

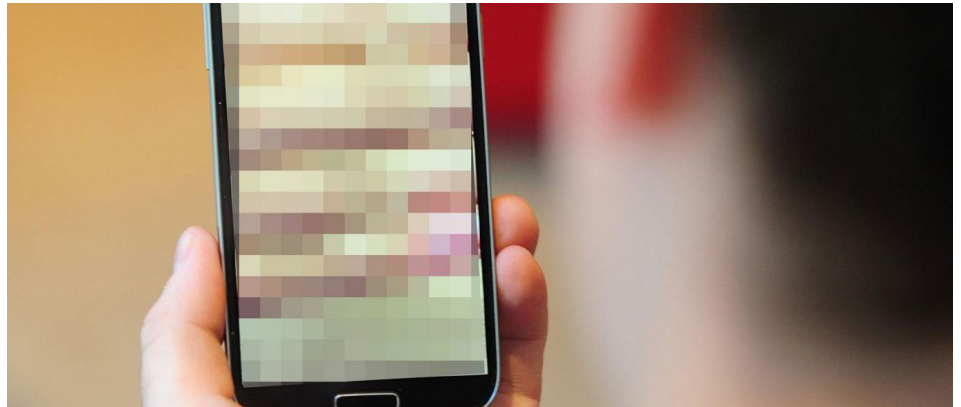


# FORUM NEWS

August 2016

## EDITORS COLUMN

Welcome to the August edition of the Forum News on behalf of the Worcestershire Forum Against Domestic Abuse and Sexual Violence. I hope you find this edition to be informative with a focus around technology with how mobile phones are fuelling abuse, a parental guide on the phenomenon that is Pokémon GO and the how the iPhone is tracking your every move. It celebrates success with awards for both young people and Worcestershire Woman of the Year. Older abuse is profiled as an emerging theme and ongoing challenge. Sadly, we learn that Stonham Homegroup will not be providing domestic abuse services after the 1st December 2016 when the new commissioned services will move to a new provider (not determined at this time). On behalf of everyone I thank them for their support and service over many years. We also welcome John Campion as the new Police Crime Commissioner.  
Martin Lakeman



## Revenge Porn - Update

'Revenge Porn' is the sharing of private, often sexual or explicit, photos or videos of another person without their consent and with the purpose of causing embarrassment or distress. It can have devastating consequences for victims and have a severe impact on their mental health and well-being. Sometimes the images are also accompanied by personal information about the victim, such as their full name, address and links to their social media profiles.

Revenge porn was made a specific offence in England and Wales in April 2015 as part of the Criminal Justice and Courts Act 2015, and those convicted will face a maximum sentence of 2 years in prison. New figures show that between April and October 2015 nearly 200 cases of revenge porn were reported to police, by victims as young as 12. However, with figures drawn from just over a third of police forces in England and Wales, this is likely to only be the tip of the iceberg, with actual incidents much higher. As part of wider government measures to tackle revenge porn, in February 2015 the Ministry of Justice launched the 'Aware B4 You Share' campaign to raise awareness of the new legislation surrounding revenge porn, in order to deter potential perpetrators and support victims by signposting sources of advice. The Government also launched a helpline to provide victims with information on legal help and their rights to have the images removed from websites – which received 1800 calls in its first six months alone.



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## How technology is fuelling Britain's hidden domestic abuse epidemic

A third of young women in the UK have been victims of 'coercive control' but most do not know it's a crime and have experienced a form of domestic abuse that could be on the rise with the spread of mobile technology. Research by Women's Aid found that almost 40 per cent of 16 to 24-year-olds interviewed said they had been subjected to **"controlling behaviour"**, mainly including having their phone, messages, emails and social media accounts checked. But only a tiny fraction of those recognised the behaviour as a type of **"coercive control"**, which is now illegal under a law passed last year.

