

# Annual Report



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**Fiona McGrath**  
Managing Director

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"At Jubilee House we focus on the individual and address the issues that face them personally."

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Every year police Scotland receive more than 60,000 reports of domestic abuse. Anyone who has experienced this or who works in the field will be aware that it is far more aptly described as domestic terrorism.

This is not a case of two people who don't get on, it's the systematic destruction of a human being by another human being. It is a psychopathic behaviour, and the victim will need intensive help to get through it and possibly find some sort of recovery.

Because it is generally misunderstood in society, victims can often feel that nobody understands or cares. This is because it is well out with the scope of reasonable behaviour that a person will normally exhibit. It is unfathomable and inexplicable to most people.

As a survivor of domestic abuse, I have a deep understanding of the issues women and children face.

I set up Jubilee House to help women and children in the community who have been affected by abuse. We know that men are also affected and we can signpost them to other organisations which can help them.

At Jubilee House we focus on the individual and address the issues that face them personally. This can include safety planning, advocating for them throughout their journey, empowering them to live an abuse free life through courses and workshops and finding fulfilling mental health and wellbeing solutions which will ensure that Jubilee House gives them the most effective recovery journey possible.

This requires a great deal of thinking outside the box and discussing needs and wants with all our service users. We brainstorm frequently with our board, volunteers and service groups. We are very much a bespoke service which addresses the current needs and wants of the women and children in our community.

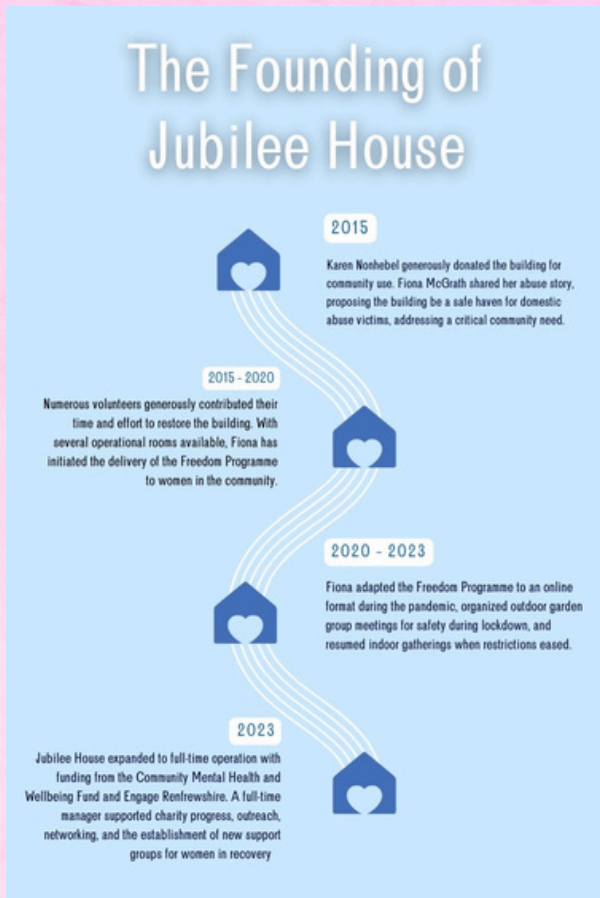
We also rely on the other agencies, charities and groups in our area. We believe that everyone in the community has a part to play in eradicating abuse from our lives and we work with many others to help each service user and to bring new ideas and services to Jubilee House.

We believe that early education is fundamental to breaking the cycle of abuse and we work with pupils in the local schools to work towards this. We also work with local colleges and universities by delivering training sessions and offering placement for undergraduates. We hope that all this training will help future generations and professionals to recognise and address abuse early on. Prevention is very much better than cure.

Our training courses are popular with other charities, groups and professionals. They in turn are more confident about referring women to our services.

We are passionate about finding new ways to address the issues that affect women and children in our country.

