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## Stalking

### Working definition of stalking

The national stalking advocacy service Paladin has, at its recent conference, launched a working definition of stalking:

*'A pattern of unwanted, fixated and obsessive behaviour that is intrusive and causes fear of violence of serious alarm or distress'*

### Support for Victims of Stalking

If someone is being stalked in the context of a domestic abuse relationship, then complete a 'Domestic Abuse Stalking and Honour Based Violence' (DASH) Risk Indicator Checklist (RIC) and if appropriate refer to the Somerset Integrated Domestic Abuse Service (SIDAS) - see page 2 for how to refer.

Also, there are two main specialist services who provide support—

(1) National Stalking Advocacy Service called '**Paladin**' - they offer telephone support and advice to victims and professionals—their helpline is **020 3866 4107**.

(2) **National Stalking Helpline** - delivered by Suzy Lamplugh Trust and can be contacted on **0808 802 0300**.

## Somerset Integrated Domestic Abuse Service (SIDAS) Updates

### Awards

In Spring 2017, Knightstone Housing were shortlisted for a prestigious national Chartered Institute of Public Relations award, for the 'Stopping the Cycle of Abuse' campaign (see page 5 of this newsletter for more information). Although they did not win it was a great achievement to be shortlisted!

Knightstone Housing have received exciting news that they've been shortlisted for another national award for SIDAS—watch this space to find out how they get on in the 24 Housing Awards.



### How to Make a Referral for a Victim to the Somerset Integrated Domestic Abuse Service

Complete a DASH Risk Indicator Checklist (If unsure how, attend a training course—see page 6)

#### Low Risk

(1-9 ticks)

*Suggest to client that:*

Can be referred to 'My Change'  
- Somerset Integrated Domestic  
Abuse Service (*with their  
consent*)

Email:

[here.tohelp@knightstone.cjsm.net](mailto:here.tohelp@knightstone.cjsm.net)

Or call National DA 24 Hr  
Helpline 0800 2000 247

#### Medium Risk

(10-13 ticks or professional  
judgement)

*With client's consent*

Refer to Somerset Integrated  
Domestic Abuse Service

Email:

[here.tohelp@knightstone.cjsm.net](mailto:here.tohelp@knightstone.cjsm.net)

#### High Risk

(14 ticks or professional judgement)

Send DASH RIC to your agency's  
MARAC designated officer.

Designated Officer must complete  
MARAC referral form

Send completed referral form and  
DASH RIC together marked MARAC  
to both:

MARAC Co-Ordinator [southern-marac@avonandsomerset.pnn.police.uk](mailto:southern-marac@avonandsomerset.pnn.police.uk)

SIDAS—

[here.tohelp@knightstone.cjsm.net](mailto:here.tohelp@knightstone.cjsm.net)

For more information the services available to perpetrators of domestic abuse, please have a look at page 5 of this newsletter.

### My Change

This new service was developed by SIDAS with funding that Knightstone Housing obtained from the Avon and Somerset Police Crime Commissioner (via Safer Somerset Partnership), and comprises 2 courses (1) '**Overcoming Abuse**' for victims and (2) '**Becoming Respectful**' for perpetrators.

My Change offers an opportunity to intervene early, before any domestic abuse is assessed as being at medium or a high risk of harm. As with all of the SIDAS support, My Change is available throughout the whole of Somerset.

To discuss making a referral, please email [heretohelp@knightstone.co.uk](mailto:heretohelp@knightstone.co.uk) (no personal details to this email please). Get more information about Becoming Respectful, please see page 5 of this newsletter.

## Sexual Violence and Abuse Support and Campaigns in Somerset

### Have you seen the Somerset and Avon Rape and Sexual Abuse Support (SARSAS) 1 in 5 campaign?

SARSAS want to show as many survivors as possible that people are standing alongside them and taking a stand against sexual violence.

Here is the campaign page for more information: <http://www.sarsas.org.uk/1in5/>



Somerset & Avon  
rape & sexual abuse support



### New Specialist Counselling for Men

The Green House is now offering free specialist counselling in Taunton. The service is for men aged 18 and over who have experienced any form of sexual abuse at any point in their lives.