Polly Neate, the charity's CEO, said that many girls and young women are abused in their first relationships, when they have nothing to compare it to. **"Domestic abuse is so much more than just physical abuse, and in our experience coercive control underpins the vast majority of all abusive relationships."**

The Serious Crime Act 2015 made **"controlling or coercive behaviour in an intimate or family relationship"** illegal and punishable with up to five years in prison and hefty fines. But many of the people interviewed were not aware of the recent law and considered some of the behaviour it encompasses normal. One in 20 think that being scared of your partner was part of a **"normal relationship"**, the research found, while 10 per cent thought having their phone repeatedly checked was acceptable and only one in three knew what coercive control was. But only a tiny fraction of those recognised the behaviour as a type of **"coercive control"**, which is now illegal under a law passed last year. Some blamed the abuse on themselves for not making their boyfriend or husband trust them and others took it as a sign they **"care"**.



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The rise of mobile technology is making methods of control ever easier and more varied, from instant messaging services showing when communications have been read, to popular apps that track a person's whereabouts. "While over a third of those questioned consider themselves as having been in controlling relationships, 37 per cent only knew this in hindsight and 10 per cent when it was highlighted to them by their friends and family."

A survivor said "I think it's often the case that young people don't have the experience of healthy relationships to know that what's happening isn't normal. It's so easy just to think 'all couples argue', especially when someone is telling you that you provoked them all the time. And once they start wearing down your self-esteem and isolating you, it spirals to a point that you can't see a way out. Having experienced coercive control I know it's very easy not to recognise those early signs of abuse, and end up staying in a relationship that's dangerous and takes over every aspect of your life. Raising awareness with young people is so important because it'll empower them to recognise signs of control early on and know what they are experiencing isn't normal or their fault."

## How your iPhone has been tracking your every move in secret!

I previously featured this in June last year but have been shocked at how few professionals are aware of this feature so feel the need to share it again. Please share this new found knowledge with others and remember that it may pose a risk to people you're supporting. Described as "the divorce lawyer's dream" - this iPhone feature that has existed for months, buried deep into the settings menu. I am more concerned how this feature can be used to increase the risk posed to victims. If you put this information in someone else's hands, then it becomes powerful, and in some cases, dangerous.

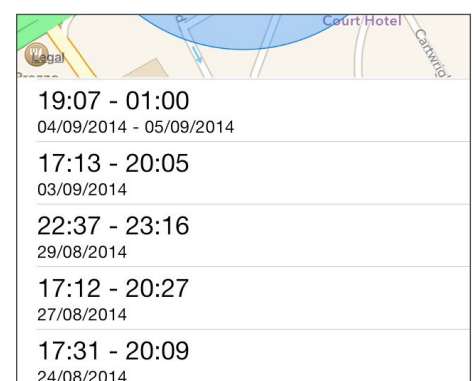
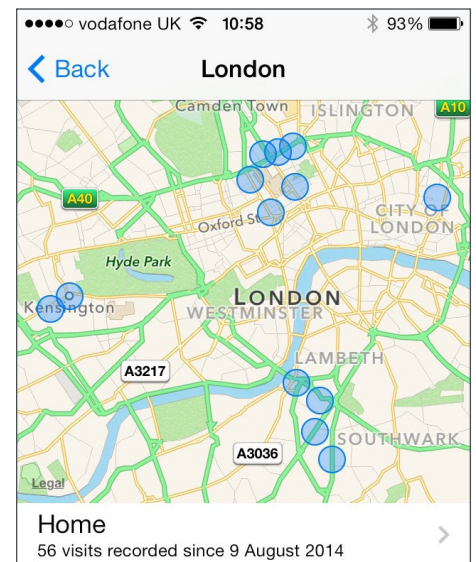
Without your knowledge, every move you make is being tracked in alarming detail. The Frequent Locations system pinpoints the places you go on a map, how many times you're paid a visit, and the exact times of your arrival and departure.

If you haven't disabled this feature, this means that Apple knows where you live and work and is even able to understand your daily routine. That includes an abusive partner too. Few people know this exists – after being shown the information, I was stunned and it almost felt I was like I was a "person of interest" in a low budget film about the FBI. Thankfully, I'm not that interesting!

Go to Settings section, and hit the Privacy tab. Then click Location Services at the top, which will probably say "on". From here scroll right to the bottom of the menu and click System Service: Finally, press Frequent Locations, which is the last option available.