# The Founding of Jubilee House



## Our Mission

Jubilee House is committed to assisting victims and survivors of domestic abuse in reclaiming their lives through support, education, and empowerment. Our team possesses a mix of professional knowledge and lived experience, allowing us to grasp the intricacies of domestic abuse and effectively support women and their children. Our services are women-centric, developed with a women-led approach that follows the Scottish Government's Equally Safe strategy.

We focus on 5 main areas

1. Independent domestic abuse advocacy. Our trained IDAA's can help women who are at risk of serious harm or homicide. Our IDAA's work with a multi agency team (MARAC) to keep women safe.
2. Recovery from domestic abuse. We provide practical guidance and courses to build confidence.
3. Empowerment. Teaching the skills that promote abuse free lives. We have courses and workshops available to all women in the community.
4. Mental health and wellbeing. We offer a range of activities including wellbeing one-to-one support, yoga, peer support, crafts, gardening, occasional fun excursions etc
5. Education. We have developed domestic abuse awareness sessions and work with UWS to deliver domestic abuse training as guest lecturers as part of the coursework for social work and criminal justice students. We believe that education is the best prevention.

# Our Services and their Impact

## Independent Domestic Abuse Advocacy (IDAA)

Here at Jubilee House, we have an IDAA service. An IDAA is a trained domestic abuse specialist that will work with women who have been identified through a risk assessment as being at high risk of harm by a partner/ex-partner.

The IDAA will help women and their children to make them as safe as possible while also providing emotional and practical support. Our IDAA's provide help with safety planning and can refer to the Multi Agency Risk Assessment Conference, where agencies work together to support victim/survivor.

Other examples of IDAA work include but are not limited to:

- Bring the woman's voice to core meetings
- Court advocacy (criminal and civil)
- Support with funding
- Sourcing needed items
- Support with housing and homeless applications
- Support when reporting to police
- General advocacy

**"You have no idea how grateful I am to you both. Sitting here tonight feeling very safe and very glad to have you both look out for me xxxx"**

IDAA service user

## The Freedom Programme

The Freedom Programme is a domestic violence programme which examines the tactics, behaviours and beliefs of abusive partners. It also looks at the behaviours of non-abusive partners and explores the roles that society plays in forming each. The course comprises of 12 90 minute sessions which are completely free.

The aim of the Freedom Programme is to help victims make sense of and understand what has happened to them allowing them to go on and live abuse free lives. We also aim to raise awareness about coercive control.

Our objective is:

- To educate people who are around victims of abuse, to understand the very difficult circumstances the victim faces, both in living with and recovering from abuse.
- To describe in detail how children are affected by being exposed to abuse and how their lives are improved when the abuse is removed.
- To help professionals understand the dynamics of abuse so that they can support the victim with a much greater degree of awareness surrounding the victim's situation.

Most of our Freedom Programmes are in person at Jubilee House during the week and weekends but we also run an online version to make it more accessible to women who can't get to us. Additionally, we collaborate with KLAS Care C.I.C to provide childcare for women attending the Freedom Programme with children, breaking down barriers and enhancing the accessibility of our services. This initiative has been supported by the Women's Fund for Scotland. This year, we have had 90 attendees to the Freedom Programme.



**“Doing the Freedom Programme has helped me understand the steps are slight when someone is going to abuse. It’s a choice the abusers makes, and this has helped me come to terms that it wasn’t my fault! Meeting others who have been through similar experiences helps me feel supported and accepted.”**

Jubilee House Freedom Programme attendee

## Community Outreach Service

Visiting a centre for women could be highly dangerous for women in abusive relationships. To combat these dangers, we set up our outreach programme which runs in several locations in Paisley. At the moment we operate in the Paisley Central Library and the Charleston Centre. By doing this, we can offer support in a safe location in a private setting. We are also able to meet women in safe public spaces to further reduce the risk of harm. A woman may be tracked and so would be questioned as to why she deviated from her routine. As we grow, we intend to take our outreach further into Renfrewshire to reach women who are more isolated and get them the right support.

