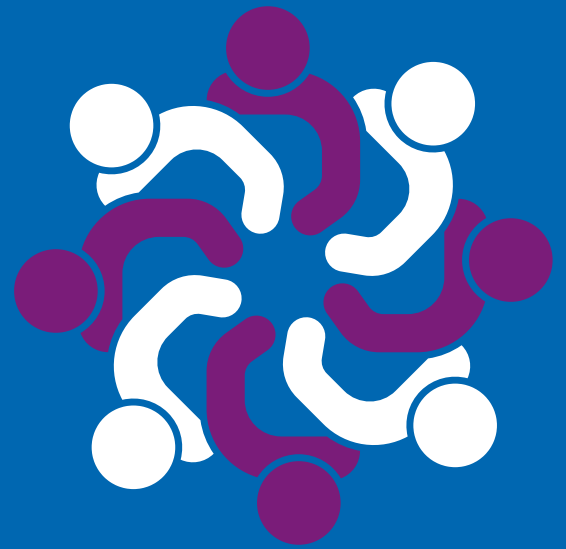


# FLAG DV Impact Report 2025



Reporting period:  
January–December 2025

**Insight. Support. Change.**

# Executive Summary

## A year of continued demand and complexity



**Laura Hunter**  
**Chief Executive Officer**

Survivors of domestic abuse continue to face significant barriers when navigating the family court system, often without legal representation or access to specialist support.

Through specialist legal advice and court support, FLAG DV helps survivors understand their rights, prepare for proceedings, and engage with Family Court with greater confidence and safety.

*“FLAG DV exists to ensure survivors are not left to face this system alone.”*

Demand for specialist support remains high, reflecting both the complexity of the family court process and the limited availability of accessible legal advice. Throughout 2025, we continued to support survivors navigating complex legal situations involving child arrangements, protective orders, divorce, separation, and post-separation abuse.

This report highlights the scale of that demand, the reach of our services, and the difference specialist support can make for survivors navigating the family court system.

# SERVICE REACH AND DELIVERY

Supporting survivors across multiple stages of the family court journey



**1,009**

Legal Advice Referrals



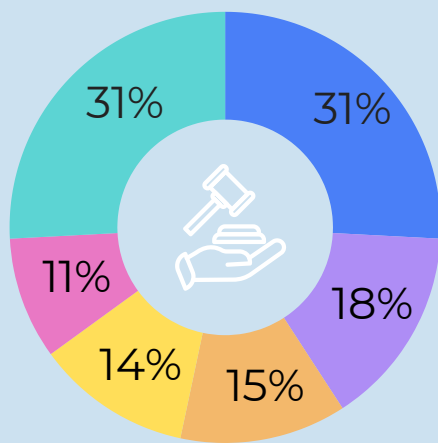
**762**

Legal Advice Appointments



**572**

Volunteer Solicitor Hours



## Legal Issue Breakdown

Advice topics discussed during appointments. Clients may discuss multiple issues during one appointment.

- Court Process & General Advice
- Children Matters
- Divorce & Separation
- Protection Orders
- Financial & Property
- Legal Aid Advice



**54**

Court Support Cases



**70**

Hearings Attended



**200+**

Hours of In-Person Court Support

# IMPACT FOR SURVIVORS

FLAG DV's support helps survivors understand their rights, prepare for court, and navigate proceedings with greater confidence and safety.

## Feedback from legal advice



**78%**

Received the advice they needed to move forward



**60%**

Felt more in control of their situation after advice



**43%**

Reported reduced anxiety following advice

“



The advice was immeasurably helpful. I have explored the avenues discussed and I am making significant progress sorting out my issues. Many thanks for all your support. I did not know who to turn to and felt so isolated and helpless.

”

