



Honour Thy Woman Group: Empowering Recovery

Bridging the Gap from Crisis to Stability for 54 Families

Across Gloucestershire in 2025-2026

by Honour Thy Woman Group

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Impact at a Glance: Deep Support for 54 Families Amid a Surge in Referrals

312

Total Referrals

A significant volume of requests originating from schools, social workers, and mental health teams, highlighting Honour Thy Woman as a trusted specialist

54

Families Supported

We provided intensive, multi-layered interventions for these families, moving beyond crisis management to long-term emotional stabilization

82%

Emotional Recovery Demand

The vast majority of women sought help specifically to navigate the psychological aftermath of coercive control and trauma

54%

Child Trauma Support

Over half of our cases required specialised focus on children's wellbeing, recognizing that recovery is a whole-family journey



The 2025-2026 Referral Landscape: Rising Complexity Demands Specialist Response

1

High-Complexity Case Mix

Presenting needs have shifted toward multi-generational trauma, stalking, and post-separation coercive control, often involving multiple police and safeguarding interventions

2

Multi-Agency Saturation

The norm has become families connected to 3–6 external services, requiring HTW to act as a crucial anchor in navigating fragmented statutory pathways

3

Systemic Barriers

Many clients enter our service 'not recovery-ready' due to ongoing housing instability, financial abuse, and the exhausting nature of long-running court proceedings

Diverse Voices: Supporting a High-Need Population with Inclusive Care

1

High Disability Prevalence

62% of service users declared a disability, significantly higher than the national average, with mental health conditions like PTSD and neurodivergence (ADHD/Autism) dominating

2

Broad Age Distribution

We support women across the adult lifespan, though the largest cohort (19%) falls in the 40–44 age range, often balancing recovery with active parenting duties

3

Reaching Underrepresented Communities

Our service actively supports minority ethnic groups, including Romanian, Gypsy/Irish Traveller, and migrant communities who face unique barriers to statutory care

4

Inclusive Orientation

Approximately 25% of our clients identify as LGBTQ+, necessitating culturally competent and inclusive practice to ensure every survivor feels safe and seen



The Whole-Family Pathway: Moving from Crisis to Enduring Stability



Stage 1 — Stabilization & Safety Addressing immediate housing instability and securing protection orders to create the physical safety necessary for psychological work	Stage 2 — Emotional Regulation Utilizing the Emotional Intelligence X framework to help women understand triggers, break trauma bonds, and regain internal control	Stage 3 — Parenting Capacity Strengthening the bond between mother and child, focusing on co-regulation and addressing the aggressive or withdrawn behaviours children exhibit post-abuse	Stage 4 — Advocacy & Navigation Bridging the gap with schools, legal teams, and social care to ensure the family's voice is heard and their rights are protected	Stage 5 — Community Connection Rebuilding social networks through wellbeing programmes and friendship groups to prevent the isolation that often leads to re-victimization
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Impactful Programmes: Tailored Interventions for Emotional and Social Recovery

1

Emotional Intelligence X

Our primary recovery pathway, helping survivors decode their trauma responses and build the resilience needed to resist future manipulation

3

Specialist Advocacy

A vital lifeline for 38% of our clients, providing expert navigation through the complexities of family court, housing benefits, and police investigations

2

Gateway Programme

Specialised post-separation recovery for mothers with trauma-informed support focusing on safe boundaries