This post was funded by both the Renfrewshire Community Health and Wellbeing Fund through Engage Renfrewshire and by The Hugh Fraser Foundation.



## Women's Empowerment Workshops

The Women's empowerment workshops focus on many of the skills we need to run successful, well-balanced, abuse-free and independent lives. These groups and workshops are designed to build women up after abusive relationships. Perpetrators have used power and control over women which leaves them extremely vulnerable even after their relationship has ended. They struggle with things like finances if their abusive partner had controlled all of their money, they struggle with feelings of inadequacy and worthlessness, they have lost sight of what they wanted in life etc. They have been systematically broken down by their abuser and as a result, many women go back to that partner or end up in another abusive relationship. We help give them the skills and confidence to break that cycle. 75 women this year have benefitted from this services.

Topics include:

- Staying safe and how to leave an abusive relationship safely.
- Parenting skills
- Financial skills and budgeting
- The effects of domestic abuse on physical and mental health
- Forming plans for our life and breaking that down into manageable steps
- The law, both civil and criminal
- Legal aid
- The police, when to call them and what they can do to help you.
- Services available to you in the area
- Assertiveness training
- And many more. The list is added to frequently.

## Peer Support Group

Even though domestic abuse is such a massive problem in our communities, so many women think they are alone. We found that women get so much strength and empowerment by just talking to other women who have faced similar issues. It helps them to really understand that their abuse was not their fault and that the same abusive pattern in their abuser, can be seen in so many others. That belief and peer support can be so incredibly healing.

We provide a safe and secure space for women to come and chat to each other and we provide refreshments for them to feel at home. Jubilee House is a welcoming space that women are always welcome. On average, 7 women a week attend this peer support group.



## Wellbeing Groups and Activities

We offer many wellbeing activities to help the recovery of women. Domestic abuse takes an enormous toll on women and their families. As a result, their mental health can be completely destroyed.

We have hired a wellbeing support worker who talks with women on a one to one basis to find out what would help that individual. We then create a person centred plan to help them recover good mental health. This is not always possible for us to do as our expertise lies in domestic abuse however, we have many connections with other organisations through Renfrewshire who we refer women to when we feel that they can help. We firmly believe it takes a community to build people back up and we have had so much support with this from many organisations. We want to get the best support possible for every individual.

We have created several groups here at Jubilee House to help. We developed a Craft Cafe funded by the Renfrewshire Health and Social Care Partnership which we run 2 Tuesday's a month. We taught women a new craft every session and we had excellent feedback from it. The women thoroughly enjoyed learning new skills in a social environment. We occasionally have external artists come to teach us their skills which has been a great deal of fun for everyone. These include Off The Hook, Amanda McCall Community Art Worker, Renfrewshire Tapestry and Ruro Handmade Furoshiki. We also have a garden group which is overseen by our wonderful volunteer gardener Abi. She has done a wonderful job of turning our large empty garden into a vibrant space full of life. She teaches us all about gardening and has grown lots of herbs and vegetables which our women have enjoyed eating at the peer support group.

Every month, we arrange a fun wellbeing activity for the women. This is completely paid for by our own unrestricted funds. These activities have included walks in the Teucheen Woods with the Inchinnan Development Trust, roller skating, afternoon tea, garden sports etc. This is all designed to help women build their mental health back up but in a safe space with trusted people. We are always here for the women and there are no time frames on how long we can support them. They are part of a community here.

**“This is such a great class. I really appreciate getting out and chatting. It gives me something to look forward to.”**

**“Had a great time trying something new and meeting new people. Really enjoyed learning new things.”**

**“Brilliant session! Lovely ladies and chat. Great way to pass the morning.”**

**“Today I went to the craft club at Jubilee House. I was very nervous but the ladies made me feel welcome. I learned how to make a headdress out of flowers. It was a lot of fun. Thank you for being so kind to me.”**





## Winter Connections and Cost of Living Crisis

We have been awarded funding from Renfrewshire Council's Winter Connections Fund from November 2024 - March 2025 to provide a warm and welcoming space for our service users.

