

JULY/AUG NEWSLETTER 2017



SAFEGUARDING: DOMESTIC ABUSE

Welcome

Welcome to the newsletter, we'll be updating the newsletter every other month with regular hints, tips and advice. This month we are focussing on **Domestic Abuse**.

Approximately **Domestic Abuse** will affect 1 in 4 women and 1 in 6 men in the UK, in their lifetime, this leads to, on average 2 women being murdered every week and 30 men every year.

Although domestic abuse accounts for 16% of all violent crime in England & Wales it is still the least likely violent crime to be reported to the police.

What is Domestic Abuse?

The Government defines Domestic Abuse as:

“Any incident of threatening behaviour, violence or abuse (psychological, physical, sexual, financial or emotional) between adults who are or have been intimate partners or family members, regardless of gender or sexuality.”

The following behaviours are typical of individuals who are trying to exert power and control over a partner and could mean abuse;

- Controlling behaviour
- Jealousy
- Putting you down
- Checking your mobile
- Mood swings
- Forces sexual activity
- Isolation
- Accusing you without reason
- Communicating abusively
- Threats of violence or past history of violence

Abuse in relationships can happen to anyone. It's not normal, it's never OK and definitely not part of a healthy relationship. It isn't always physical, it can be emotional and sexual abuse too. If your relationship leaves you feeling scared, intimidated or controlled, it's possible you're in an abusive relationship.

If you're experiencing abuse, or have done in the past, please remember that you're not to blame and there are people who can help you.

How to get help

If you or someone you know is worried about their relationship or could be suffering from abuse you can contact one of the helplines below;

National Domestic Violence Helpline

The Freephone 24 Hour National Domestic Violence Helpline is a national service for women experiencing domestic violence.

0808 2000 247

The Men's Advice Line

Men's Advice Line: confidential helpline for men experiencing domestic violence from a partner or ex-partner (or from other family members).

0808 801 0327

www.mensadvice.org.uk

Disrespect Nobody

A site for young people providing information about domestic abuse in teenage relationships.

www.disrespectnobody.co.uk

Galop

A national domestic violence helpline for LGBT people, their family, friends, and agencies supporting them. The helpline provides a space to talk through what's going on, and to explore your options.

0800 999 5428

www.galop.org.uk

Safeguarding Team

Contact Steadfast Training's Safeguarding team on **0845 223 2401** or email

sonia.roberts@steadfasttraining.co.uk

IF YOU NEED URGENT HELP

If you, or someone you know, is in immediate danger you should contact the police on 999.

Useful Links

Victim Support

0845 30 30 900

www.victimsupport.org.uk

Victim Support helps people cope with the effects of crime.

Crimestoppers

0800 555 111

www.crimestoppers-uk.org

Crimestoppers is an independent UK-wide charity working to stop crime. You can call them anonymously.

Metropolitan Police

[Report possible terrorist activity online](#)

If you see anything or anything suspicious call the local police or the police anti-terrorist hotline on 0800 789 321. You can also report it online on the Met police website.

9 Protected Characteristics;

- Age
- Disability
- Gender Reassignment
- Marriage & Civil Partnership
- Pregnancy & Maternity
- Race
- Religion or Belief (including lack of belief)
- Sex
- Sexual Orientation

The Prevent Duty

The Prevent Duty is part of the government strategy to reduce the risk of Extremism, Terrorism and Radicalisation.

Extremism is the holding of extreme political or religious views.

How can we prevent it? Whilst the signs are different in each case, we can see some of or a mixture of these changes in dress, clothing or social groups, secretive behaviour,

showing sympathy for extremist causes, advocating extremist messages, glorifying violence, accessing extremist literature and imagery, showing a mistrust of mainstream media reports and belief in conspiracy theories and appearing angry about governmental policies, especially foreign policy

[Report possible terrorist activity online](#)

If you are concerned about someone or see anything suspicious call the local police or the police anti-terrorist hotline on 0800 789 321. You can also report it online on the Met police website.

British Values

British Values are defined as;

- Democracy
- The Rule of Law
- Individual Liberty
- Mutual respect for and tolerance of those with different faiths and beliefs and for those without faith.

If you wish to raise an issue of safeguarding for a learner or individual related to Steadfast Training Ltd in any way, please contact the centre immediately on: 0845 223 2401.

For more information on anything covered in the newsletter, feedback or ideas for the next issue, please contact us on info@steadfasttraining.co.uk.