



Domestic Abuse Resources

Warning Signs
Safety Planning
Helpline Numbers
Mr/Mrs Right/Wrong
Traits & Personas
Domestic Abuse Quiz



Domestic Abuse Resources

CONTENTS

- 2 About Clare Walker
- 3 Freedom Programme
- 4 Warning Signs
- 5 Safety Planning
- 6 Mr/ Mrs Right/ Wrong
- 8 How a Spot a Dominator
- 10 The DA Quiz
- 11 CWC DA Training
- 12 NO MORE Campaign

Clare Walker Consultancy

Domestic abuse training
Consultancy
Guest Speaker
Conferences & Events
UK Wide & beyond

Clare trained as a Freedom Programme facilitator in 2004 and set up the first Freedom Programme victims support group in Leicester, delivering a rolling programme for 5 years.

Clare qualified as a Practice Assessor in 2006 for social work students on their placements; assessing students from Leicester, Derby & Northampton Universities.

Clare is one of only a few active Licensed facilitators of the Freedom Programme and has been delivering this training to professionals locally and nationally since 2006. Additionally Clare has taught modules at Universities to Social Work students drawing on the Freedom Programme model, highlighting the developmental impacts on children.

In 2011 Clare successfully set up her own company delivering domestic abuse training and Consultancy, drawn from the Freedom Programme model, to professionals UK wide.

07910371045 • 0116 2701935



www.clarewalkerconsultancy.com
Twitter: @clarewalker3
Facebook: Clare Walker

NO MORE

1 in 4 women
and girls will suffer
domestic abuse
in their lifetime.

The Freedom Programme training isn't just for teams working specifically in the area of domestic abuse.

There is a high correlation of the presence of domestic abuse in child death Serious Case Reviews.

Domestic abuse should be on everyone's agenda and the Freedom Programme gives us the tools to address and work with it, effectively.

Testimonials:

"I feel very motivated to develop programmes within our organisation to supplement what already exists and consequently provide this very valuable programme for more Women in the area."

Early Years Manager:

"Excellent – all Health Visitor team members/ Children's Centre teams/ Social Work teams, need this training."

Health Visitor:

WE rarely understand or believe we're in an abusive relationship when we are. We may be aware we are unhappy, or have a 'gut feeling' but we ignore it.

We accept the excuses and go on believing tomorrow this will stop or it won't happen again.

It won't stop until we stop it, we can do this by safely ending the relationship i.e. Safety Planning, engaging with support services, rebuild our lives and regain our **FREEDOM.**

We need to stop ignoring it, respond to it and say **NO MORE!**



NO MORE

WARNING SIGNS

Bully – states would never hit a woman, could be aggressive to others, silently sulks with no explanation or apology.

Jailer – insists on giving us a lift everywhere, questions whether our friends are good friends.

Headworker – tells us we could be really attractive if..., demeans us with 'humour' in front of others.

Persuader – makes us feel sorry for them, makes us feel only you 'understands' them.

Liar – denies, minimises and blames won't accept responsibility for own actions.

Badfather – can assume role of disciplinarian, buys favour of the children, encourages them to defy our instruction.

King of the Castle – if they do domestic chores, they may not complete fully or well, so we end up doing it again without letting on, moves in too soon.

Sexual Controller – gropes us in public, is irresponsible about contraception, can be unfaithful.

SAFETY PLANNING

If these warning signs are ringing bells for you, here are some tips for planning to end or leave an abusive relationship. The safety of you and the children, is paramount and safety is increased by clear planning and communication to the right people and agencies.

Things to consider:

Paper: – birth certificates, marriage certificates, benefit claim documents, employers documents, housing documents i.e. rent book/mortgage papers, medical card, NI card, car documents, driving license, passport, cash. (Although credit and debit cards are handy they can leave a trail).

Practical: – favourite toys/soothers, house and car keys, mobile phone, medications, debit or credit cards, tell one person you can trust where you will be and when you are going/contactable, don't make this person the most obvious, perhaps your GP or the school or local Police? School or work uniforms, nightwear and a couple of outfits if you can. Keep important contact numbers written down somewhere safe (address book, use code if need be). Have a spare mobile number to be contacted by.

Protection: – Court Orders, Solicitors, evidence of abuse; where possible photos or recordings or people who have been witness and are happy to give statements. Talk to the Police, they will flag your property to alert officers of possible dangers at your location. Change your daily routines or routes. If possible go to your GP to log assaults, keep a journal of assaults. If your abuser contacts you via text, call or email, do not respond – just keep for evidence. Be careful that using your bank won't give away your location/movements.