We have a programme of sessions running on a Thursday every week for the duration of the period. With this we will provide a warming lunch, conversation with peers and activity sessions such as crafting and cooking.

We have also started up a food pantry where service users can help themselves to nutritious non perishable food and drink to help alleviate food poverty and help them through the cost of living crisis as this can be extremely challenging when leaving an abusive relationship.

We were also grateful to be supported by Glasgow Spirit of Christmas. Through this we have had very generous pledges for gifts and donations ensuring that the children of our service users wake up to presents on Christmas day.



# Some feedback from our service users

"I spent over 19 years not telling anyone my circumstances. Jubilee house has given me the confidence and security to allow me to not only talk but also to sit in silence, both of these are equally valuable and I feel a genuine sense of being understood without even opening my mouth. I personally explored many avenues seeking support in those 19 years.

My circumstances did not allow me to engage with the normal 'main stream' options available to others . Jubilee House had no such barriers. A safe haven run by a Guardian Angel. "

"I am truly grateful for the help and support I'm receiving from Jubilee House. The women I have met and the services are just life changing for me. I have found myself becoming more aware of the behaviours and intentions of my abuser to the point that I am not reacting and giving him the power over me that he craves. This charity has honestly changed mine and my child's life for the better and I can't thank Fiona and Jubilee House enough. "

"The sense of community you feel at Jubilee House is incredible. Having a group of amazing women who have been through similar experiences is such a helpful part of the healing journey."

"Jubilee House has really helped me to start believing in myself again. After the first session for the first time in years I felt I'd found a safe place where people understood what I was feeling, coping with and going through. Forcing myself to that first session changed my life. It's a long process to rebuild after abuse, but I know Jubilee House will be there to support for as long as needed. I'm so grateful that I found them."

"The sense of community you feel at Jubilee House is incredible. Having a group of amazing women who have been through similar experiences is such a helpful part of the healing journey."

"I feel very grateful to have come across jubilee house. It has helped me to understand and process what I have been through. It has given me comfort and confidence. The freedom programme has given me a greater insight of how these dominators behave. I now feel better equipped to carve a new more empowered future for myself. I feel so lucky to be part of jubilee house. Having the freedom programme, Fiona's support and the other women , like myself, fills me with joy every Thursday. So thanks, from me and all the future women who walk through your doors."

# Working in Partnership

We are thrilled to be part of several partnerships in the community to ensure the best outcome for the women who come to us. We are completely client led so when their needs extend to those outside our expertise, we know and work with a large range of other organisations in the community to get the absolute best outcomes. Below is a list of some of the partnerships and organisations we work with:

- Violence Against Women (VAW) Equally Safe Renfrewshire
- Advice Partnership Renfrewshire
- Our Children Network
- Renfrewshire Wellbeing Network
- Police Scotland
- ASSIST
- Rape Crisis
- Victim Support
- Home Start
- Renfrewshire Social Work
- We Are With You
- Renfrewshire Health Visiting Team
- KLAS Care C.I.C
- University of the West of Scotland
- Glasgow University



We have also had a huge amount of support from our local SNP MP (now former) Gavin Newlands who has helped connect us and taken our cause to Westminster. We have also had great support from a local Labour Councillor, Janis McDonald who has brought us together with other women in the community.

## Developed Our Own Training

We have found that most people do not know about power and control and believe domestic abuse is all physical violence. Many women themselves do not know they are being abused. We developed a training session which we deliver to other organisations who may be able to pick up on the signs and teach them what to do about it. Our feedback has been overwhelmingly positive with people telling us that they had no idea how deep it really went. Many women have been referred to us following our training as the staff were able to identify the signs and act accordingly.



