

Supporting young people in London affected by domestic abuse

Findings from the Bambu study – January 2025

What is Bambu?

Bambu is a programme for young people aged 11-24 who have been affected by domestic abuse. It's run by Rise Mutual CIC and Waythrough.

It runs in eight London boroughs (Croydon, Enfield, Hammersmith & Fulham, Haringey, Islington, Lambeth, Tower Hamlets, and Wandsworth) and is funded by the Mayor of London's Violence Reduction Unit.

What does Bambu do?

Bambu recognises that young people can be deeply affected by domestic abuse in the family.

It offers one-to-one sessions to help young people build confidence and feel better about themselves, school, family life and friends. It helps young people heal and grow.



What was the study?

This study looked at what difference Bambu made to young people and families.



We spoke to young people, parents, Bambu staff and others who work with young people, and looked at programme data. It was run by a research company called Cordis Bright.

Who has Bambu helped?

At the time of the study, 422 young people had been referred to Bambu.

Most referrals came from schools and Children's Social Care.

The largest age group was 12-15 years, with an even split of boys and girls.



What did the study find?

- Bambu helps young people affected by domestic abuse feel supported and safe, and makes a big difference in their lives.
- Bambu also made a difference in other areas, like helping teachers and social workers support young people.
- The study made some recommendations for Bambu to keep improving, like working better with schools, and making sure it reaches as many young people as it can.

What worked well about Bambu?

Safe spaces.

Bambu gives young people a space to talk openly about their feelings and learn how to cope with difficult things.



Personalised support.

Each young person gets help based on what they need. This can include sessions on resilience, trauma, or building self-confidence.

Trusted relationships.

Young people work with the same keyworker for up to 20 weeks. This means they get to know them well and can trust them.

This led to...

Better wellbeing

- Young people felt happier, less anxious, and more confident after working with Bambu.
- They learned how to handle stress, set boundaries, and make better choices in their relationships.



Improved school life

- Young people had better attendance and focus in school.
- Some gained confidence to speak up and build more positive friendships.

Better family relationships

- Some young people found it easier to talk to their parents and siblings.
- Bambu helped them deal with arguments and spend more time with their families.

"When I wake up every single day, I feel like I'm just doing better and better"

- Young person who worked with Bambu



Next steps

To make Bambu even better, the study recommended that the people who set up Bambu could:

- 1. Make sure everyone knows about Bambu** – Keep spreading the word so young people, families, and schools know where to find help.
- 2. Work closely with schools** – Team up with schools and groups that already help young people to make support easier to find.
- 3. Make sure Bambu is working for everyone** – Think about how the support could be a good fit for boys as well as girls, and how to reach everyone who needs it.
- 4. Make things easy to access** – Give workers more time with young people by cutting down on travel, make signing up to Bambu quicker, and make sure Bambu is easy to find online.
- 5. Expand who Bambu can help** – Offer support to parents, siblings, and anyone else affected by domestic abuse. A new programme called New Beginnings has already started to help with this.
- 6. Make sure everyone helping young people understands trauma** – Make sure this is part of how programmes like Bambu are set up, so teachers, social workers, and others can be confident supporting young people who have had tough times.
- 7. Find where help is needed most** – Check which places in London need more support so Bambu can go where it's needed the most.
- 8. Keep improving Bambu** – Keep checking and keeping track of what works best, so Bambu can keep learning and get even better.

Scan the QR code to read the full report at the VRU Evidence Hub



Thank you!

We wanted to say a big thank you to everyone who helped with this project. We're especially grateful to the young people and mums who shared their thoughts, the Young Person's Action Group for their support, and the staff at [Rise Mutual CIC](#) and [Waythrough](#) for making this study possible.