

Southend, Essex and Thurrock domestic abuse newsletter

#togetherwecan



November 2018

Issued on behalf of the Southend, Essex and Thurrock Domestic Abuse Partnership

SETDAB

Southend, Essex
& Thurrock Domestic
Abuse Board

Newsletter distribution list

**National Domestic Abuse Awareness
Week**

Please follow the link below to see activities that are being rolled out within your local area.

<https://setdab.org/resource/national-domestic-abuse-awareness-week-18-19-activities/>

Following the introduction of GDPR our newsletter contact list has considerably reduced. If you have colleagues who may like to see/contribute to our DA newsletter please ask them to sign up to our circulation list via the following link:-

https://public.govdelivery.com/accounts/UKESSEX/subscriber/new?topic_id=UKESSEX_206

SET DA Website launch

The screenshot shows the SETDAB website homepage. The navigation bar at the top includes links for Home, About us, Resource Library, News, Services Directory, Contact, Cover your tracks, Accessibility, and Select Language. The main header features the SETDAB logo and a search bar. Below the header, there are three main sections: 'Support for Victims', 'Support for Perpetrators', and 'Information for Professionals'. Each section has a brief description and a call to action. At the bottom, there are two search boxes: 'Find Services' and 'Key Contacts'.

Project Maya: Sharing the Learning event

Background:-

Project Maya was a two year project, that has now come to an end. The project was funded by the Local Government and Communities (DCLG) in December 2016.

Project Maya was a specialist domestic abuse service for BME (Black, Asian, and Minority Ethnic) which was Provider led by SOS Domestic Abuse Projects (SOSDAP) and Changing Pathways (CP). Project Maya covered the South-East Essex corridor, the project aims were to be innovative to reach BAME communities across the South-East Essex region.

Aim of the session is to provide

- Overview of Project Maya.
- Context and a brief overview of Honour Based Abuse (HBA) as well as understanding the risk.
- Learning from Project Maya: Challenges and barriers identified
- Agencies roles in responding to HBA and Forced Marriage (FM)
- Opportunity for questions and discussion.

Note: This is not a training event for HBA/FM – but puts into context learning identified from Project Maya.

To sign up to the event, please follow the link below.

The link to our Southend, Essex and Thurrock Domestic Abuse partnership website can be found below. The website provides advice and information on services for those affected by domestic abuse. Any feedback is welcomed. Please note you are able to submit comments via the 'contact' page appearing on the website.

<https://setdab.org/>

Essex MARAC

The **Essex MARAT static hub** is currently looking for practitioners that would be interested in becoming a Chair in the Multi-Agency Risk Assessment Conferences' (MARAC).

This is a great learning opportunity and is ideal for anyone looking to expand and strengthen their skillset.

For more information please contact: Estelle.Pereira@essex.pnn.police.uk

Participating in MARAC

Back in August, it was decided MARAC meetings would be held under **daily set areas** giving all of our partner agencies the chance to attend and participate for their set areas and cases. All that will be required is that you contact MARACESSEX@essex.pnn.police.uk as early as possible after receiving the case list to advise you will be attending.

We would like to encourage you all as partner agencies to try and attend and give your information to help safeguard the victims we are discussing. We do have a dial in facility but can only facilitate one agency at a time on this at the moment.

All meetings will take place here at County Hall and will be as follows;

- **Tuesdays - Basildon, Brentwood, Wickford, Castlepoint & Rochford cases**
- **Wednesdays - Colchester & Tendring**
- **Thursdays - Chelmsford, Maldon & Braintree**

<https://www.eventbrite.com/e/project-maya-sharing-the-learning-event-tickets-52315915311>

Women's Aid Public Policy Conference 2019

Our inaugural dedicated public policy conference will provide a space for leading-edge policy debate on domestic abuse and violence against women. The event will see speaker contributions from government ministers, parliamentarians, high profile public figures and professionals responding to domestic abuse and survivors.

At this event, delegates can expect to:

- Gain up to minute analysis from expert speakers on the domestic abuse bill and broader public policy developments
- Be part of an in depth exploration of financial abuse – the prevalence, the impact and the wider economic context
- Be the first to hear findings from Women's Aid new domestic abuse report which includes research on the economics of abuse
- Share, and be inspired by, best practice from expert speakers and delegates across the sector at a time when domestic abuse is becoming everyone's business

To book a place at this conference please follow the link below;

- **Fridays - Harlow, Epping & Uttlesford**

We would like to thank you all in advance for your support with this important safeguarding and we welcome all practitioners from all agencies to attend and contribute to the meetings. We also welcome observers on an appointment only basis.

If you have any further questions please do not hesitate to contact
MARACESSEX@essex.pnn.police.uk

Reducing Parental Conflict

The ECC Strategic Commissioning team have worked with parents and frontline practitioners in Essex to co-design the 'We All Have Arguments' leaflet. The leaflet is aimed at parents and has been designed to offer a mix of recognising when arguments are unresolved, patterns in what we say, the impact this can have on children and some suggestions on what parents can consider in order to reduce and resolve their arguments. This is the second print of the leaflet and has been tweaked slightly based on feedback from parents. We are hoping to include a telephone number on the back as parents have intimated that they would find this useful. We will also be hosting some additional resources recommended by parents on the Livewell Campaign website. In order for us to be able to reach as many parents as possible in Essex, we are seeking financial support and sponsorship.

