

# FEBRUARY 2017



## CHAMPION TRAINING EVENTS:

8th & 15th March	North Norfolk Council, Cromer
21 <sup>st</sup> & 23 <sup>rd</sup> March	Downham Market Academy
21 <sup>st</sup> & 30 <sup>th</sup> March	Broadland District Council
14 <sup>th</sup> & 20 <sup>th</sup> April	Great Yarmouth Town Hall
24 <sup>th</sup> April & 2 <sup>nd</sup> May	South Norfolk District Council

## South Norfolk Domestic Abuse Champions Network Event (for champions only).

Come along to our South Norfolk Domestic Abuse Network Event. A chance to meet with other DA champions, hear talks from guest speakers, and promote your service.

**Where:** South Norfolk District Council Offices, Long Stratton NR15 2XE Council Chamber

**When:** Monday 27<sup>th</sup> March **9:30am – 12:30pm**

### With Guest Speakers:

**Samantha Allen** will be discussing the findings from the most recent Domestic Homicide Review summaries.

**Nicky Hampson** will focus on work with perpetrators of domestic abuse; what methods and models are used to challenge beliefs and behaviours.

**James Stephens** grew up in family where domestic abuse was prevalent. He will be talking about his experiences of this when he was a child.

**\*\*\* Please email [da.change@norfolk.gov.uk](mailto:da.change@norfolk.gov.uk) to confirm attendance, this event is open for all Norfolk Champions but priority will be given to South Norfolk\*\*\***

## We welcome our new DA Change Coordinator Rhiannon Mullen!



Hello I am Rhiannon Mullen, the Domestic Abuse Change Coordinator for Broadland, North Norfolk and East Norfolk. I am on secondment from Broadland District Council where I have worked as a Housing Advice and Homelessness Officer for the past 14 years. I have worked in housing in different local authorities both in Norfolk and in Newcastle. I have worked with both victims and perpetrators of domestic abuse. My role has been one of working alongside other agencies throughout

the County to improve the lives of victims and their families affected by domestic abuse by providing alternative safe accommodation or minimising risk to those staying put. I feel strongly that everyone has the right to live without fear of abuse.

## LOCAL NEWS

**Come along to - Breaking the Silence** International Women's day event at Norwich Cathedral on 8th March 10:30 to 12:30pm (free entry). A coffee morning with an opportunity to meet a range of organisations and pledge to take action to eliminate all forms of violence against women and girls worldwide. With guest speaker **Aneeta Prem**, author, public speaker and founder of **Freedom Charity**. Contact Marguerite Phillips on [munorwich@gmail.com](mailto:munorwich@gmail.com) or 01603 882330.

Norfolk DA  
Champions Network

---

Local News  
and information  
Page One

---

General Domestic  
Abuse News  
and information  
Page Two/Three

---

Useful resources  
Page Three/Four

---

## CONTACT US

Email:  
[da.change@norfolk.gov.uk](mailto:da.change@norfolk.gov.uk)

Zoe Harding  
07920 830824

Christen Williams  
07818077275

#IWalkedaway

Website here:  
[I Walked Away](#)



**Pandora Project** are having a coffee morning to celebrate International Women's Day at the Women's Centre in King's Lynn on **Thursday 9th March 11am, KLARS Offices** off Seven Sisters Close. All welcome.

**Daisy Programme** have the following Freedom Programme's starting in the Breckland area:

Dereham Childrens Centre 27th April

Watton Childrens Centre 29th April.

Thetford Childrens Centre starts 9th May

Contact [help@daisyprogramme.org.uk](mailto:help@daisyprogramme.org.uk) for further information.



From mid-March **4women's Centre** are moving to Heath House, 5 Woolgate Court, St Benedict's Street, Norwich, NR2 4AP. The service will deliver the following;



- 1-2-1 appointments (for CRC customers)
- Social Inclusion (coffee morning) sessions (for all women)
- Counselling (CRC customers)
- Home Achievement Programme - Various modules (CRC customers).

The outreach service will continue to deliver 1-2-1 support and groups in the community for women who live in Norwich or in a 20 mile radius who have experienced DA either currently or in the past (contact: [4womenoutreach@homegroup.org.uk](mailto:4womenoutreach@homegroup.org.uk) ). They also have lots of furniture which requires a new home!!