**How to Access**— Please note that ONLY self-referrals are accepted, and the waiting list for counselling is now open. Clients can call 0117 935 1707 or email [info@the-green-house.org.uk](mailto:info@the-green-house.org.uk). Clients will be offered an initial assessment with one of the senior counsellors. If suitable they will then be offered a weekly counselling slot as soon as a space is available. **\*Please let your teams/colleagues/clients know about this new service\***

## Link Between Animal Cruelty and Violence (including Domestic Abuse)

A recent report has found that those found guilty of animal cruelty go on to commit a huge number of other offences

A report from the Centre for Crime Prevention reveals that those convicted of cruelty to animals in recent years had, in the vast majority of cases, already been convicted of other offences. They went on to commit thousands of crimes, including robbery, theft, the rape and neglect of children, and murder.

Visit <http://www.centreforcrimeprevention.com/news/preventing-animal-cruelty-peter-cuthbertson/>

In Somerset....Many people who're affected by domestic abuse do not seek help because of concerns about their pets, and not knowing if they can be helped to be safer too—a real concern if moving is likely to be the best option. But if a domestic abuse victim is referred to SIDAS, SIDAS will help them identify a safe place for their pets should it be needed—this may include the RSPCA Pet Retreat service.

## Somerset Survivors Website Updates

Have you had a look at the website recently? There's been a couple of significant recent updates:

1. [Domestic Homicide Review page](#) – it's now easier to find the documents for each review.
2. A new page with an overview of [Criminal Justice for domestic abuse victims](#).

## Modern Slavery

Modern slavery encompasses human trafficking, slavery, servitude, and forced and compulsory labour. The Modern Slavery Act 2015 introduced Slavery and Trafficking Prevention Orders (STPOs) and Slavery and Trafficking Risk Orders (STROs) and these have been utilized in several cases across the UK already.

The National Referral Mechanism (NRM) is a framework for identifying victims of human trafficking and ensuring they receive the appropriate protection and support. **Statistics** from the NRM show that in 2016, there was a 17% increase in their receiving reports of potential victims compared to 2015. This included reports from across the country including in the southwest. The most common type of exploitation for potential victims was labour exploitation, with sexual exploitation also being very common.



### Duty to notify Home Office of victims of modern slavery

To improve identification of victims of modern slavery, under a duty in the Modern Slavery Act, public authorities are required to notify the Home Office when they encounter a potential victim of modern slavery, including human trafficking. The duty to notify applies to public authorities including the police, local authorities and the National Crime Agency. Other public authorities and non-government organisations, such as frontline NHS workers and teachers are also encouraged to make a voluntary notification, in order to help build the picture of modern slavery in the UK. You can find further guidance on how to notify the Home Office of a case of suspected modern slavery, together with the National Referral Mechanism and duty to notify forms.

### New Modern Slavery Helpline

This can be called by businesses, frontline professionals, the general public or potential victims.

IF YOU THINK SOMEONE MAY BE A VICTIM OF MODERN SLAVERY  
CALL THE 24/7 MODERN SLAVERY HELPLINE ON

**08000 121 700**

WORKING TOWARDS  
A WORLD WITHOUT SLAVERY



### Modern Slavery E-Learning Training

A new e-learning training to raise awareness of modern slavery and human trafficking has been developed and is available online at Somerset County Council's (SCC) Learning Centre.

Modern slavery victims can be any age, and from any culture, background or gender, and it can happen anywhere, including in Somerset. This interactive course will help you learn more about the potential signs, the legislation and what you can do if you identify someone who may be a victim of modern slavery.

