



change that lasts

the right response to domestic abuse

ask  
me

# Change that Lasts: creating safer communities for survivors of domestic abuse

Funded by:



Department for  
Digital, Culture,  
Media & Sport



Cymorth i Ferched Cymru  
Welsh Women's Aid  
Rhoi Merched a Phlant yn Gyntaf  
Putting Women & Children First

In partnership with:



The Change That Lasts Ask Me project was developed in partnership between Women's Aid Federation of England and Welsh Women's Aid.







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# What's involved?

Community ambassadors attend a free training course where they learn more about domestic abuse, and are equipped to:

**1** Break the silence

**2** Raise awareness

? Answer questions



Increase understanding



=  
= A community that better understands the barriers faced by survivors



**3** Listen and believe, with compassion, without judgement

After the training, ambassadors receive resources to help them raise awareness of domestic abuse within their networks.





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# Change That Lasts Ask Me Community Ambassadors across Wales...





# AMBASSADOR UPDATE

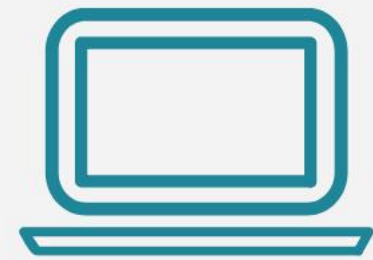
JUL 2019 - SEP 2019

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**903**  
Community members spoken to

**110**  
Survivors signposted

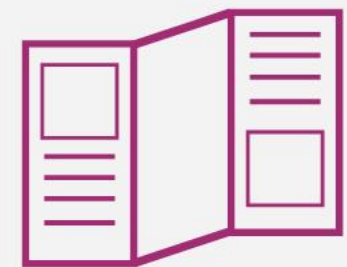


**3,905**  
Community members reached via social media



**256**  
Survivors engaged with

**1,102**  
Pieces of VAWDASV literature given out





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# Delivering **Change That Lasts** locally across Wales...



Providing sanctuary.  
Inspiring change.





# Bring Change that Lasts to a community near you...



Contact the “ask me” Project Coordinator:

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