



Healing Together Programme Evaluation Working With Kent Family Hubs

Supporting Children Affected by Domestic Abuse



healingtogether



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Preamble

Kent Family Hubs have embedded the **Healing Together programme** as a core service to provide vital support for children and young people affected by domestic abuse. By aligning with the domestic abuse service strand, the programme addresses a critical gap in provision, recognising the limited services available for children. This integration ensures that children and families receive timely, trauma-informed support, strengthening the local offer and demonstrating Kent's commitment to improving outcomes for those impacted by domestic abuse.

This report is built based on the data received to date from accredited facilitators within Manchester, for **88** children and young people.

Data Breakdown



Data set
88 full data sets
and **3** partial data sets





Data submitted between
05/12/2025/2024
and **05/12/2025**



Methodology

Set-up

The Healing Together programme has been designed to deliver maximum impact and results:

	Starting on: 05/12/2025
	Facilitators: 15 trained Facilitators
	Location: Kent

Participants

The Healing Together programme was delivered across the organization with trained Facilitators:

Dartford

Gravesham

Maidstone

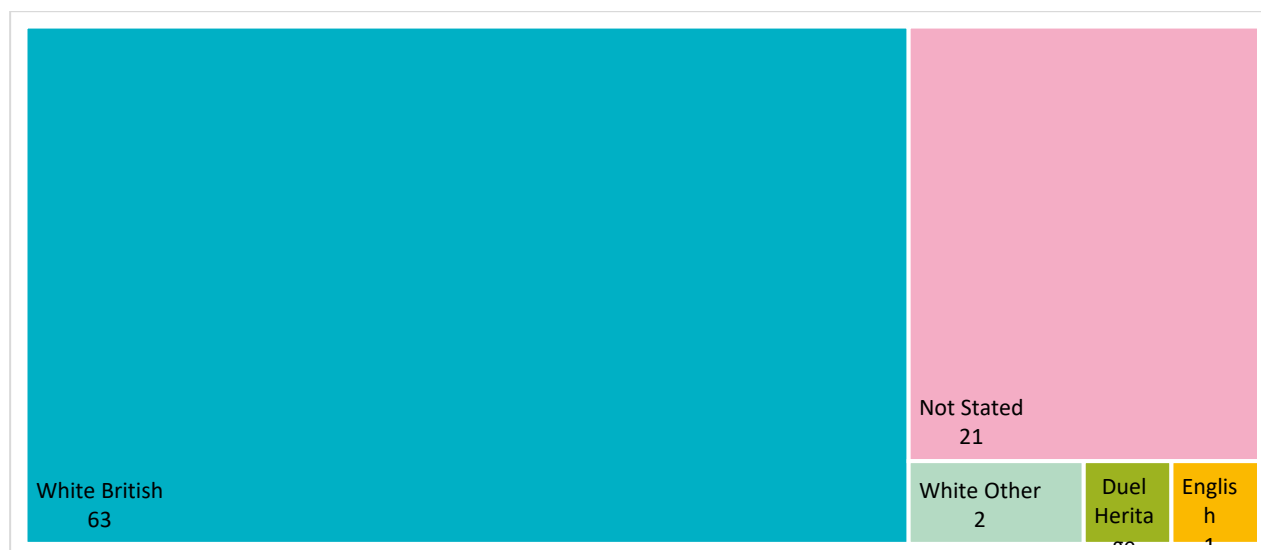
Tonbridge &
Malling

Tunbridge Wells

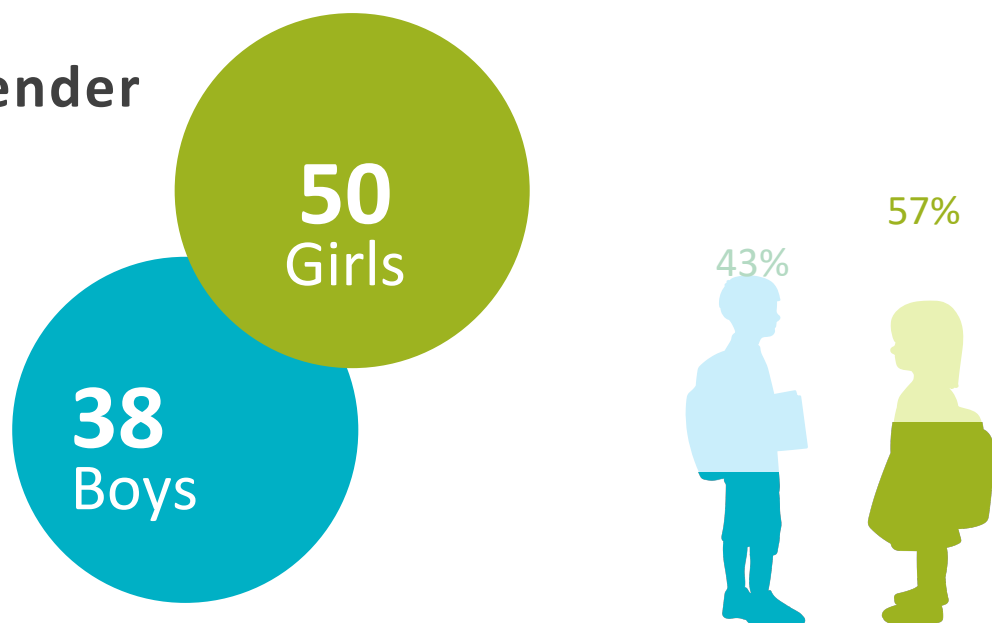
Demographics