All SCC staff are encouraged to complete the e-learning at <http://somerset.learningpool.com/course/view.php?id=996>

#### SOME GENERAL INDICATORS

**Behaviour**—withdrawn, scared, not willing to talk, doesn't speak English

**Appearance**—unkempt, malnourished, few possessions, health concerns

**Work**—inappropriate clothing for job, long hours, little or no pay

**Fear of authorities**—doesn't want to speak to police or authorities

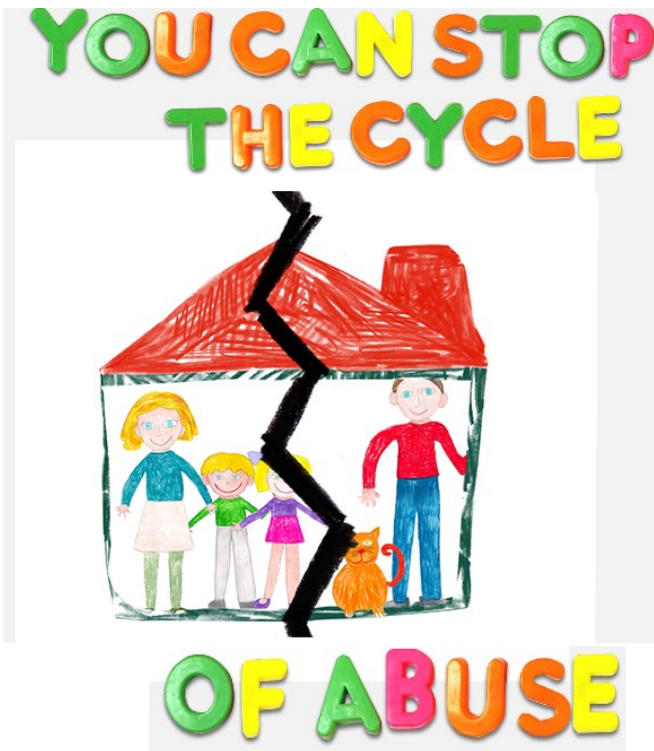
**Debt bondage**—in debt to or dependent on someone else

**Accommodation**—overcrowded, poorly maintained, blacked out windows

**Lack of control**—no ID, no access to bank account, work transport provided.

**Lack of freedom**—unable to move freely, unwilling or scared to leave

## Support to Perpetrators of Domestic Abuse



### Animated Film

Last year, a new animated film was launched to raise awareness of the impact of abuse on children, and that help can be obtained for perpetrators of abuse through attending a voluntary programme to change behaviour intimate relationships.

This film funded jointly by Somerset County Council, South Somerset District Council and Taunton Deane Borough Council (with funding from Communities and Local Government) and Knightstone Housing Association, is designed to increase awareness of the impact that abuse can have on children. Find it online at [http://www.sometsurvivors.org.uk/stopthecycle/](http://www.somerset survivors.org.uk/stopthecycle/)

### Lifeline Course

This is a longer course than 'Becoming Respectful' and Lifeline instead is aimed to help those who have a greater history of abusive behaviours in their intimate relationships.

Typically the course will be for a minimum of 22 weeks, and some of it can be delivered on a 1-2-1 or a group basis depending on the individual and demand.

### Becoming Respectful Course —New for 2017!

The course is run over a 12 week period in a group environment, delivered in a two hour session, once a week. It's designed for perpetrators of domestic abuse who are assessed as not having entrenched behaviours and so are at a "low risk".

Becoming Respectful focuses on understanding behaviours by looking at personal beliefs and where they have come from. This is focused throughout the programme, how this effects their behaviour and the effect this has on their partners, family members and children.

The programme is split in to three stages:

Stage 1—Awareness

Stage 2—Self awareness

Stage 3—Potential for change

### How to Access Becoming Respectful or Lifeline?

Self-referrals are welcome, and if a professional wants to refer someone they can—HOWEVER, no-one will be accepted onto either course unless they complete the assessment process, and demonstrate a willingness to change their behaviour and attend all of the sessions.

If someone is assessed as not being ready to join either course, then they can reapply at a later date.

For more information, please email [heretohelp@knightstone.co.uk](mailto:heretohelp@knightstone.co.uk) (non-secure) or [here.tohelp@knightstone.cjsm.net](mailto:here.tohelp@knightstone.cjsm.net) (secure) or call 0800 69 49 999.

