



Mae'r ddogfen hon ar gael yn Gymraeg yn ogystal â Saesneg.

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## SUMMARY DECISION SHEET

**Purpose:** Commissioner Decision – Ref.DLI310

**Timing: Singular**

**Title: Physical Empowerment 2023-24**

**Category of Decision / Business Area Impact: Finance**

### Executive Summary:

Physical Empowerment CIC provide self-defence, resilience and confidence building classes to victims and survivors of domestic abuse.

Following a successful pilot project in 2022-23, Physical Empowerment CIC have approached the PCC for further funding of £20,400.00 to continue this important work. The pilot utilised staff employed at the organisations' Port Talbot base who travelled to Llanelli to deliver sessions. The new funding request expands on this provision to employ a full-time resource to deliver directly to Dyfed Powys communities.

The outcomes they deliver are developing attendees' ability to move from a 'victim' to 'survivor' mindset, having a stronger sense of self, helping them get rid of that permanent feeling of fear they carry, being more capable, independent and confident and in turn being able to contribute more to society.

The pilot project has been well received and has provided much needed support to women to empower them to recognise and avoid repeated behavioural patterns; become more assertive and increase their self-esteem.

The project strongly aligns with two key priorities of the Police & Crime plan – Victims are Supported and Harm is Prevented.

### Recommendation:

To contribute £20,400.00 to support Physical Empowerment in establishing a permanent base in Dyfed Powys and continue supporting and empowering victims of domestic abuse.

### Police and Crime Commissioner for Dyfed-Powys

I confirm I have considered whether or not I have any personal or prejudicial interest in this matter and take the proposed decision in compliance with the Nolan Principles for Conduct in Public Life.

The above request has my approval.

**Signature:**



**Date: 11/07/23**