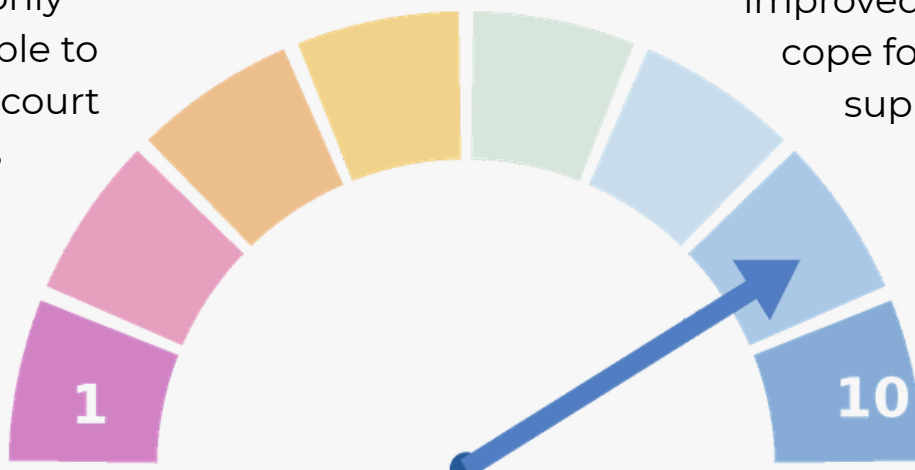
## Confidence navigating family court

**Before** support

Most clients felt unable or only somewhat able to manage the court process

**After** support

All clients reported improved ability to cope following support



# BEHIND THE NUMBERS:

## A Survivor's Journey

This case study shows how specialist legal advice and court support can help survivors feel informed, prepared and more confident when navigating the family court system.

### Before Support

Ms W was navigating divorce and child arrangements following sustained coercive control. She felt overwhelmed and unsure how to move forward.

### Support Provided

She accessed specialised legal advice and one-to-one court support to help her understand her options and prepare for her hearings.

### After Support

She reported feeling more confident in court and better able to advocate for herself and her children.

“ This service was invaluable. It rebuilt my confidence and self-esteem, making all the difference in navigating the family court system.

Many survivors, like me, are left financially and emotionally isolated.

”

### Key Challenges

- Post separation abuse
- Legal complexity
- Emotional distress

### Support provided

- Legal advice
- Court preparation
- Emotional support

### Outcomes

- Increased confidence
- Better understanding of legal options
- Greater sense of control

# HOW WE SUPPORT SURVIVORS

## Accessing Support



### Legal Advice

- Trauma-informed initial assessment to understand needs and risk
- Advice delivered by qualified family law solicitors
- Ongoing safeguarding assessment and follow-up where needed
- Referrals and signposting to relevant support services



### Court Support

- Tailored preparation to help survivors feel ready for court
- Practical and emotional support before, during and after hearings
- Flexible support via phone, text and in person
- Ongoing safeguarding and multi-agency collaboration to reduce risk

**Our support is trauma-informed, structured and tailored to each survivor's needs.**

# WHO WE SUPPORTED

FLAG DV supported **858** survivors across Berkshire, Buckinghamshire, Oxfordshire and Hampshire.