## What Happened in 2016/17 in Somerset's Domestic Abuse System?

The Somerset Domestic Abuse Board's Annual Report for 2016/17 has now been published! If you've not seen it, do have a look—it can be found online at <http://www.sometsurvivors.org.uk/partnerships-governance-domestic-abuse-in-somerset/>. If you've any questions please email [communitysafetyteam@somerset.gov.uk](mailto:communitysafetyteam@somerset.gov.uk)

## Training and Resources for Professionals

Somerset County Council Public Health organize a range of domestic abuse awareness courses throughout the year. Details of upcoming courses and dates are listed below.

**For availability and to book please email [PublicHealthTraining@somerset.gov.uk](mailto:PublicHealthTraining@somerset.gov.uk)**

### **Recognising the Signs of Domestic Abuse and How to Respond (level 1) - 1 day**

29 November—Taunton

31 January—Yeovil

1 March—Bridgwater

#### **Who Is This For?**

For anyone who delivers any kind of service to the public.

### **Refresher Training (Level 2) - 1/2 day**

5 October—Shepton Mallet

3 November—Taunton

4 December—Yeovil

#### **Who Is This For?**

If you've attended a level 1 course a year or more ago, or you have lots of experience working with domestic abuse victims and want to review and refine your knowledge.

### **Understanding and Identifying Domestic Abuse in Teenage Relationships**

20 September - Yeovil

23 February—Bridgwater

#### **Who Is This For?**

For anyone who delivers any kind of support, care or education to teenagers

## **Female Genital Mutilation**

### **Do You Work in Health?**

Last year, the Department of Health issued some new resources to help healthcare professionals identify the signs of FGM and know what to do—find these online at youtube <https://www.youtube.com/playlist?list=PLvaBZskxS7tz9UuPfEX5hDO5GW08wxxmk>

### **E-Learning**

The Home Office have FREE e-learning that you can access at <https://www.fgmelearning.co.uk/>



## Barnardo's Family Intervention—Supporting Children to Recover from Domestic Abuse

Barnardo's deliver the Family Intervention and Perpetrator parts of the Somerset Integrated Domestic Abuse Service contract held by Knightstone Housing.

It's been an honour to develop this new service to help so many children who are left reeling by the abuse they were subject to and who are left experiencing complex emotional difficulties which can make their lives very difficult, but from which they can recover given the right support. We have a small team of 4 full time equivalent project workers whose time is split between family intervention work to help children and families and our role running the county's Perpetrator programme which is called Lifeline. (See page 5).

The Barnardo's Family Intervention Service provides support to children where their adult carer has been referred to SIDAS. Initially the adult victim will be supported by other Knightstone colleagues to manage

their risk but they can be referred for family intervention support when they are safe and able to begin a recovery phase. Since April 2016 we have supported many adults and children with intensive and sustained support. Our approach to this work is child led, creative and 'therapeutic' recognising that it takes time to deliver real outcomes as illustrated by the case study below.

Many other families and children have benefitted from the training that we have developed specifically to help families and professionals understand the impact of domestic abuse on children's development. We've also had a phenomenal response to our new information guide for parents/carers with children affected by domestic abuse which you can access here; <http://www.somersetssurvivors.org.uk/somerset-integrated-domestic-abuse-service/>

*Michael Hammond, Service Manager, Barnardo's.*

### **Case Study – Danielle (Mother) and Harvey (Son aged 7). Not real names.**

Danielle separated from her ex-partner after suffering significant physical, sexual and emotional domestic abuse over many years. The domestic abuse escalated when she became pregnant. She separated from her perpetrator when her son Harvey was a few years old.

Harvey presented with angry outbursts which turned into rages and often resulted in Harvey wetting himself.

Harvey told stories which were very believable but which were not true. Outwardly he appeared confident but his life was very difficult and he didn't understand why.