To date, 88 children and young people (aged 5 to 13 years) attended the programme:

Ethnicity



Gender



Disability



Programme Design

To measure the impact of the Healing Together programme on children impacted by domestic abuse the **Emotional Awareness Questionnaire** is completed at the beginning of the programme and as part of the post programme evaluation.

The questionnaire is designed to measure how children Kent Family Hubs feel or think about their emotions across aspects of emotional functioning. For the Healing Together Programme, and with permission from the authors, four of the six subscales were used, these were differentiating emotions, not hiding emotions, bodily awareness, and verbal sharing of emotions.

Differentiating Emotions: the ability to differentiate between emotions and locate their antecedents. Possible score range 7-21.

Not hiding emotions: not trying to conceal your feelings. Possible score range 5-15.

Bodily Awareness: attention to the physiological aspects of the emotion experience (i.e., awareness that emotions are accompanied by bodily symptoms). Possible score range 5-15.

Verbal Sharing: verbal communication of emotions. Possible score range 3-9.



Impact Results

Children's pre and post programme feedback

Quantitative Data

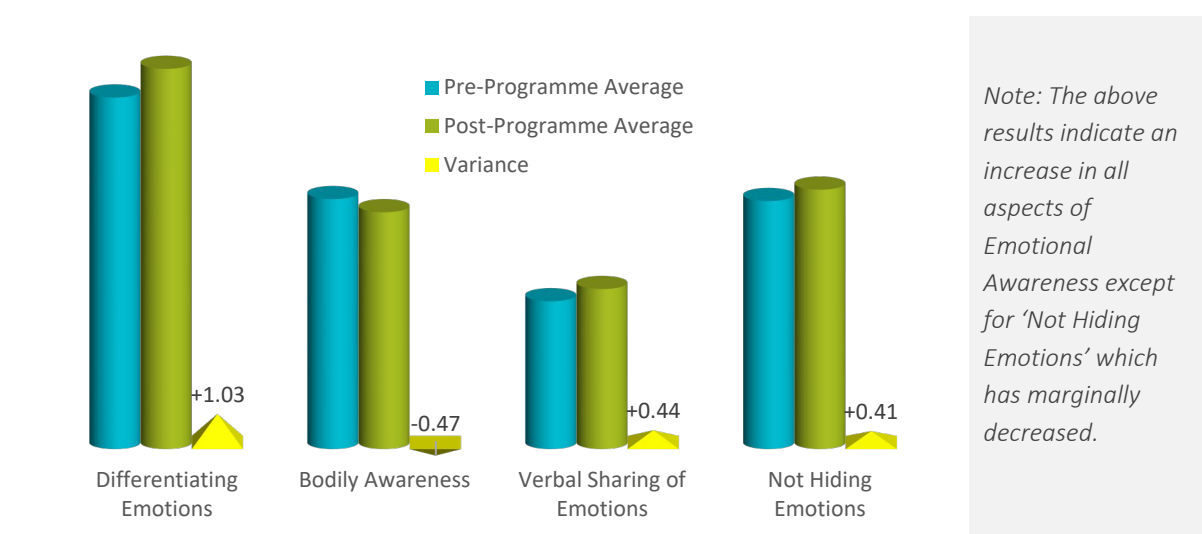
The table below demonstrates the average results for each subscale pre and post programme. An overall score cannot be calculated due 4 out of the 6 subscales being used.