## Gender of Survivors



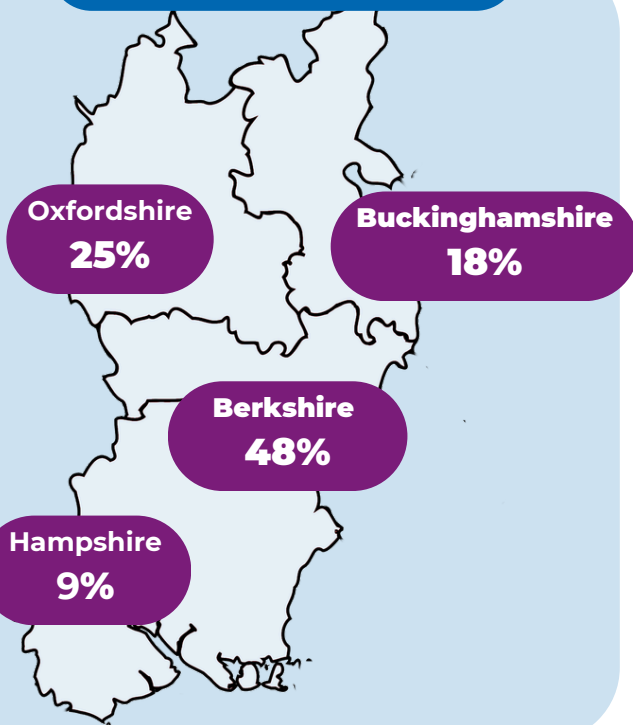
## Children linked to supported cases

**1,110**  
children

**77%**   
With children

**23%**   
Without children

## Geographic Reach



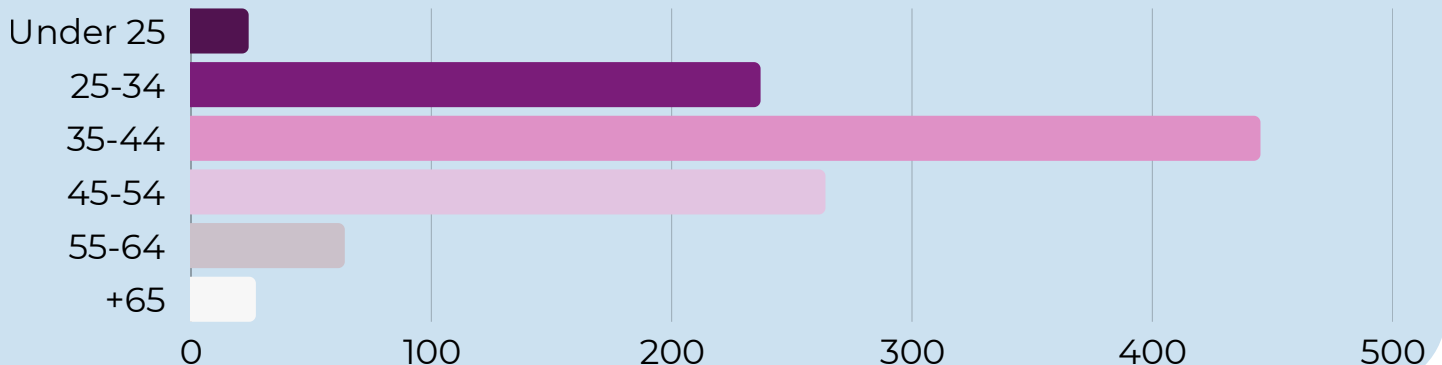
## Ethnicity of Survivors

**65%**  
White  
background

**35%**  
Racially  
diverse  
background

97% of clients disclosed ethnicity

## Age Breakdown



# WHAT YOUR SUPPORT ACHIEVES

Many survivors navigate the court system without specialist support.

Research by SafeLives and the Domestic Abuse Commissioner found that **71% of survivors receive no court support from domestic abuse services.**

Examples of how donations contribute to different stages of survivor support.



## Support through Family Court

**£200**

Contributes to supporting a survivor through the family court process, **including safeguarding, preparation, in-person support and follow-up**

FLAG DV provides support at key stages to help survivors feel more informed, prepared and empowered.

# THANK YOU

## Our Funders



## Community support in action

- **Blind Maggot** - Charity t-shirt initiative supporting FLAG DV
- **Welford Park** - Charity of the month, raising significant funds
- **Legal community fundraising** - Including Reading Legal Walk and firm-led fundraising initiatives
- **Individual fundraisers** - Including skydives and community-led fundraising efforts

## Support our work

Demand for our services continues to grow. Your support ensures survivors are not left to navigate family court alone.

- Donate online at [www.flagdv.org.uk](http://www.flagdv.org.uk)
- Take part in a fundraising challenge or partner with us: [hello@flagdv.org.uk](mailto:hello@flagdv.org.uk)



Scan to support  
FLAG DV

# 2026 AND BEYOND

Over the past year we have seen a clear pattern. Survivors are not just seeking legal advice, they are trying to understand and navigate a complex court process not designed for their experiences.

In response, we are developing **Breaking the Fear**, our Family Court Survivor Programme, designed to bridge this gap.

## Breaking the Fear

### *Family Court Survivor Programme*

- 4-week course
- Small group delivery (5–6 participants)
- Online sessions
- Combining court knowledge and wellbeing support

### What survivors gain

- Confidence to engage in court
- Understanding of process
- Reduced anxiety
- Awareness of rights

### What the programme includes

- Weekly facilitated group sessions
- Practical court guidance
- Trauma-informed support techniques
- Peer-based learning environment

### Why this matters

- Survivors often receive advice but not preparation
- Court process remains complex and inaccessible
- Bridging the gap between information and participation

## Final thoughts from the Chair

The impact of FLAG DV's work continues to be felt by survivors navigating some of the most challenging and complex periods of their lives. This report demonstrates not only the continued demand for specialist support, but also the importance of ensuring survivors are able to access clear, informed and compassionate guidance through the family court process.

I remain incredibly proud and grateful for the commitment shown by our staff, volunteers, partners and funders, whose ongoing support enables FLAG DV to continue making a meaningful difference to survivors across our communities