Contact: Gaynor.Sproul@essex.gov.uk

<https://www.womensaid.org.uk/get-involved/events/get-involved-events-public-policy-conference-2019/>



women's aid
until women & children are safe

The Change Project

We all have arguments
How do you solve yours?



We all argue – but do we always feel that arguments are resolved in a way that leaves everyone feeling okay?

www.livewellcampaign.co.uk Essex County Council

It is normal for parents to argue (whether together or not), things that affect adults that can cause arguments include...

- Lack of communication
- Job loss/ Finances
- Moving home
- Births
- Injury/Illness/ Deaths
- Parenting/ Who does what
- Separation/ Loss
- Friends/ Family

Things that affect your children that can cause arguments include...

- Starting/ Moving school
- Birth of sibling
- Tests/ Exams
- Illness
- Bullying
- Friendships
- New family members
- Physical/ Emotional changes

Pause. Share it. Solve it.
A good place to start is to think about...



How might your children feel when you argue?

- What happens when you argue?
 - What triggers the arguments?
 - Is it always about the same thing or lots of different things?
 - Is this the right time to tackle the issue?
 - How do you both react?
- 

Pause. Share it. Solve it.
It helps to see the other person's point of view...

What next?



Personal Wellbeing Through Positive Change
tcp@thechange-project.org - www.thechange-project.org

Couples, Family and Youth Counselling

Discuss the past, improve the present, and plan for the future

Separated Parents

Help that focusses on your child's needs, and improves your communication

In School and At Home

Family Support, Child Play Therapy, Whole School Drama Based Therapy

Training Services

Programmes to suit organisations, multi-agency groups and the public

'Talking' Sex Therapy

Difficulties are common; take control, rediscover and improve intimacy

Domestic Abuse Services

Identify your abusive behaviour, learn how you can change for your children

01245 258680 - 0845 3727701

The Change Portfolio
11b, Broomfield Road, Chelmsford CM1 1SY

In arguments do either of you find yourself saying...

- You always do this
- You're always at work
- You always overreact
- You don't support me
- It's your fault
- You don't know how I feel
- You never listen
- You always give in to him/her
- It's always down to me
- That's not what I said

How do arguments leave you feeling?

- Down
- Anxious
- Find up
- Wart
- Frightened
- Resentful
- In control
- Angry
- Out of control
- Stuck
- Responsible
- Useless

When arguments are frequent, heated and not resolved they can affect your child in many ways.

- Scared
- Clingy
- Poor sleep
- Lack of friendships
- Withdrawn
- Feel responsible
- Poor attention
- Angry
- Sad

Children are like sponges and absorb everything around them (even when you think they're not listening). Resolving your arguments will mean your child will:

- Be happier
- Worry less
- Sleep better
- Be more resilient
- Feel more secure and stable
- Have better and more trusting relationships
- Learn how to manage conflict
- Learn how to resolve arguments
- Focus at nursery/school.

Consider using 'I feel' instead of 'you did/said'

- Truly listen to the other person
- Stop trying to get your own way
- Reach a compromise
- If you feel that you haven't handled things well then tell the other person this
- Leave the argument where it is and pick the discussion up at another time.

Pause. Share it. Solve it.

Once you have clarity on the issue you might want to consider...

- Is there a practical solution to who does what (e.g. Finances, childcare, housework, rates etc)?
- Check that you both agree/agree to disagree with the solution
- What small things can you both change?
- How can you both ensure things are shared fairly?
- When things are calm ask each other what you did that was different and what effect this had.

At times you might need a little bit of help with your relationship or support as a family. For further advice/information on areas such as; health, parenting, housing, finance or domestic abuse visit the Liveness website or scan the QR code below.

liveness
www.livenesscampaign.co.uk

Can't remember? Scan me!

©Liveness by parents and practitioners at Liveness

Risk Avert Evaluation Summary

During the 2016/17 academic year, 284 young people participated in an independent evaluation of the award winning Risk-Avert programme.

Here are 5 key outcomes from the evaluation:-

- 76% of young people achieved positive outcomes relating to their mental well-being.
- 70% of young people achieved positive outcomes relating to their self-efficacy
- 69% of young people achieved positive outcomes relating to their resillience
- 74% of young people achieved positive outcomes in at least 2 domains
- 51% of young people achieved positive outcomes in all 3 domains.

Risk-Avert continues to provide positive outcomes first identified in 2015/16. All Risk-Avert sessions are delivered in school, by non-specialist school staff who have received training by The Training Effect. To find out more about Risk-Avert you can visit their site at: <https://www.risk-avert.org/>.

The Home Office: Istanbul Convention

Ratification of the Council of Europe Convention on Combating Violence Against Women and Girls and Domestic Violence (Istanbul Convention) - [2018 report of progress](#)



<https://setdab.org/>