Source: 88 full data sets.

Programme Average

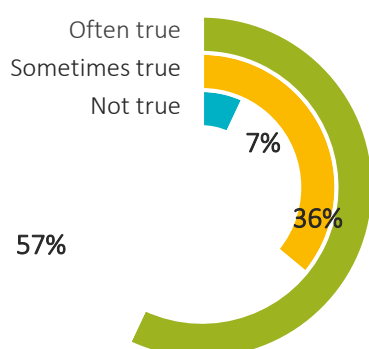
Measure and Possible Score Range	Pre	Post	Variance
Differentiating Emotions (7-21)	12.63	13.66	1.03
Bodily Awareness (5-15)	8.98	8.51	-0.47
Verbal Sharing of Emotions (3-9)	5.31	5.75	0.44
Not Hiding Emotions (5-15)	8.91	9.32	0.41

Emotional Awareness Pre and Post Programme: Average scores

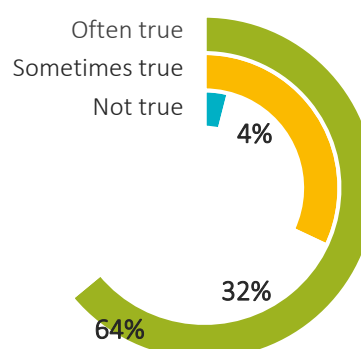


In addition to the Pre and Post Programme Emotional Awareness Questionnaire a Post Programme Evaluation is completed to enable the facilitators to understand the children's evaluation of the programme and importantly determine how likely they are to use the specific techniques they have learnt over the course of the programme.

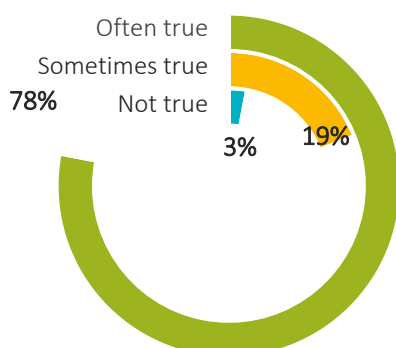
I know my brain works
when I feel anxious or
stressed ('flipping your lid')



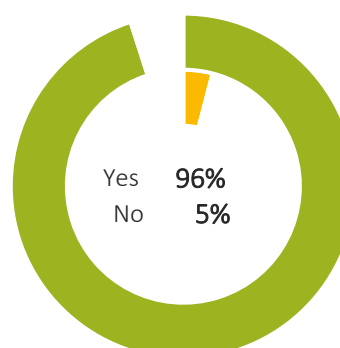
I will use the techniques
when I am feeling scared
or anxious



I enjoyed attending the
Healing Together
Programme



I would recommend this
programme to other
children



Children's Feedback

Every Voice Counts!



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Feedback From Children Post Programme.

Qualitative results

The following are anonymous quotes from the children in their last session of the Healing Together Programme.

Gender: Girl

Age: 9

Ethnicity: White British

Location: Kent

In their own words:

It was fun and I had a lovely time with Lorraine. I learnt lots about emotions and calming techniques



Gender: Boy

Age: 11

Ethnicity: White British

Location: Kent

In their own words:

Good sessions, people are always kind and they don't judge. It is loads of fun.



Gender: Girl

Age: 9

Ethnicity: Mixed

Location: Kent

In their own words:

When I feel stressed I like to have time to myself and relax so I don't flip my lid. I find it easy to relax when I shake. When I breathe it helps me to stay calm. I flip my lid when I get shouted at and when my brother winds me up.



Gender: Girl

Age: 13

Ethnicity: Mixed

Location: Kent

In their own words:

I highly recommend these sessions because they've helped me recognise my feelings.