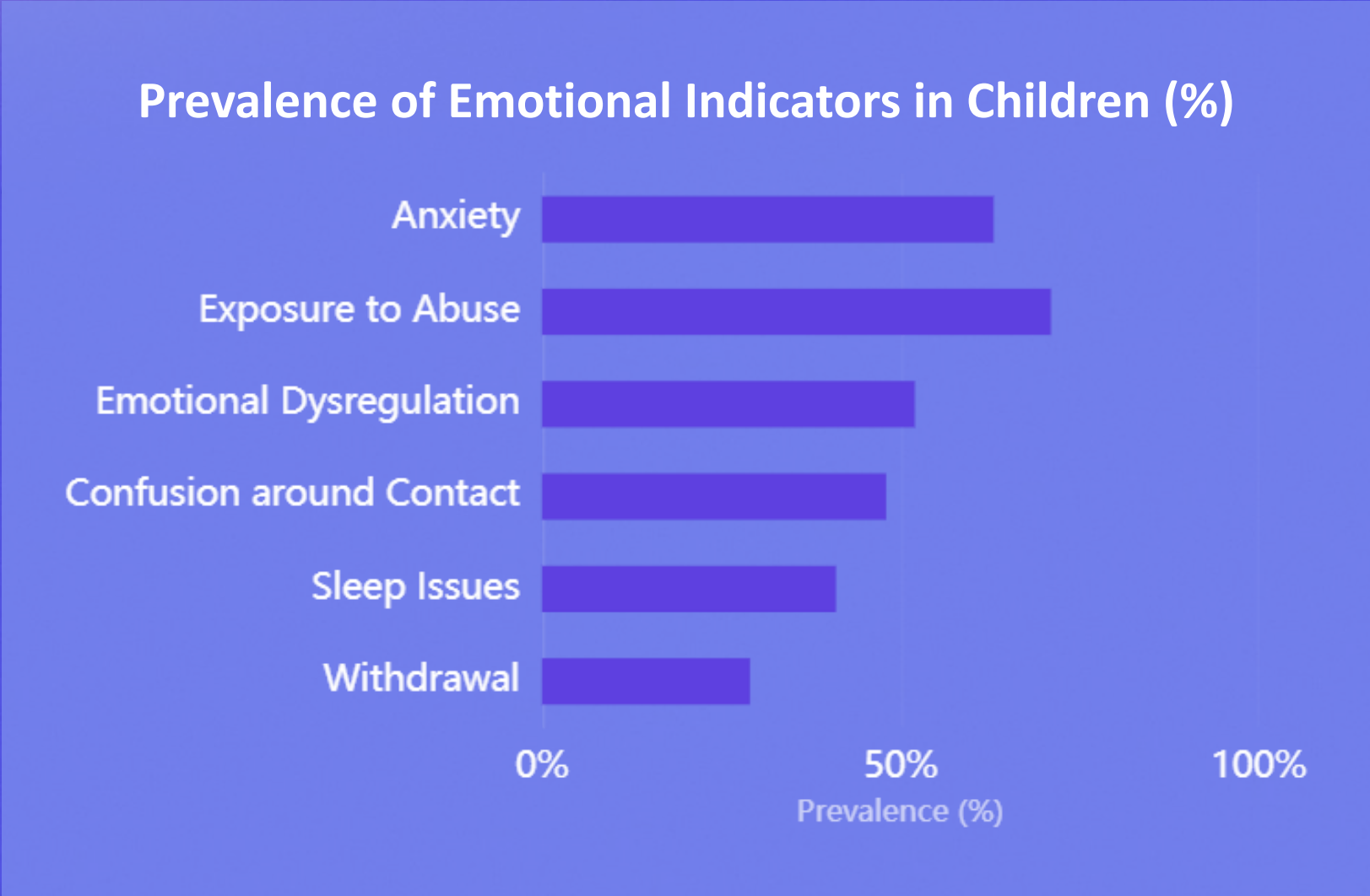
4

Wellbeing & Nature

Holistic sound bathing, gardening, and herbal brew sessions that provide a sensory-safe space for women to reconnect with their bodies and each other



Healing the Next Generation: Addressing Acute Emotional Needs in Children



1

The high anxiety and dysregulation rates correlate directly with the 71% exposure rate, highlighting that children are not just witnesses but direct victims of the domestic atmosphere.

2

Almost half of the children struggle with confusion around contact, emphasizing how post-separation coercive control uses the child as a tool for ongoing parental manipulation.

3

These statistics underscore why our Family Unit Approach programme is critical. Without targeted trauma support, these indicators risk evolving into long-term behavioural and mental health challenges.



Voices of Recovery: The Human Story Behind the 2025-2026 Data

"I felt like I was starting again often alone, often overwhelmed, and unsure where to begin. Honour Thy Woman gave me a safe space to talk without being blamed or dismissed for what happened."

"Advocacy was the difference between staying stuck and finally moving forward. Having someone who understood the system meant I didn't have to face the court allegations alone."

Regional Reach: Serving the Unique Needs of Gloucestershire Districts

District	Key Presenting Issues	Core Support Strategy	Strategic Focus
Forest of Dean	High-risk post-separation abuse and housing instability	Family Unit Support Offer	Launching specialised recovery pathways
Gloucester	Diverse demographic needs and high referral volume from GPs	Neurodiversity-aware 1:1 sessions	Improving multi-agency coordination
Cheltenham	Complex court cases and child contact manipulation	Legal advocacy and emotional intelligence	Strengthening school partnerships
Forest of Dean & Tewkesbury	Isolation and lack of social networks for survivors	Wellbeing and community connection groups	Building peer support networks

While needs vary by geography, the common thread is a requirement for trauma-informed, long-term recovery rather than generic early-help interventions.

Strategic Priorities 2026-2027: Strengthening the Ecosystem of Care

1

Expansion of Children's Specialist Services

Recruiting additional trauma-informed practitioners to meet the 54% demand for child-specific recovery

2

Strengthening Multi-Agency Collaboration

Deepening partnerships with schools and social care to reduce the 'system-trauma' reported by 44% of our clients

3

Development of Neurodivergent-Adapted Pathways

Enhancing our sensory-safe environments and communication methods to support the 62% of users with disabilities

4

Scaling Family Unit Recovery

Fully embedding our Forest of Dean pilot across the county to ensure recovery happens for the whole family, not just the individual



Supporting Families, Restoring Hope

Thank you for your continued support in helping Gloucestershire women and children rebuild their lives. Together, we are creating safer futures.

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To book Domestic Abuse Consultations: info@womenstowerofstrength.co.uk