

Case Study – Target Hardening Intervention

Linc Cymru Housing

'It started with psychological abuse. I didn't see it at first, he got into my head...he was very charming at the start. Even my family approved of him and they've never done that before with my partners.....I was head over heels.'

T's abuser became increasingly 'intrusive' and jealous, checking her phone, questioning her friendships, verbally interrogating any interactions she had with others.

'I became more and more isolated. My mum was the only one who was allowed to be at the house'

Things escalated over the course of several months. T's abuser became increasingly moody and argumentative, then physically abusive, especially if he had been drinking. The abuse, including physical abuse, escalated, until eventually T suffered a serious assault and ended up spending 2 nights in hospital.

'I was kicked, hit and punched for ¾ hour. I had bruising all over. He picked up a knife and I grabbed the soap dispenser from the washing machine to defend myself, you can see where my arm is cut where I defended myself....he only stopped when I curled up into a ball and was really, really still. That's when he stopped and stepped back and I got myself up and ran out of the house to my neighbours'

T's son had also been kicked against a kitchen chair by T's abuser just prior to the incident that put T in hospital.

T's abuser was arrested, eventually charged and sentenced to 11 months in prison and served 4 months. T's abuser was eventually released a month earlier than the date T had been told. Upon his release T's abuser went straight to her house. He declared his love and said he was sorry. T did not resume the relationship. She and her son had been accessing support from a specialist agency which had been invaluable. A protection order was in place.

A couple of months after being released T's abuser...

'turned up at the house really drunk. When I answered the door he tried to kick it open. He said I want you back, I'm having you back.....I ran up to my son's room, the fear in my son's face was horrendous, he asked me if he was going to kill us'

After an altercation in the doorway, T had been able to push her abuser back out of her front door. T went up to her child's room and told him he must flee to a neighbour. She told him not to return to the house under any circumstances.

T called the police, but after a while her abuser left in a taxi.

Following this incident, details were shared by Gwent Police via the domestic abuse multi-agency information sharing process known as 'DACC'. Linc Cymru saw details about the incident via the DACC, after which they contacted T and offered her support. Linc's dedicated domestic abuse officer met with T and they discussed ways in which Linc may be able to help *'They were great'*.

With her landlord T identified 'blind spots' such as the side of the house and Linc Cymru arranged for her to have a monitor with night vision. They also fitted extra security lighting, a chain on door and a deadlock. T was keen to be able to provide evidence should her abuser

breach the protection order that was in place and Lync Cymru also provided T with an SD card for a CCTV camera that was already fitted.

'The stuff they gave me really made a difference. 'X' won't be able to get near the place now without someone being aware of it'

Upon writing this case study, there had been no further incidents.

Soon after her experience T tried to take her own life twice. *'I felt like I'd let everyone down. I was in such a bad, bad place'*.

Now several months on, while T still has flashbacks and other symptoms associated with PTSD, she now feels much more able to move forward. T is now volunteering with the local domestic abuse service. With the help she received from specialist services and Lync Cymru, T feels she has been able to take back control of her life.

T later found out that her abuser had a history of violently abusing women.