

# Our theory of change: a summary



## ULTIMATE OUTCOME

**Survivors of trafficking and exploitation have all they need to recover and build lives that are safe and free.**

## INTERMEDIATE OUTCOMES

- MENTAL WELLBEING: survivor is able to live safely and independently, and has positive coping skills.
- PHYSICAL WELLBEING: survivor knows how to keep physically well, and their home environment is safe.
- SAFETY: survivor is free from immediate harm and able to identify and manage risk in people and situations.
- ECONOMIC EMPOWERMENT: survivor is able to make a safe and sustainable living, and manage their finances.
- SOCIAL SECURITY: survivor has positive relationships and a social network.
- LEGAL PROTECTION: survivor has access to and awareness of rights and protections.

## ENABLERS: what survivors need in order to reach intermediate outcomes

Understanding of healthy relationships and boundaries / Ability to recognise signs of danger and threat / Confidence and knowledge to self-advocate / Legal representation / Supportive government legislation / Secure immigration status / Appropriate physical and mental health support / A community of belonging / Sense of purpose and meaning / Ability to manage personal finances / Training and education / Benefits / Employment / Community and support groups / A tolerant and compassionate society / Appropriate housing / Understanding of public services and systems

## ACTIVITIES: what we do at Ella's to bring about enablers

Supported, safe house accommodation / Tailored, one-to-one support work / Crisis support / Community building activities / Capacity building training / Volunteer befriending / Emotional support / Support to access appropriate activities and services in wider community / Share survivors' stories with dignity / Awareness raising and campaigning / Working in collaboration with others / Robust monitoring and evaluation

## INPUTS: what Ella's needs in order to operate activities

Infrastructure / Service delivery model / Strategy / Sufficient funds / Trained staff and volunteers / Network of partners / Influence and positive reputation / Strong supporter base / Board of trustees / Policies and procedures