We have trained organisations such as Citizen’s Advice, Homestart Renfrewshire and Inverclyde, We Are With You, Engage Renfrewshire Network, Community Veteran Support, Masters Criminal Justice Students and Social Work Honours students.

**“The presentation was simple to understand, which is great, a lot of the information online uses complex terminology that is hard to read but this presentation was easy to follow.”**

Criminal Justice Masters Student

**“The session was really helpful and there was really good discussion on difficult issues. I am grateful to Crystal for facilitating such a helpful session”**

Govan Community Veterans

## Staff and Volunteer CPD

We encourage continuous personal development in our staff and volunteers. To do this, we arrange and pay for developmental training over and above our standard training to enhance our staff skills. We are also lucky to be offered regular free training through Engage Renfrewshire which we attend regularly. Some of the training our staff have taken part in this year include:

- SVQ3 Management
- ASIST
- Commercial Sexual Exploitation
- Self-harm awareness
- Mental Health First Aid
- First Aid
- Delivering Equally Safe
- Autism Awareness
- Naloxone Training
- BME and No Recourse to Public Funds
- Police Portal Intelligence
- Human Rights



Two of our staff members have started the IDAA (independent domestic abuse advocate) training in September 2024 run by ASSIST, SafeLives and Scottish Women’s Aid. Having two more IDAA’s will increase our ability to help women at risk of serious harm or homicide. This was funded by Glasgow Airport Flight Path.

## BBC Documentary

We worked with the BBC for a year in 2023 to help them develop a documentary highlighting the real challenges that women face at the hands of perpetrators while going through the court process. They followed two of our brave women as they were perpetually let down and showed the reality of the poor outcomes for victims.

The documentary was called Disclosure: Surviving Domestic Abuse and was released in 2024.

Our managing Director Fiona has also appeared on The Nine on BBC One several times to highlight the issues facing women today.



# Financial Statement

INCOME	UNRESTRICTED FUNDS	RESTRICTED FUNDS	TOTAL FUNDS CURRENT PERIOD	TOTAL FUNDS LAST PERIOD
DONATIONS	£4,787		£4,787	
GRANTS		£135,030	£135,030	
RECEIPTS FROM FUNDRAISING	£718		£718	
RENTS FROM LAND AND BUILDINGS	£4,620		£4,620	
GROSS RECEIPTS FROM OTHER CHARITABLE ACTIVITIES	£784		£784	
<b>SUB TOTAL</b>	<b>£10,909</b>	<b>£135,030</b>	<b>£145,939</b>	<b>-</b>
EXPENDITURE	UNRESTRICTED FUNDS	RESTRICTED FUNDS	TOTAL FUNDS CURRENT PERIOD	TOTAL FUNDS LAST PERIOD
FUNDRAISING ACTIVITIES	£9,650		£9,650	
PAYMENTS RELATING DIRECTLY TO CHARITABLE ACTIVITIES		£88,062	£88,062	
OTHER	£170		£170	
<b>SUB TOTAL</b>	<b>£9,820</b>	<b>£88,062</b>	<b>£97,882</b>	<b>-</b>
	UNRESTRICTED FUNDS	RESTRICTED FUNDS	TOTAL FUNDS CURRENT PERIOD	TOTAL FUNDS LAST PERIOD
TOTAL PAYMENTS	£9,820	£88,062	£99,882	
NET RECEIPTS/(PAYMENTS)	£1,089	£46,968	£48,057	
<b>SURPLUS/(DEFICIT) FOR YEAR</b>	<b>£1,089</b>	<b>£46,968</b>	<b>£48,057</b>	

We would like to thank the following funders for their incredible support as well as all the individuals who donated so generously. We are so grateful to you all.



RENFREWSHIRE



COMMUNITY MENTAL HEALTH & WELLBEING FUND



THE HUGH FRASER FOUNDATION



GLASGOW AIRPORT'S FLIGHTPATH  
PROUD TO SUPPORT OUR COMMUNITIES