Children's Share Their Experience of the Healing Together Programme.

One thing that helps me to calm is hand breathing. i squeeze the middle of my hand and take breaths on each finger. It feels like a massage.

I enjoyed everything! I enjoyed understanding my brain, senses, sensory, feelings. Rocking my body helps. The course is amazing and sun just you wait and see

I have learnt about putting your shoulders up by your ears and holding them and then I breathe in and breathe out. It is good because it helps you breathe and stay calm.

When I feel stressed I like to have time to myself and relax so I don't flip my lid. I find it easy to relax when I shake. When I breathe it helps me to stay calm.

Investing Wisely in Their Future

Social return on Investment is a type of cost benefit analysis that is calculated using financial values (proxies) for each outcome the programme delivers.

To make sure we do not overstate or over claim for the contribution Innovating Minds has made to each outcome (as we recognize that other practitioners/agencies will also be contributing to these outcomes), the figures are adjusted to identify the proportion of the outcomes we can claim we have delivered.



£243,608.14

Social Value Generated

For each child that has learnt techniques for managing their emotions as a result of the Healing Together programme has a **monetary value of £2,066 per child.**

For each child that has improved educational attainment as a result of the Healing Together programme has a **monetary value of £9,562 per child.**

For each child that reduces its likelihood of being involved in criminal activity as a result of the Healing Together programme has a **monetary value of £4,251 per child**



£1 of spending *

£21.09

SROI of £21.09 for every £1 spent on delivering the Healing Together programme with children and young people affected by domestic abuse.

Analysis completed by Make an Impact CIC, August 2023. bers that DO matter: Social Return On Investment

Key Takeaways

From the results above, the overall results the Healing Together Programme increases how children feel or think about their emotions across all aspects of emotional functioning except for 'Bodily Awareness' which on average has marginally decreased, clinically we believe the result was in the opposite direction because children overestimate their awareness pre programme and develop insight during the intervention. **This result is also in line with the overall data that we hold (sample size 654).**



The greatest change can be seen in the area of 'Differentiating Emotions' which generally is consistent with overall data evaluated from those facilitators who are delivering the programme across the UK.



Qualitative data received demonstrates that the programme was enjoyed by the children and that it had a positive impact on their understanding of emotions and how they coped with big emotions.



The data collected from the post survey demonstrates that 97% of the children and young people enjoyed attending the sessions of the Healing Together Programme at least some of the time. 96% of them would recommend the programme to other children. It also indicates that the children are likely to utilise the techniques covered within the programme.



The data collected from the post programme evaluation showed that most children found all the techniques learned in the programme useful. As with all interventions there will not be one technique/ explanation that suits all. The programme offers a range of techniques for the children to discover what helps them the most to calm their body and brain.

Actionable Recommendations

Missing information

About Innovating Minds™

Innovating Minds has been empowering children through the Healing Together programme since 2016. Initially created to support children no longer living with abusive individuals, this programme is now offered for free, thanks to our social enterprise model.

To meet growing demand, we transformed Healing Together into a facilitator programme, training professionals to deliver our trauma-informed sessions. We also developed video animations and an online platform to support facilitators with ongoing CPD and clinical consultations.

Healing Together is designed for children aged 5 to 16, delivered in 6 one-hour sessions, either in groups or one-on-one. Our evidence-based approach integrates attachment theory, neuroscience, and relational models.

We've expanded our offerings to address various needs, including:

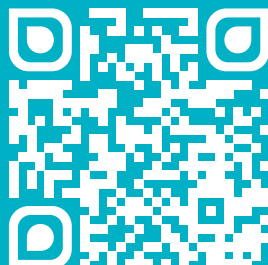
- Domestic abuse
- Stress and anxiety
- Anger management
- Parental support

Ready to make a difference? **Book a time with an Expert** to learn how Healing Together can benefit you, your pupils, and your school.



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innovatingminds



A smiling man with a beard and short hair, wearing a green button-down shirt and blue jeans, stands in a classroom. He is holding a blue marker in his right hand. In the background, a woman is seated at a desk, and a world map is visible on the wall.

99% said:

“As a result of this training, I am more likely to adopt a trauma informed approach to the rest of my work.”