

DOMESTIC ABUSE

PRE-WORKSHOP GUIDANCE

LET'S LOOK AFTER OURSELVES AND EACH OTHER

Thank you for agreeing to take part in our 'Domestic Abuse' workshop.

Please read this document in full before joining the session.

Domestic Abuse (DA) can be an emotive subject. We have carefully and sensitively chosen the content and materials used in our lesson plans. The discussions and the direction will be steered by yourselves, the students. However, if for any reason you find any of the information or discussions upsetting, please take a break and re-join when you feel ready. Staff will be available to support you if or when needed.

CONFIDENTIALITY

Information disclosed will be kept confidential unless we feel you or others may be at risk of harm. If there is the risk of harm, information will be shared with appropriate professionals who can help and support.

FURTHER ADVICE AND INFORMATION

If you would like some support, or if an aspect of the work triggers a reaction to any personal experience you may have, past or present, the following helplines are available to talk to someone in confidence:

- Freephone 24 Hour National Domestic Abuse Helpline 0808 2000 247
- Impact Family Services IDVA service, outreach support and children's service
For immediate support: 07375788835
Email: Enquiries@impactfs.co.uk
Tel: 0191 456 7577
- **In an emergency** or if you suspect someone is in need of help *immediately* always contact **999**, if not an immediate emergency situation DA incidents can be reported to police via **101**.

You can get further advice and information from the following websites:

- www.southtyneside.gov.uk/article/35175/Domestic-violence-and-abuse
- www.safelives.org.uk
- www.nationaldahelpline.org.uk
- www.refuge.org.uk
- www.kooth.com
- www.thehideout.org.uk
- www.apnagarwomenscentre.com/apna-sahara
- www.galop.org.uk
- www.nspcc.org.uk/what-is-child-abuse/types-of-abuse/domestic-abuse
Helpline: 0808 800 5000
Email: help@nspcc.org.uk