned in the programme useful. As with all interventions there will not be one technique/ explanation that suits all. The programme offers a range of techniques for the children to discover what helps them the most to calm their body and brain.

Conclusion

The Healing Together programme delivered by the E-Scape project provided the children affected by domestic abuse with a positive help seeking experience that enabled them to access early trauma informed within a space they felt safe in (at school).

Within a short period of time the E-Scape project has built meaningful relationships with schools and statutory service and provided an excellent service that has benefitted over 100 children and families. As education, health and social care are increasingly facing more more pressure to support children affected by domestic abuse, this provision has become a lifeline for schools, students and families.

Actionable Recommendations

1. Given the impact this project is having and local services not being able to provide this support for children affected by domestic abuse, it is recommended that the E-Scape Project accesses long term funding to continue. Long term funding will enable the Project to continue to build upon the existing relationships it has established and expand its reach by working with more secondary aged children.
2. Consider developing the service by delivering the Healing Together programme with parents/carers to support the long-term impact of implementing the strategies within the home environment.
3. Consider training the practitioners to deliver additional Healing Together programmes to support those children that affected by domestic abuse but may not be able to access the help due to difficulties with gaining parental consent.

About Innovating Minds™

Innovating Minds has been empowering children through the Healing Together programme since 2016. Initially created to support children no longer living with abusive individuals, this programme is now offered for free, thanks to our social enterprise model.

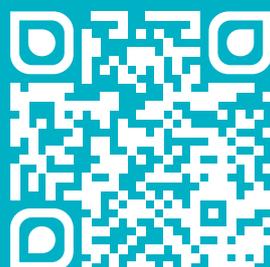
To meet growing demand, we transformed Healing Together into a facilitator programme, training professionals to deliver our trauma-informed sessions. We also developed video animations and an online platform to support facilitators with ongoing CPD and clinical consultations.

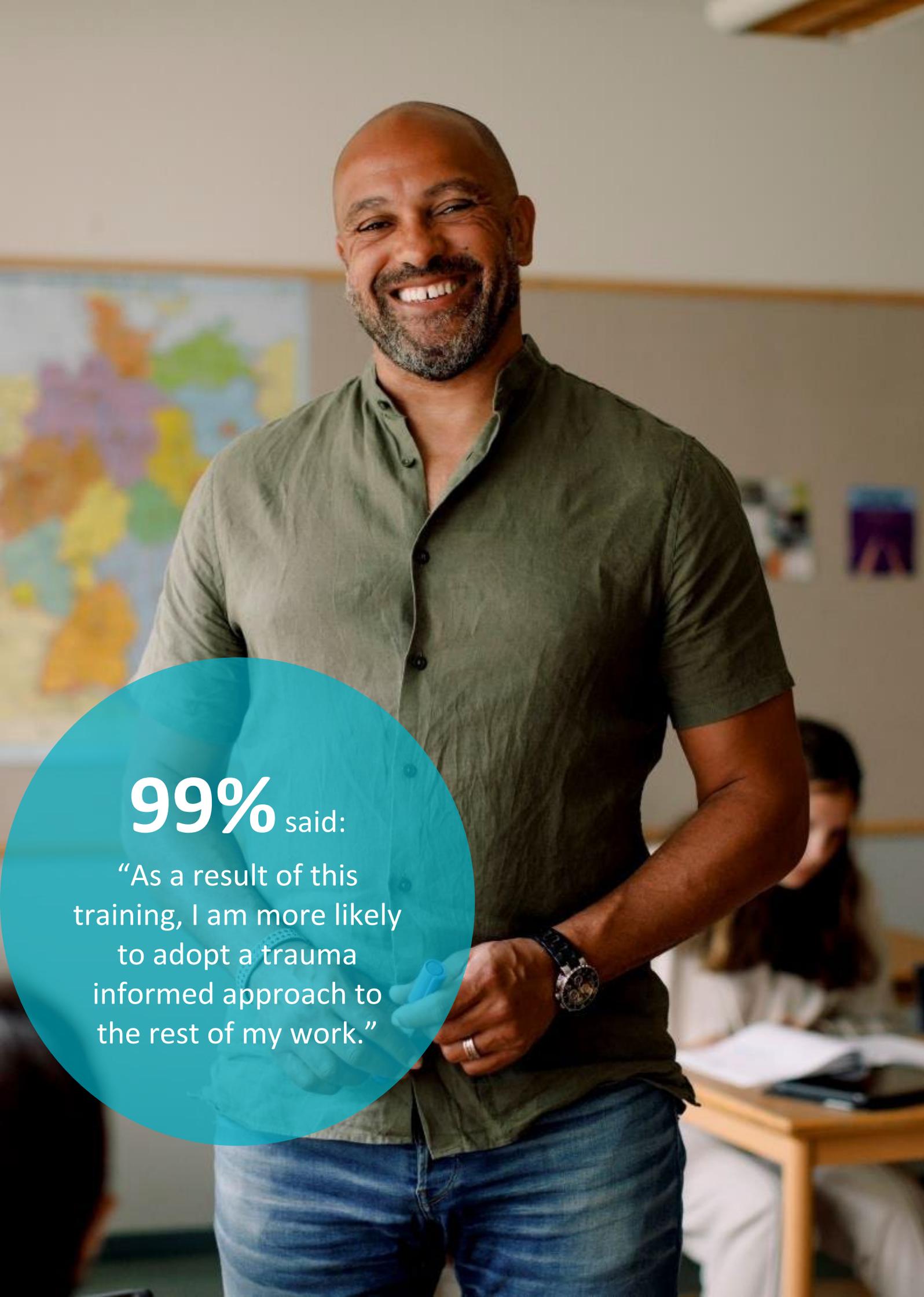
Healing Together is designed for children aged 5 to 16, delivered in 6 one-hour sessions, either in groups or one-on-one. Our evidence-based approach integrates attachment theory, neuroscience, and relational models.

We've expanded our offerings to address various needs, including:

- Domestic abuse
- Stress and anxiety
- Anger management
- Parental support

Ready to make a difference? **Book a call with Dr. Asha Patel - Clinical Psychologist**, to learn how Healing Together can benefit you, your pupils, and your school.



A smiling man with a beard, wearing a green short-sleeved button-down shirt and blue jeans, stands in a classroom. He is holding a blue marker in his right hand. In the background, a woman is seated at a table, and a world map is visible on the wall.

99% said:

“As a result of this training, I am more likely to adopt a trauma informed approach to the rest of my work.”