At the bottom, you'll see your history, including the locations and how many visits made. By clicking on one of them for more information, you might be presented with several addresses. Selecting a specific location will lead you to a list of the dates and times you were there – scary.

Thankfully, there are ways to disable this, in the Frequent Locations menu it's possible to clear your history, and stop your iPhone from logging these details in the future.







## Look out for cruelty to people, vets told as study finds high risk of domestic abuse in a fifth of households with mistreated pets

- Research by Devon and Cornwall Police and social services departments
- They found link between pets suffering cruelty and domestic abuse risk
- Vets encouraged to tip off police if they fear child or adult is being abused

Vets are being urged to look for signs that those people asking them to treat their injured pets might be the victims of domestic abuse. The new initiative follows research by Devon and Cornwall Police and social services departments suggesting that in a fifth of households where pets suffer cruelty, there is also a high risk of domestic abuse. Leaflets will soon appear in surgeries across the UK encouraging vets to tip off police if they fear a child or vulnerable adult is being abused. The campaign is backed by the crime-fighting charity Crimestoppers. A lot of domestic abusers will use an animal to help control their victim, saying they will hurt it if the victim does not comply. They might also hurt the animal and say that the victim will be the one to be hurt next.

The advice has been compiled by the British Veterinary Association's charitable arm, The Animal Welfare Foundation, and The Links Group, which promotes the welfare of animals, children and adults at risk of abuse. Vet Freda Scott-Park urged her colleagues to be alert to the possibility that a person abusing a pet might also be abusing a person in their household. Vets should consider encouraging potential victims to open up by asking them questions such as: 'Sometimes when I see injuries like this, it means the animal has been hurt by someone they live with. Is this possible?' A spokesman for the RSPCA said: 'Any campaign which urges vets to look out for non-accidental injuries has to be welcomed, and if that helps create awareness of wider possible domestic violence in the home, then we are pleased to lend our support.'



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## Domestic Abuse champion wins Wonderful Worcestershire Woman of the Year

Quality Solicitors Parkinson Wright Solicitor Suzanne Oldnall, Head of the Domestic Team won both the Employee of the Year at the Wonderful Worcestershire Women Awards held on Friday 29th April 2016 and the overall award of Wonderful Worcestershire Woman. Suzanne was instrumental in setting up a designated domestic abuse unit at their Worcester office where sufferers of abuse can seek legal help and support. This frequently involves Suzanne obtaining emergency injunctions from Court on the same day, to protect victims of domestic abuse. Suzanne continues to raise awareness that help is available and has assisted many victims in an around Worcestershire to lead a life without fear. Cyril Arridge, Managing Partner says, "We nominated Suzanne for this award as she is passionate about her work and committed to helping sufferers of domestic abuse. We are delighted that she won not just the Employee of the Year award but was also the overall winner of Wonderful Worcestershire Women. These are awards that she fully deserves for all of her work in helping sufferers of domestic abuse".

Suzanne adds, "I am extremely proud to have won these awards which has helped to raise awareness of domestic abuse and I encourage other victims of abuse to come forward and seek help."



## ContinU trust Young People Award

Young people from schools comprising The ContinU Trust of Wyre Forest & Hagley were presented with the White Ribbon Award by Martin Lakeman, Strategic Co-ordinator of the Worcestershire Forums Against Domestic Abuse, in recognition of the work they have done to raise awareness of domestic abuse and sexual violence in their schools in recent years. The presentation took place at Kidderminster Town Hall as part of the annual Wyre Forest & Hagley Young Citizenship Celebration event evening.

## Karma Nivana extends Helpline hours

Supporting victims of honour



**KARMA  
NIRVANA**

crimes and forced marriages. The helpline is available for all victims, survivors, friends and professionals.

New opening times will be:

- 9am to 9pm Mon - Fri
- 10am to 4pm Sat & Sun

**0800 5999 247**

Together we can increase reporting, reduce isolation, save lives.



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## Health and Well-being

### New Woman Manual

Customers in the private, public and not-for-profit sectors have all long demanded a title for women to go with our popular Man Manual. This booklet is the result. Woman was written by a top female health journalist with a female-led editorial and advisory panel.

