

TAI YN GYNTAF I FERCHED

HOUSING FIRST FOR WOMEN

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Thrive Domestic Abuse Services

Housing First for Women Affected by Domestic Abuse
A Trauma-Informed Approach to Safety, Recovery and Long-Term Housing

Women experiencing domestic abuse often face:

- Homelessness after leaving abuse
- Financial abuse and debt
- Poor mental health
- Multiple moves between temporary accommodation
- Loss of employment
- Children's disrupted education
- Social isolation

Domestic abuse remains one of the leading causes of women's homelessness.



Why Housing Matters



Safe Housing

Safe, stable housing is the foundation survivors need to begin healing and rebuilding their lives with confidence.



Healing & Recovery

A secure home provides the emotional safety and stability essential for recovery, wellbeing, and renewed hope.



Building a Future

Stable housing empowers survivors to move forward, regain independence, and build a stronger, brighter future.

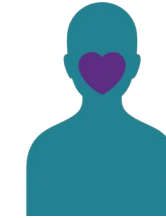
Housing First

"Safe, stable housing is not a reward for recovery — it is the foundation from which recovery begins. Every person deserves a home without preconditions."



Immediate Safe Housing

Access to safe housing is provided immediately, without preconditions or requirements.



Person-Centred Support

Support is tailored to each individual's unique needs, choices, and goals.



Housing as Recovery

A stable home provides the platform for healing, empowerment, and rebuilding lives.



Community Collaboration

Working with community partners and services to sustain long-term support and safety.

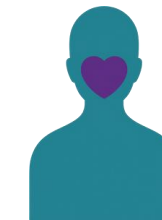
Thrive's Housing First Journey Leading the Way in Wales

In March 2022, Thrive Domestic Abuse Services:

- Became the first women-only Housing First provider in Wales
- Secured a Nationwide-funded pilot
- Purchased our own properties through SASC (Social and Sustainable Capital)
- Our ambition was simple:
Every woman deserves a safe home from which she can rebuild her life.



Worked in partnership with
Registered Social Landlords to
secure permanent homes



Developed the service
specifically for women
affected by domestic
abuse and multiple
disadvantage

The Journey to a Safe Future →



Thrive's Impact

Safe Housing Access

Providing immediate, safe housing options for survivors fleeing domestic abuse, ensuring no one is left without housing.

Coordinated Support

Delivering joined-up support including counselling, advocacy, and community partnerships to sustain long-term recovery.

Empowering Independence

Equipping survivors with the skills, confidence, and resources to rebuild their lives and thrive independently.



Real Stories, Real Change



"For the first time in years, I felt truly safe. Having my own space gave me the strength to start over and believe in myself again."



"The support I received went beyond just a roof. I was given hope, guidance, and the tools to rebuild my life on my own terms."



"Seeing survivors flourish once they have stable housing reminds me every day why this work matters so deeply."

Thrive Support Worker

Survivor's Stories



Survivor A – Case Study Summary

Survivor A experienced significant childhood trauma, homelessness, exploitation, and mental health challenges, making it difficult to engage with services and maintain stable accommodation.

Referred to Housing First in 2022 through the SWAN project, she was sleeping in unsafe locations and highly vulnerable to exploitation.

Using a consistent, trauma-informed approach, Housing First built trust over time and worked alongside partner agencies to address her housing, mental health, safeguarding, and substance misuse needs.

Following a period in specialist refuge accommodation, Survivor A developed greater stability, improved life skills, and began engaging positively with support services.

She now actively engages with mental health, domestic abuse, substance use, and safeguarding services, while demonstrating improved confidence, independence, and awareness of risk.

Survivor A has successfully moved into permanent accommodation with Codi—her most stable tenancy to date—and has taken pride in creating a safe, welcoming home.

She has reduced contact with individuals linked to exploitation, is maintaining her tenancy successfully, and is now exploring future opportunities, including attending college.

Key Outcome

Survivor A's journey demonstrates the impact of the Housing First model: by providing stable housing first and delivering flexible, person-centred, trauma-informed support, she has been able to rebuild trust, achieve stability, increase her independence, and create a positive foundation for her future.

Survivor's Stories



Survivor B – Case Study Summary

Survivor B experienced challenges with alcohol use and an unhealthy relationship, which negatively impacted their wellbeing, tenancy, and resulted in anti-social behaviour (ASB) concerns.

Rather than having an enforcement approach, Thrive Housing adopted a Housing First approach, focusing on building trust, understanding the underlying issues, and supporting the tenant to remain in their home.

Staff developed a positive relationship with Survivor B, working collaboratively to create a personalised support plan that promoted choice, control, and independence.

Housing First worked alongside partner agencies, including the Local Authority, police, and drug and alcohol services, to address alcohol use, improve health and wellbeing, and reduce risks associated with the relationship.

Additional trauma-informed support was provided during a period of increased vulnerability, including safety planning and the implementation of a restraining order.

Through consistent, flexible support, Survivor B engaged with services, improved their wellbeing, and successfully addressed the issues contributing to the ASB concerns.

Survivor B has remained in their home, avoided eviction, and there are now no ongoing anti-social behaviour concerns.

Key Outcome

Survivor B's journey demonstrates the impact of applying Housing First principles within Thrive Housing. By prioritising trust, choice, and trauma-informed, person-centred support, Survivor B was able to remain in their home, improve their wellbeing, address the underlying causes of the anti-social behaviour, and successfully sustain their tenancy. This highlights how personalised, strengths-based support can achieve positive outcomes for both the individual and the wider community.

Looking Ahead: A Stronger Future



Thrive Domestic Abuse Services

Our goal: Every survivor has access to a safe home and the support to thrive.
Together, we are building a future where safety, dignity, and independence are within
reach for everyone we support





**People Need a
Home, Not Just a
House.**



thrive
DOMESTIC ABUSE
SERVICES

Thank you



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LUNCH AND NETWORKING

- **BACK AT 13:30**