

# TRAINING BROCHURE

2026-2027



The Pankhurst Trust (Incorporating Manchester Women's Aid)  
Registered Charity No. 1126433

# ABOUT US

The Pankhurst Trust (Incorporating Manchester Women's Aid) is a feminist-led organisation bringing together Manchester Women's Aid and The Pankhurst Centre.

We are dedicated to supporting the needs of women and girls, recognising the importance of our work in a society where gender inequality continues to shape legal, social and cultural landscapes

This year, Manchester Women's Aid entered its 50th year of providing specialist domestic abuse support. We exist to offer survivors the confidential help they need and to deliver a holistic, safety-first approach through our wide range of high-quality services.

In the last ten years alone, our work has impacted the lives of over 30,000 adults and children helping them live a life free from domestic abuse.

## OUR MISSION

Our mission is to support women, children and wider communities experiencing domestic abuse by providing a wide range of high quality services that will help them live a life free from abuse.



# DOMESTIC ABUSE TRAINING

We have a long track record of delivering high-quality specialist training across Greater Manchester and beyond.

Our training is developed in collaboration with experienced practitioners and informed by the lived experience of survivors. It is designed to support the learning and development needs of those working with people affected by domestic abuse; including service providers, VCFSE organisations, and education settings.

We also offer workplace training that provides leaders, managers, staff and volunteers with practical tools to help them recognise the signs of abuse, respond appropriately, and create safe, empowering and trauma-informed environments.

On the following pages you will find examples of our current training courses. If you would like further information or want to discuss your organisation's specific needs, please contact [training@manchesterwomensaid.org](mailto:training@manchesterwomensaid.org).

## CONTACT

[training@manchesterwomensaid.org](mailto:training@manchesterwomensaid.org)

## OUR COURSES

Domestic Abuse Awareness

ACEs & Trauma Informed Practice

Professional Boundaries

Understanding Stalking and Harassment

Assessing and Managing Risk

Healthy Relationships (for adults and young people)

**“THIS WILL HELP ME TO  
SPEAK TO CLIENTS AND  
OTHER PROFESSIONALS  
ABOUT COERCIVE  
CONTROL.”**



# DOMESTIC ABUSE AWARENESS

3.5 hrs

This training builds practical understanding of domestic abuse, including common patterns, signs and indicators, and the impact it can have on those affected.

The course is suitable for staff, volunteers and professionals who may come into contact with people experiencing domestic abuse in the course of their work.

Participants will gain confidence in recognising concerns, understanding behaviours linked to abuse, and knowing how and where to seek advice and specialist support.

## Topics covered:

- The legal definition and scope of domestic abuse
- Key signs and indicators of abuse
- The impact of domestic violence and abuse
- The dynamics involved in abusive relationships
- How to have conversations about domestic abuse
- Where to seek help and support



# ACEs & TRAUMA INFORMED PRACTICE

3.5 hrs

This training builds understanding of how early adversity and trauma can shape a person's development, wellbeing, relationships and behaviour, and why this matters.

The course is suitable for professionals, practitioners and support staff working with children, young people and adults who may have experienced trauma.

Participants will leave the course able to recognise the impact of trauma, apply trauma-informed principles in their work, and how to look after themselves when working in emotionally demanding roles.

## Topics covered:

- Awareness of Adverse Childhood Experiences (ACEs)
- The impact of trauma and adversity on health and wellbeing
- How the stress response system affects brain and body development
- How to adopt and embed trauma-informed practice
- Vicarious trauma, building resilience and creating supportive working environments

**“THIS TRAINING HAS  
DEEPENED MY  
AWARENESS OF HOW  
EARLY LIFE EXPERIENCES  
SHAPE A PERSON’S  
RESPONSE TO TRAUMA.”**

## **PROFESSIONAL BOUNDARIES**

3.5 hrs

This training helps participants understand the role and importance of professional boundaries in relationship-based work, and how clear boundaries protect both practitioners and the people they support.

It is suitable for staff, volunteers and practitioners working in roles where supportive, trust-based relationships are central to their work.

Participants will build confidence in setting and maintaining healthy boundaries, recognising how their actions and decisions can affect others, and linking boundaries to safe practice and self-care.

### **Topics covered:**

- What professional boundaries are and why they matter
- Recognising risks and appropriate judgement
- Practical strategies for setting and maintaining healthy boundaries
- The link between professional boundaries, safety, wellbeing and self-care

## **UNDERSTANDING STALKING & HARRASSMENT**

3.5 hrs

This training builds understanding of stalking and harassment, the impact on those affected, and how to recognise and evidence concerning patterns of behaviour.

It is suitable for staff, volunteers and professionals who may support individuals experiencing stalking or harassment.

Participants will gain confidence in identifying stalking behaviours, understanding common perpetrator patterns, and taking appropriate steps to improve safety and record concerns effectively.

### **Topics covered:**

- What constitutes stalking and harassment
- Different patterns and types of stalking behaviour
- The impact of stalking on victims
- Perpetrator profiles and motivations
- Relevant legislation and legal protections
- Safety planning and effective evidence recording

# ASSESSING & MANAGING RISK

3.5 hrs

This training develops participants' confidence in recognising and responding to domestic abuse risk using the DASH Risk Identification Checklist (RIC). It is co-designed and delivered by qualified Independent Domestic Violence Advisors (IDVAs), bringing specialist knowledge and practical experience.

The course is suitable for professionals and frontline staff who work with individuals affected by domestic abuse and who are responsible for assessing, managing or responding to risk.