Women of all ages and from all over the UK have been involved in its development and road-testing. We hope you find it useful.

#### What's inside?

Women can still expect to live longer than men – but the gap is closing. It's no coincidence that more and more women are now juggling jobs and family responsibilities – and while we care for others, we don't always take as much care of ourselves as we might.

But the good news is that making small changes to the way we live our lives can lead to some big improvements to our health – both now and in the future.

This booklet will help you get started:

- How To Eat Well Without Dieting
- How To Get Off The Sofa – And Have Fun

- How To Spot Cancer
- How To Get Enough Sleep
- How To Boost Body Image And Self-Esteem

For copies of the Woman- Woman's Health made easy manual, follow the link below:

<http://bit.ly/2a1K8ud>

### Men's Health - Beat Stress Manual

The 36 page full colour booklet looks at:

- The causes of stress
- How it affects us and
- What we can do about it.

Written by Fabio Zucchelli, Richard Shrubbs and Steve Baxter with cartoons by John Byrne, a team that have all experienced mental health problems of their own, is full of simple, practical tips that will make any man feel better.

To obtain copies of these stress manuals, visit the Men's Health Forum website, follow the link below:

<http://bit.ly/2abECow>



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**Visual Evidence for Victims**

## Visual Evidence For Victims in West Mercia

### What is Visual Evidence for Victims (VEV)?

Visual Evidence for Victims (VEV) in West Mercia (Worcestershire) is designed to take approved photographs of injuries or things that have been damaged. The project can also store photographs securely so that they will be available if you decide to report the crime later on. It is ideal for supporting victims of both domestic and sexual abuse who are not ready to go the police.

VEV is run by Victim Support with the help of other local organisations and is totally independent of the police.

The VEV team has evidenced approved cameras that they have been trained to use. They can take photographic evidence of:

- Physical injuries, such as bruises, cuts, scratches or pulled-out hair.
- Property damage, including broken windows, damaged doors or offensive graffiti.

### What happens to the photographs?

VEV can store these photographs securely and confidentially until you decide to take action. Pictures can be used to report a crime to the Police or in civil proceedings.

Alternatively, we can keep your photo evidence on file (for up to six years) or you can choose to have the photographs destroyed. You can get support and information from us to help you decide what you want to do. You, the victim choose when you want to use the images and they can support and corroborate other reported incidents.

The VEV team will not force you to have your evidence recorded through pictures – we will only do it with your agreement.

We will treat you with dignity and understanding. We will be sensitive, especially if you have intimate injuries. We won't tell anyone else that we have your photographs.

### VEV Trained Organisations In Worcestershire:

- Victim Support
- Women's Aid
- The Sexual Assault Referral Centre (SARC)
- West Mercia Rape and Sexual Abuse Support Centre (WMRSASC)
- Homegroup
- Worcester Community Safety Team
- Bromsgrove District Housing Trust
- Maggs Day Centre

For more information on the service or training opportunities contact Chris Hodson at Victim Support on:

**01905 726885**



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Stonham  
**home  
group**



## Stonham Domestic Abuse Services - End of service statement

**Stonham has delivered Domestic Abuse Services in Worcestershire for many years, supporting thousands of women, children and men in refuges, safe houses and in the community.**

Stonham is now entering into a new strategy for 2016-2020 and with this, we have recently taken the decision to focus our efforts on specialising in providing support to a smaller number of client groups. Our strategy review has resulted in the decision not to continue providing domestic abuse services in Worcestershire in the future as these services no longer align with our new strategy.

We remain committed to delivering domestic abuse support until our current contracts come to an end. We ask that you continue to refer clients to the Worcestershire Domestic Abuse Service as the service itself is not closing, it will simply move to a new provider from 1st December 2016. We receive additional funding to support women, children and men needing safe accommodation, therefore we will continue to provide a small number of safe houses in Worcestershire until October 2017.

