HONOUR THY WOMAN GROUP

EMPOWERING RECOVERY

Bridging the gap from crisis to stability
for families across Gloucestershire

ANNUAL REPORT | 2025–2026

Supporting Families, Restoring Hope

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HONOUR THY WOMAN GROUP

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Executive summary

In 2025–2026, Honour Thy Woman Group continued to support women and families affected by domestic abuse across Gloucestershire. Our work recognises that recovery does not end when an immediate crisis has passed. Women and children may need time, practical support and safe opportunities to rebuild confidence, emotional wellbeing and family relationships.

312	54	62%	25%
Referrals received	Families supported	Service users who declared a disability	Clients identifying as LGBTQ+

Our annual reporting highlights complex needs, including post-separation abuse, coercive control, housing instability, court-related pressures, emotional distress and the effects of trauma on children. The year's experience reinforces the importance of a connected, inclusive and trauma-informed response.

We are grateful to the women and families who have placed their trust in us, and to the partners and supporters who contribute to this work.

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The landscape of need

The 312 referrals received during the year point to substantial demand for support. The report describes increasingly complex circumstances, with families often navigating several services while still experiencing instability and the continuing effects of abuse.

Complexity beyond the immediate crisis

- Post-separation coercive control, stalking and ongoing harassment can continue to affect women and children after a relationship has ended.
- Housing instability, financial abuse and court proceedings can make it difficult for families to feel safe or ready to engage in recovery.
- Families may be connected to several external services at once, creating a need for consistent support and help navigating fragmented pathways.
- Children may experience the effects of abuse directly, including anxiety, emotional dysregulation, sleep difficulties, withdrawal and confusion around contact arrangements.

Our role is to provide a supportive recovery pathway alongside appropriate specialist and statutory services. We do not replace statutory safeguarding responsibilities or clinical care.

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The people and families we support

Honour Thy Woman Group aims to provide inclusive support that recognises people's different experiences, identities, abilities and circumstances.

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What our report records	What this means for our practice
62% of service users declared a disability.	We need accessible environments, flexible communication and approaches that respond to different needs, including neurodivergence and mental health-related needs.
Approximately 25% of clients identified as LGBTQ+.	Our service must be welcoming, respectful and inclusive, recognising that survivors may face additional barriers to support.
The largest reported age cohort was 40–44 (19%).	Support must recognise the pressures that can arise when women are rebuilding their lives while parenting and managing other responsibilities.
The report identifies women from Romanian, Gypsy/Irish Traveller and migrant communities.	Culturally aware practice and attention to barriers to accessing services remain important.

These figures and descriptions are drawn from the organisation's 2025–2026 annual report. They are presented as organisational reporting rather than comparisons with external population data.

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Our whole-family recovery approach

Our model recognises that women's recovery and children's wellbeing are closely connected. The pathway is flexible and responsive: families may need to move between stages or receive support in more than one area at a time.

Stage	Focus	How we support families
1. Stabilisation and safety	Addressing immediate pressures.	Recognising housing instability, safety concerns and practical barriers; supporting access to appropriate protection and services.
2. Emotional regulation	Understanding trauma responses.	Using the Emotional Intelligence X framework to help women understand triggers, strengthen boundaries and rebuild a sense of control.
3. Parenting capacity	Strengthening family relationships.	Supporting connection between parent and child, including attention to co-regulation and children's emotional and behavioural responses.
4. Advocacy and navigation	Helping families have their voices heard.	Supporting navigation of schools, legal processes, social care and other services, while recognising the limits of our role.
5. Community connection	Reducing isolation.	Creating opportunities for wellbeing, peer connection and positive community relationships.

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Programmes and support

Our programmes offer different routes into wellbeing, recovery, family support and community connection. Activities are shaped around the needs and circumstances of participants.

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Gateway Programme

The report identifies the Gateway Programme as part of our support offer. Its role within the wider recovery pathway should be described in line with the programme's current delivery model.

Emotional Intelligence X

Our primary recovery pathway supports mothers to understand trauma responses, develop emotional awareness, strengthen safe boundaries and build resilience following domestic abuse, including post-separation abuse.

Specialist advocacy

We help women navigate complex systems and processes, including family court-related issues, housing and benefits questions, and contact with relevant agencies. Advocacy aims to help women understand options and have their voices heard.

Wellbeing and nature-based activities

Sound bathing, gardening and other nature-based or creative activities offer sensory-aware opportunities for women to reconnect with themselves, build confidence and develop supportive relationships.

Wider programme offer

- Visual expression arts, creative journaling, mindful photography, arts and crafts and group wellbeing activities.
- Recovery cohorts, group facilitation, psychoeducational workshops and peer support opportunities.
- Parent support, family wellbeing sessions, community activities, signposting and advocacy.
- Outdoor wellbeing sessions, nature-based learning, seasonal activities and community gardening.
- Big Buddies, community events, intergenerational activities and community engagement.
- Confidence-building workshops, personal development, goal setting and peer support.

Supporting children's recovery

Children are not simply bystanders to domestic abuse. Experiences of fear, conflict, coercive control and instability can affect their emotional wellbeing, relationships and sense of safety.

The annual report highlights children's anxiety, exposure to abuse, emotional dysregulation, sleep issues, withdrawal and confusion around contact. It records a 71% exposure figure in its discussion of children's experiences. The report also identifies a need for specialist, child-focused recovery support.

Our family-centred approach recognises children's needs as distinct and important. Support should be age-appropriate, safe and delivered within the organisation's safeguarding framework, with specialist or clinical referrals made where required.

Why this matters

- Children need opportunities to express feelings and make sense of difficult experiences in safe, appropriate ways.

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- Parents may need support to rebuild confidence and strengthen positive, responsive relationships.
- A whole-family approach can help identify where children need additional support rather than assuming that a parent's recovery alone will address every need.

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Our Gloucestershire footprint

The report describes delivery and partnership activity across Gloucestershire, with local needs shaping the support offered.

Area	Needs highlighted in the report	Support and strategic focus
Forest of Dean	High-risk post-separation abuse and housing instability.	Family Unit Support Offer and development of specialised recovery pathways.
Gloucester	Diverse demographic needs and high referral volume from GPs.	Neurodiversity-aware one-to-one sessions and improved coordination.
Cheltenham	Complex court cases and child-contact concerns.	Advocacy, emotional intelligence and stronger school partnerships.
Forest of Dean and Tewkesbury	Isolation and limited social networks.	Wellbeing and community connection groups.

Across these areas, the report identifies a shared need for trauma-informed, sustained recovery support, rather than relying only on short-term or crisis-focused responses.

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Voices of recovery

The following comments, reproduced from the annual report, reflect the importance of being listened to, believed and supported.

> *"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."*

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Priorities for 2026–2027

Our priorities build on the needs identified through the year's referrals and delivery experience.

Priority	Planned direction
Expand children's specialist services	Develop trauma-informed capacity to respond to the demand for child-specific recovery support.
Strengthen multi-agency collaboration	Build constructive working relationships with schools and relevant services, while keeping families' voices and needs central.
Develop neurodivergent-adapted pathways	Improve sensory-aware environments and communication approaches for people with disabilities and different access needs.
Scale family-unit recovery	Continue developing the Forest of Dean pilot and explore how the whole-family approach can be embedded more widely across Gloucestershire.

These priorities will be progressed in line with available resources, safeguarding requirements and the organisation's capacity to deliver safely.

Thank you

Thank you to the women and families who have trusted Honour Thy Woman Group, and to the individuals, organisations and partners who have supported our work during 2025–2026.

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info@honourthywomangroup.org | 07506 799412

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