**Exciting News!** An extra £100,000 will be added to ongoing efforts to support domestic abuse victims across West Norfolk, North Norfolk and Breckland over the next two years following a successful bid between the three councils and Leaway. It will pay for a specialist domestic abuse case worker, dedicated refuge bed space and a rent guarantee scheme. Read more [here](#)

**Fifteen new cases** of female genital mutilation (FGM) were recorded in Norfolk in the last year, new figures have revealed. The NSPCC have collated their data over the past year and released national figures. Read more [here](#). **Reminder** that there are free FGM learning seminars on 6<sup>th</sup> March, book a place [here](#).

In Suffolk, shocking figures have revealed almost 20,000 people in the county endure harm by a former or current partner or family member each year without reporting it to police. Read more [here](#).

For anyone who is Suffolk based, there is an option of Full or Half day Domestic Abuse Training on 4<sup>th</sup> April. For more information about the content, cost and how to book the training click [here](#).

## NATIONAL NEWS

The second phase of the Home Office **Disrespect Nobody campaign** will run from 2 February until the end of March 2017. The campaign is focussed on digital and mobile and will run on TV aimed at young people, such as The Brit Awards and the Big Bang Theory, on radio, Spotify, cinema and online. The first TV advert ran on the evening of Thursday 2 February in the Hollyoaks advertising break. The aim of the Disrespect NoBody campaign is to prevent young people, both boys and girls aged 12 to 18 years old from becoming perpetrators and victims of abusive relationships. For more information click [here](#).

**Spotlight #3 is now LIVE!!!** In the third of SafeLives Spotlights series, they will be focussing on the experiences of young people (aged 13 to 17 years) affected by domestic violence and the professionals who support them. According to SafeLives research, just under half of young people exposed to domestic violence are being directly harmed by a family member. The latest Spotlights series uses videos, blogs and podcasts to highlight some of the issues surrounding young people and domestic abuse. There is also a **webinar being hosted on 3<sup>rd</sup> March at 12:30** which explores young people and domestic abuse. **For more information, and to book on the webinar, click**



**here**.

Jeremy Hunt has been urged to scrap the “callous, insensitive and unjust” practice of charging victims of domestic violence up to £175 for a medical letter to prove they were abused. A letter signed by 16 police and crime commissioners tells the health secretary that some GPs are charging the fees for a document that allows victims to access legal aid. Read more [here](#).

In other Legal Aid news, there will soon be a change to regulations to enable victims to be granted Legal Aid. Removal of the five-year limit and the admission of fresh categories of evidence will help both women and men, who have previously been deprived of legal advice and representation. Evidence from any organisation working with victims can be used to support their claim for legal aid, whereas previously this had to come from medical records, injunctions and social services. Read more [here](#).

The Home Secretary has announced her intention to introduce new stalking protection orders which will help protect victims at the earliest possible stage. Amber Rudd made the announcement as part of a package of government measures to prevent violence against women and girls (VAWG). Read more [here](#).

A study has found that since 2001 there has been a 65% increase in the number of children being adopted or needing to live with special guardians. A large majority of these cases are from children witnessing domestic abuse. [This article](#) explores how there is a need to work with families to keep children with a parent, as the trauma of being separated can have long term consequences on children. “Mothers who are victims of domestic violence are refused help, blamed for ‘failing to protect’ their children, and punished with their removal.”



Campaigners have called for London to have its first safe house for male victims of domestic abuse. Met Police figures show reports of male domestic abuse grew from 9,245 in 2012 to 16,681 in 2015 - an 80% increase. Despite this, there is no safe house men can go to and the only support that can be offered is advice. In England and Wales, there are 18 areas that provide refuges for men as well as women. The closest refuges for men to London are based in Leicester, Poole and Worcestershire. Read more [here](#).

[Listen](#) to the four co-founders of **Disabled Survivors Unite** speak at the European Parliament in Brussels for a hearing on domestic abuse against disabled people. They highlight how disabled people are still often forgotten in the fight against domestic abuse. They discuss the challenge of finding accessible refuge spaces for disabled victims, and comment how there is no specific data on this. They also raise how there is a lack of specific legislation to protect disabled victims and courts can use their disability against them.