Participants will build confidence in using the DASH RIC, applying professional curiosity to explore concerns, and using information to inform safer decision-making and support.

## Topics covered:

- Asking about abuse and identifying potential risk indicators
- How to complete a DASH Risk Identification Checklist (RIC)
- Using the DASH RIC as a dynamic safety planning tool
- Applying professional curiosity in assessment conversations
- Understanding the MARAC process and its purpose
- Linking risk assessment to appropriate safeguarding actions

“ I FOUND THE EXPLANATION OF USING THE DASH AS A CONVERSATION TOOL REALLY USEFUL! ”





**“I FEEL BETTER ABLE TO SUPPORT  
MY STAFF TO USE RISK  
ASSESSMENTS TO KEEP  
WOMEN SAFE.”**

# EXPLORING HEALTHY RELATIONSHIPS

## For young people

Our Exploring Healthy Relationships programme has been designed to empower young people with the knowledge, language and confidence to make informed choices about their relationships.

The course supports young people to strengthen self-awareness, build confidence and develop a clearer understanding of respect, boundaries and emotional wellbeing in relationships of all kinds.

During the six week programme, young people will explore their values, develop stronger relationship awareness, and learn how to recognise respect, spot controlling behaviours, and build positive connections - including with themselves.

### Topics covered:

- Different types of relationships and what makes them matter
- What makes a relationship healthy and understanding expectations
- The difference between care, respect, and control
- How influences from social media, peers, family, school, films, advertising, and religion can shape our beliefs about relationships
- Recognising and questioning messages about relationships
- Exploring personal values, needs, boundaries and rights
- Developing a healthy relationship with ourselves

We can also offer shorter workshops and tailored sessions to meet the needs of your group or class. Contact [training@manchesterwomensaid.org](mailto:training@manchesterwomensaid.org) for a quote.



# EXPLORING HEALTHY RELATIONSHIPS

12 Dialogues\* for Boys and Young Men (aged 13-18)

A dialogue-based intervention aimed at supporting personal and social development of boys and young men.

Over a course of engaging and interactive one-hour sessions, 12 Dialogues explores the social and cultural messages on "how to be a man" that boys and young men are constantly exposed to.

With a range of creative and accessible materials, this programme promotes respect and critical thinking, giving young men the opportunity to build a positive future for themselves and those around them.

This programme is free and fully funded for schools in Greater Manchester.

12 Dialogues was created by Michael Conroy of Men at Work CIC.



# EXPLORING HEALTHY RELATIONSHIPS

## For adults

Conversations about relationships are often shaped by mixed messages and limited opportunities for open reflection. Our Exploring Healthy Relationships programme offers a supportive space for adults to explore what healthy relationships can look like, consider their own experiences and values, and strengthen skills that support safer, more respectful connections.

Each session is discussion-based, creating room for reflection and practical skill-building. The programme has been designed to be strengths-focused and trauma-informed, recognising participants as individuals with their own lived-experience.

During the 6 week programme, participants can expect to take away a clear understanding of their needs and boundaries, practical tools and strategies, and increased confidence in their own judgement and self-belief.

### Topics include:

- What relationships are and why they matter
- Recognising and strengthening healthy relationship behaviours
- Communication and attachment patterns
- Exploring messages and assumptions about relationships
- Values, boundaries and responsibilities
- Self-esteem and self-worth in relationships



# BESPOKE TRAINING, WORKSHOPS & TALKS

Our specialist training team can design and develop tailored training to meet your organisation's unique learning needs, as well as deliver conference talks or bespoke workshops at your workplace or as part of an event.

We will begin with an initial discussion to learn more about your organisation and what you're looking to achieve, before designing something that's tailored to your needs and budget.

All our training packages are flexible, and can be available both online or in-person in Greater Manchester.

To discuss your needs and for a quote, contact [training@manchesterwomensaid.org](mailto:training@manchesterwomensaid.org).



**“THIS KNOWLEDGE WILL  
HELP ME TO APPROACH  
CLIENTS WITH GREAT  
EMPATHY, PATIENCE AND  
A NON-JUDGEMENTAL  
ATTITUDE.”**



# PRICING

## **IN-PERSON, IN YOUR OWN VENUE (1 FACILITATOR, UP TO 16 PARTICIPANTS)**

Half Day: £350

Full Day: £550

Excludes travel costs from Manchester (M13)

## **ONLINE (BASED ON GROUPS OF UP TO 25)**

Half Day: £250

## **GET IN TOUCH TO BOOK A SESSION OR ARRANGE A CHAT ABOUT YOUR TRAINING NEEDS**

[training@manchesterwomensaid.org](mailto:training@manchesterwomensaid.org)

### **Group Sizes**

For in-person training, we recommend a maximum of 16 participants per session. This helps us to make sure the learning experience is valuable for everyone.

For online training, we recommend groups of up to 25 participants. Larger numbers can be accommodated for webinar or information-style sessions.

Where required, we may be able to arrange a low cost training venue in Manchester for an additional fee.

### **Facilitation**

Some specialist training programmes are delivered by 2 facilitators to ensure that the learning objectives are fully met and understood. This will be reflected in the pricing.

### **Rates for Charities and Community Groups**

We are committed to supporting the sector and may be able to offer discounted rates for small charities and community organisations. Please get in touch to discuss your needs.

### **Bespoke Training**

Tailored or bespoke programmes include an additional design fee, depending on the topic.



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