1:1 support has been given to Harvey by a Barnardo's Family Intervention worker at SIDAS on a weekly basis since February 2016 this has included a range of creative interventions to engage Harvey in a way that has worked for him:

- Jelly Baby tree – to help explore feelings and relationships
- My Special Book –to gain background information about Harvey and to begin to explore emotions and his levels of confidence and self-esteem
- Helping Hands – to explore people Harvey can turn to for help and support
- Quick Draw / Word Association –assessment tool to try to unpick different topics, e.g. Mum / Dad / bedtime
- Feelings Card Game – weekly, to explore feelings around Mum and Dad
- Worries – Harvey created his own worry doll which he keeps at school
- Emotion Work – ongoing for several weeks to explore

understanding of feelings including Harvey making his own Emotion glasses

- Body Mapping –to explore Harvey's own feelings and to unpick these in more detail

The Barnardo's Worker meets with a class teacher, whom Harvey is close to, on a regular basis to update them so they can ensure a joined up approach to supporting Harvey. This is because we believe in order to have a real impact we have to work with all the systems around a child. The Barnardo's worker also supported a referral to the school nurse service for bedwetting support.

The school have reported a noticeable positive change in Harvey since he has had this support. He is less anxious, more confident, talking to teacher if not feeling 'good', and less angry. He still gets angry from time to time but this is a rare occurrence now. When he does get angry he is recognising the signs and seeks help. He is able to calm himself much quicker than before and his anger almost never escalates now. He is able to recognise when he is feeling 'wobbly' and seeks help. Crucially, he is now able to verbalise how he is feeling and why.

Feedback from Mum also indicates that Harvey is happier and is having far fewer angry outbursts at home and is telling stories less often. Danielle reports that when Harvey does have an angry outburst they do not last as long, they are sometimes less intense than before and he is now able to talk to her about them afterwards. Harvey is no longer wetting himself which is making a huge difference to him.

....continued on page 8.....

**..continued..** This has included: Talking about a very frightening incident which happened to his Mum; Being able to openly admit he does not feel confident; Sharing that he is scared at night time which is why he hates bedtime. Other areas of significant progress include: he understands the basics of the science behind his emotional reactions so is able to take a 'step back' from them; he recognises that his surface emotions are his initial responses and that he needs to address his underlying emotions too and that his behaviour is often driven by these. He has been able to express his inside emotions on a few occasions now and how it impacted his behaviour; he is beginning to use the first aid kit strategies learnt to calm himself before things escalate; his confidence has noticeably improved – so much so he was able to perform a dance routine in front of the whole school

## New Funding

The Safer Somerset Partnership were successful in securing the funding from the **Avon and Somerset Police and Crime Commissioner 2017-18** Police and Crime Grant for a new Somerset service—"Project SHE".

The grant funding will fund a SHE diversion worker employed by The Nelson Trust who will work across Somerset but be based in Bridgwater and will therefore enable the start of the SHE scheme from our Bridgwater Custody Centre. The scheme is currently being delivered in Bristol. 3 key aims of SHE are to :

- Improve safety for those who are themselves victims/vulnerable
- Improve access to, and engagement with, support in relation to the nine reducing re offending pathways
- Reduce re offending

In early 2017, the **Home Office** launched its **Violence Against Women and Girls (VAWG) Transformation Fund**. There were many applications made from across the country, including several from the Avon and Somerset area. Two which were successful and will directly benefit Somerset are:

- 1) Bristol City Council are to receive £391,000 for an early help service in the city, plus to develop a dynamic Avon and Somerset wide multi-agency risk assessment model—this will modernize the MARAC processes.
- 2) The Police Crime Commissioner received over £120,000 for the provision of specialist support, across Avon and Somerset, for sexual assault victims with learning disabilities or mental health problems.

## Awareness Raising Materials and Publications



### Get Somerset Domestic Abuse Publications For Your Workplace

Raise awareness of domestic abuse and local support services, with posters, leaflets and materials (e.g. "business cards", discreet items for victims, pens, wristbands, leaflets)

#### Where Can You Get Materials/Publications?

Some materials can be ordered online at <https://www.healthysomerset.co.uk/resources/product-category/domestic-abuse/>

Download publications at <http://www.somersetsurvivors.org.uk/materials-to-download/>

#### Any Questions?

Email [communitysafetyteam@somerset.gov.uk](mailto:communitysafetyteam@somerset.gov.uk)

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