



DOMESTIC ABUSE TRAINING & CONSULTANCY

SURVIVOR & INSIGHT NETWORK



Foreword by Lucy Whittaker, Founding Director of Alpha Vesta



Founding Director, Alpha Vesta CIC

A warm welcome to **Alpha Vesta CIC** with our strong vision and mission of 'breaking the cycle of domestic abuse' through **Awareness, Prevention and Early Intervention**.

We work with statutory agencies, local authorities, private employers and community organisations to increase their understanding and response to domestic abuse as well as improve their own workforce culture around it. This is achieved through a robust preventative and early intervention model placing our Survivor and Insight Network at the heart of it. This ensures ongoing and consistent insight into those most affected by domestic abuse, either directly or indirectly, across the community.

Since 2019, we have extended our portfolio of public awareness and training sessions and increased our consultancy services into the development and review of domestic abuse policies and procedures. We have also successfully piloted support programmes which promote positive community re-connections and re-engagement with the community and employment, post abuse. Additional bespoke and CPD accredited training pathways dovetail into a complete package of 'breaking the cycle' support across the Community which is consistently and robustly reviewed.

Passionate about our work and specialist in our field, together with a dedicated Board of Directors, Employees, Ambassadors and Volunteers, Alpha Vesta has developed a strong reputation and brand across Essex with individuals and those organisations that we work with.

OUR VALUES



SOLIDARITY

We work together to raise awareness, shared objectives, standards, and empathy to create unified and supportive safe spaces for everyone that works with us.



INTEGRITY

We promote ownership and responsibility to live life as we choose to without adversely damaging those around us.



INCLUSIVITY

We strive to ensure equal access to opportunities and resources for people who might otherwise be excluded or marginalised.



RESPECT

We foster an approach where everyone's individual needs and personal experiences are acknowledged and respected. This involves promoting the health and wellbeing of ourselves and others.



LISTENING

We never stop listening to our Clients, Survivors, Employers, Employees, Community Advocates, Training delegates, Communities and Stakeholders to drive best practice and innovation



HONESTY

We promote confidence to communicate openly without the need to lie or disrespect those around us.



DIVERSITY

We acknowledge that we all have unique experiences and seek to empower people by respecting, appreciating and celebrating what makes us all different.



YOUR EXPERIENCE | YOUR JOURNEY

At Alpha Vesta we continue to aspire to be relevant and innovative. It is through our Survivor and Insight Network that we are able to work closely with survivors, businesses, organisations, employers, professionals, workforces and communities.

The Alpha Vesta Survivor and Insight Network offers the opportunity to share any lived experience and expertise in a variety of different ways. Our focus is to provide a safe space for those impacted by Domestic Abuse to feel heard and the value of these shared experiences to go on to influence and help others. They may have experienced domestic abuse directly themselves or been a work colleague, employer, member of the community, family member or friend.

Our Survivor's Symposium forms the umbrella group of our network that sits across our Community Advocate & Employer Insight Group and our Survivors Empowerment Group. The Symposium is made up of Alpha Vesta Ambassadors, Survivors of Domestic Abuse, Employers, Professionals in HR and Community Leaders. Collectively, the Symposium aims to identify relevant and clear areas of focus in order to gather insight and experience from our groups.

It is the power of ground level insight that provides the opportunity to shape future best practice, better understanding of the complexities and with early intervention, the opportunity to save lives.

SURVIVOR & INSIGHT NETWORK



Employer Insight Group



Survivors Empowerment Group

Our Survivor's Symposium is the umbrella group of our network that works with our insight and empowerment groups. Collectively the Symposium aims to identify clear areas of focus in order to gather insight and experience so that we can continue to build and deliver awareness and training. The Symposium will then plan and consider how the insight can be shared and cascaded.

Led by: Lucy Whittaker, Founding Director and Lead Trainer of Alpha Vesta

Attendees: Alpha Vesta Ambassadors, Senior Survivors of Domestic Abuse, Employers, Professionals in HR and Community Leaders.

Frequency: This group meets monthly via Zoom

This group brings together people that have indirectly experienced domestic abuse; through a family member, friend, work colleague or member of the community. This group provides a safe space to share experiences and perspectives on what was seen, heard and noticed in order to help share invaluable insight on how we can look to break the cycle of domestic abuse.

Led by: Alpha Vesta's Learning & Development Manager

Attendees: Those that have experienced domestic abuse indirectly; family members, work colleagues, friends, community contacts etc.

Frequency: This group meets monthly via Zoom

This group brings together survivors of domestic abuse at the early stage in their journey towards independence and empowerment. The aim of the group is to provide a safe and secure space to facilitate discussions. The interaction and nurturing provided within this forum provides a sense of community, where those that feel able to share their experiences, can do so with a focus on supporting each other on their individual journeys.

Led by: Alpha Vesta's Caseworkers, Trained Coaches and Trauma Specialists

Attendees: Survivors of domestic abuse at the start of the journey towards independence & empowerment. **Frequency:** This group meets fortnightly via Zoom

Next steps



Read and consider which of our groups you are interested to join



Contact us via enquiries@alphavesta.com if you have any questions or let us know if you would like to organise a meeting to discuss further.



Following discussions, meeting invites will be sent and your journey with us begins