In Australia, Simon Earle who manages METL (Maritime Employees Training Ltd), has decided to give his employees an additional five days domestic violence leave. Libby Davies, the White Ribbon CEO states the reason employers are offering specific leave to victims is because they recognise that domestic violence is a community problem and that all sectors of the community, including business, should play a part in reducing the numbers of people suffering family violence. Read more [here](#).

GPs are missing vital opportunities to intervene and potentially save the lives of people experiencing domestic abuse, a leading charity has warned. The research, by the charity Standing Together, also found that in 25% of cases GPs failed to make inquiries following disclosures or warning signs displayed by the perpetrator. Now it is calling for domestic abuse awareness training to be made compulsory to help GPs spot the signs of domestic abuse they found that referrals to specialist services increased considerably when doctors’ surgeries had been given appropriate training. Read more [here](#).

Liz Saville Roberts MP has launched a survey for victims of Abuse of Process and Online Abuse. She is urging all victims of stalking and harassment to have their voices heard and complete an online survey about their experience of abuse of process and online abuse. This survey aims to furnish evidence to prove that the current legislation does not go far enough to protect victims with restraining orders. Should you have any questions or wish to provide more information, please contact [Zainab.Gulamali@parliament.uk](mailto:Zainab.Gulamali@parliament.uk). Access the survey [here](#).

Reports of domestic violence have more than doubled in Russia’s fourth largest city since the Government reduced the punishment for spousal or child abuse from a criminal to a civil one. Read more [here](#).

## RESOURCES

[This website](#) is aimed at Social Workers and Health Care professionals, to help them develop knowledge and skills in working with situations of coercive control. The website includes:

- A set of five case studies with learning activities which can be adapted and used in your own CPD programme.
- Tools for professional development.
- Tools for supporting effective, reflective practice.
- Background reading and information.

This resource was commissioned by the Chief Social Worker's Office at the Department of Health, and produced by Research in Practice for Adults and Women's Aid.

We know that there is a correlation between domestic abuse, mental health and self-harm. Many victims of abuse may disclose to you that they self-harm. Calm Harm is an award-winning, free app that provides tasks that help people resist or manage the urge to self-harm. Individuals can add their own tasks, and it's completely private and password protected. [Watch this YouTube video](#) on Calm Harm and how it works, a user has stated "it's a brilliant little app, it's helping me battle my depression and self-harm urges".



**The MoodGYM** is something that could be useful for both yourselves and service users. It is a free, interactive programme that consists of five modules. The aims of the MoodGYM are to; help you to identify and overcome problem emotions and show you how to develop good coping skills for the future. You can sign up to the MoodGYM [here](#).

### Understanding Young Minds – **FREE Resource Pack**



It's thought that thousands of children and young people in the UK are impacted by self-harm each year, with countless others likely to be suffering in silence. The Safeguarding Children E-academy have created a free resource pack to help raise awareness of the issue and how to access support. To download your free resource pack please click [here](#).

There will also be a free online course available soon to support parents in discussing self-harm with their children. You can pre-register for the course [here](#).

During the 2 day Champions Training we talk about **Post Traumatic Stress Disorder (PTSD)** and studies suggest 64% of women who have suffered abuse also experience symptoms of PTSD compared to 1-2% in the general population (Golding 1999). [www.brainline.org](http://www.brainline.org) have a wealth of information regarding PTSD including signs and symptoms and strategies to help. Although this is an American website and therefore some of the information will not be relevant, there are some very useful fact sheets and a video where experts and people who have experienced PTSD talk about diagnosis and the latest treatment. Click [here](#) to access the resources.

The Engaging Families Toolkit aims to provide practitioners and managers with guidance to assist the effective engagement of families in early help support across all levels of intervention. The toolkit builds on research and evidence based practice which is known to work in effectively engaging families in offers of support which aims to promote positive and lasting change for all and provides guidance in recognising, understanding and responding to difficult to engage and risky behaviours. You can access the toolkit [here](#).

*Please send any news about domestic abuse from your organisation for inclusion in next month's newsletter to [da.change@norfolk.gov.uk](mailto:da.change@norfolk.gov.uk). If you would like to be added to the distribution list for this newsletter, please email [da.change@norfolk.gov.uk](mailto:da.change@norfolk.gov.uk) with "Newsletter" in the title bar.*