We are very proud of the close working relationships we have had with our commissioners, partners and stakeholders. As we will still have a presence in Worcestershire, due to continuing to deliver and develop support and accommodation services to other client groups, we look forward to continuing to work with many of you in the future.

I'd like to take this opportunity to thank everyone who has supported our service over the years. It has been a great pleasure to work with such passionate and committed professionals and we wish you all continued success in the delivery of support to those affected by domestic abuse.

**Zoe Jenkins**

**Business Contracts Manager**



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**West Mercia  
Rape & Sexual Abuse  
Support Centre**



# SELFIE



## Sexualisation Exploitation Love Friendships Information Empowerment

SELFIE is an educational resource designed to increase young people's access to high quality sexual violence prevention and support. There is significant evidence of increasing prevalence of sexual and other violence in young people's relationships, as well as high levels of childhood and adult sexual violence and abuse.

The use of social media and mobile technology in sexual harassment and bullying is also well documented. These forms of violence also reflect the increasing sexualisation of children and young people including the availability of pornography, and the subsequent influence on young people's perceptions of appropriate sexual behaviour.

SELFIE enables young people to explore these issues and develop their knowledge and understanding, including considering how the Sexual Offences Act 2003 relates to sexual conduct and issues such as consent.

SELFIE has been developed by West Mercia Rape and Sexual Abuse Support Centre on behalf of Rape Crisis England and Wales and in partnership with Rape Crisis Scotland.

WMRSASC have been delivering the programme over the past 18 months within a wide variety of educational settings. In total over 900 children across West Mercia have had an input from SELFIE, whether it has been a one off session or completing a full programme.

As part of the ongoing development of SELFIE, we are now looking at:

- Continuing the delivery of SELFIE across West Mercia to a minimum of 800 pupils aged 11-18 years old.
- Development of additional modules aimed at those within hard to reach groups, additional needs and specific communities, for example LGBT and Not in Education, Employment or Training (NEET).
- Development of additional resources for those identified as at risk of offending.
- Development of SELFIE Plus. A new resource aimed at adults for delivery to parents, teachers and community groups.

SELFIE has achieved some significant outcomes on educating and changing the attitudes and raising awareness of children and young people around sexual violence, with 100% of children stating they would recommend the specialist services of WMRSASC.

For more information or to book a SELFIE project please contact:

Jemma Price  
Children's Independent Sexual Violence Advisor Service Manager  
T: **01905 611655** | E: [jemma.price@wmrsasc.org.uk](mailto:jemma.price@wmrsasc.org.uk)



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## Spotlight on Older abuse

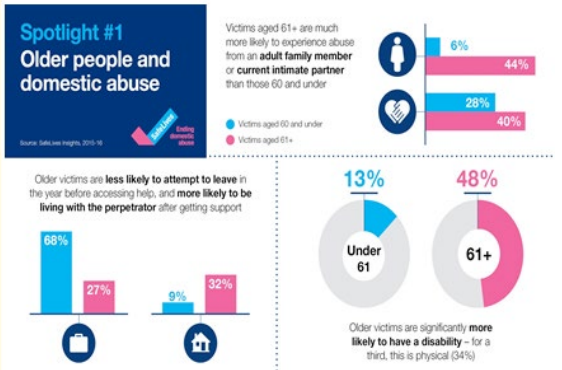
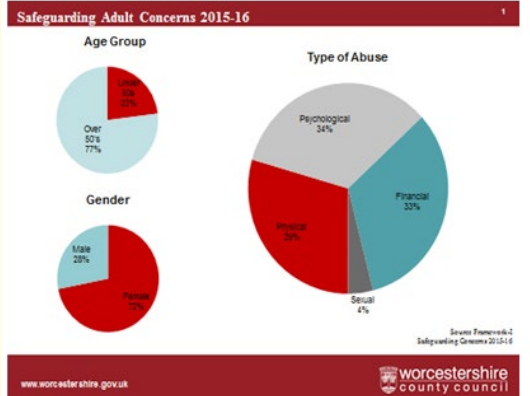
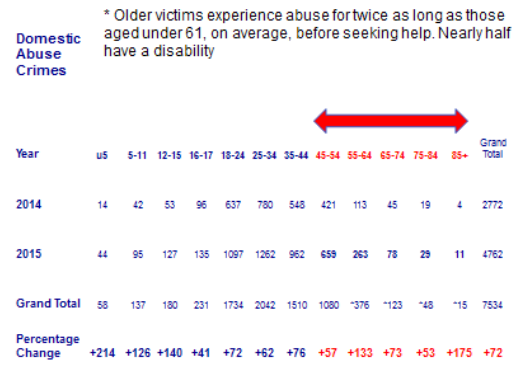
It's our right to be safe at any age. How can we make it easier for older victims to get help?

Safelives are doing a "spotlight" on abuse suffered by older people. This theme mirrors what we've found in Worcestershire, with increased recording by West Mercia Police of older victims and increases in safeguarding concerns, particularly adults over fifty. To find out more you can visit the Safelives site at [www.safelives.org.uk](http://www.safelives.org.uk)

Here are some of the challenges faced by older victims:

- Older victims might not recognise what's happening as abuse
- They may be reluctant to talk about it
- They don't know about the help available or have been let down in the past
- They may have health or mobility needs
- Family and friends aren't always supportive
- They think it's too late

This challenge is replicated in the Worcestershire Helpline figures which have seen 154% increase in calls however only 11% of calls to the helpline being from people over 50 years of age and only 2% of calls from people over 60. Clearly we need to do more to raise the awareness of older people suffering abuse.



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## The phenomenon that is Pokémon GO – A Parent's Guide

We explain what the game can do, the benefits and risks, and how parents can help their children play the game safely. Posted on the Childnet blog 2nd August 2016 Update. [Click Here](#) for more information.

## Childnet - Online Safety Tools



Updated information for parents about Smart TVs and safety tools for social networking sites.

[www.childnet.com/blog/safety-tools-on-online-services-update-](http://www.childnet.com/blog/safety-tools-on-online-services-update-)

## Broken Rainbow Helpline taken over by Galop

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AND TRANS DOMESTIC  
ABUSE HELPLINE

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@galopuk

end abuse

NEED SUPPORT? WE'RE HERE FOR YOU!  
Domestic abuse can be psychological, financial, sexual,  
physical and/or emotional.

PHONE: 0300 999 5428 or 0800 999 5428\*  
EMAIL: [help@galop.org.uk](mailto:help@galop.org.uk)

\*Call the number (free) for you. 0300 numbers are billed as 01 and 02 landline numbers and are usually included in mobile phone package minutes. 0800 numbers are free from landlines and included in some mobile provider inclusive minutes.



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## In the spotlight

**Name:**

John Champion

**Organisation:**

West Mercia

**Position:**

Police & Crime Commissioner

**My first proper job was...**

Mucking out wild animals at the Safari Park

**When I was a child I wanted to be...**

Chef

**Favourite book / film...**

The Italian Job (original)

**Favourite drink...**

Harvey Wall banger

**The best piece of advice I was given was...**

Make the most of every bit of luck that presents its self

**If I could invite any four people to dinner, they would be...**

Margaret Thatcher, Albert Einstein, Harvey Milk and Barak Obama

**After work I like to...**

Bake cake !

**If I was invisible for a day I would...**

Sit and watch the world go by uninterrupted



## Forthcoming Events

**19th October** – Conference at Hindlip for Magistrates – “Criminal Justice, Projecting Victims, Reducing Homicide”

**23rd November** – MARAC Awareness Event – SOLD OUT

**2nd December** – Adult Social Care Conference (County Hall) – “Safeguarding Victims, Reducing Homicide”

## Domestic Abuse Professionals pack / Make a Pledge

Don't forget if you want to download the domestic abuse information pack then go to the Forum website at [www.worcestershiredomesticandsexualabuse.co.uk](http://www.worcestershiredomesticandsexualabuse.co.uk). It's on the home page together with the MARAC referral form. You can also make your pledge of support by clicking on the Worcestershire White Ribbon logo or go to [www.whiteribboncampaign.co.uk/worcestershire](http://www.whiteribboncampaign.co.uk/worcestershire) your pledge is really important.



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