If you feel your life is imminently in danger the most important thing to do is to get you and your children out of the home. Don't wait to pack a bag!

DOMESTIC ABUSE HELPLINES

Freedom Programme
24hr Domestic Violence
Helpline
01942 262 270

National Domestic Abuse
0808 2000 247

Mankind
01823 334244

Broken Rainbow
0300 999 5428

Karma Nirvana
0800 5999 247

This list is not exhaustive

Mr or Mrs Right

10 Signs of a Non Abusive Person

1. Is cheerful and consistent
2. Tells you, you look good
3. Welcomes your friends & family
4. Encourages your independence
5. Admits to being wrong
6. Takes responsibility for their own well-being and happiness
7. Accepts that you have a right to say "no" to sex
9. Behaves like a reasonable human being
10. Does housework



Mr or Mrs Wrong

10 Signs of a An Abusive Person

1. Shouts, sulks or glares
2. Calls you names, makes you feel ugly and useless
3. Seduces your friends/sister/anyone
4. Cuts you off from your friends
5. Blames you, drugs, drink, stress etc.
6. Uses the children to control you
7. Never looks after the children
8. Expects sex on demand
9. Never does housework
10. Never admits she is wrong



How to Spot a

Dominator...

Learn about the traits & personas of victims and perpetrators of domestic abuse. The tactics and impacts are familiar to us in our lives.

The difference a with perpetrators of domestic abuse is that their motivation is to gain power and control over another.

The Freedom Programme format for training purposes is drawn from the stereotypes of female victim and male perpetrator, but is applicable to male victim/ female perpetrator and same sex couples.



1 THE BULLY: Sulks, Smashes things with no explanation or apology. Grits teeth, Displays weapons, Stalks you, Kicks walls and doors, Secret gestures, only you know, Drives too fast with us in the car, Cold eyes.



2 THE LIAR: Tells me he only pushed me, tells me I started it, denies he's been abusive when challenged, tells me I made him abusive, says it only happened because he was drunk/high, says I must have him back as he's dying of Cancer, says he's abusive because he's insecure or jealous..



3 THE KING OF THE CASTLE: expects dinner on the table as soon as he's home, takes all the money, burns dinner, comes and goes as he pleases, 'helps me' do the house work, ignores the housework until we do it, pretends he can't cook and clean, has his own chair no one else is allowed to use, complains if I spend money – even my own, asks us where his things are eg 'where's my shirt'



4 THE PERSUADER: tells me he'll kill himself, says he has nowhere to go, threatens to report me to Social Services if I leave, cries on the doorstep, threatens to kill the children if I leave, promises to see Relate counsellor if I have him back, states, "unless you take me back I will follow you to the ends of the earth", says I must have him back he's terminally ill, attempts suicide, promises to go to 'anger management.



5 THE HEADWORKER: Objectifies and compares our physique with others, tells other people our secrets, tells me I'm ugly, has affairs with other women, makes me feel guilty, makes me think I'm going mad by moving furniture and denies it, doesn't use my name, tells me I must be suffering PMT, tells me I'm useless, uses the word, 'woman' as an insult.



6 THE JAILER: Leaves the room when friends visit, tells me my friend made a pass at him, creates a row when I want to go out, has affairs with my friends, tells me my friends don't like me, goes everywhere with me, doesn't take a key when he goes out, hides my shoes, keeps me pregnant, moves me away from my support networks.



7 THE BADFATHER: tells the kids I'm stupid, uses the court system to continue abusing me, refuses to 'baby-sit', denies paternity, tells me I can leave but the children stay, asks the children to check up on me, contradicts my parenting of the children, hits me when the children are in the house, tells me and the authorities I'm a bad mother, demeans me in front of the children.



8 THE SEXUAL CONTROLLER: invites my friend for a threesome, nags for sex until I give in, rapes me whether I'm asleep or awake, ejaculates prematurely and blames me, blackmails me into having sex e.g. he'll give me shopping money, or buy much needed coats for the kids, says I must be Lesbian or unnatural if I refuse him sexually, asks the surgeon to stitch me up tight after child birth, refuses to have sex with me because I'm too disgusting, visits Gentleman's clubs.

For more information about the Freedom Programme see www.clarewalkerconsultancy.com

The Domestic Abuse Quiz

Take the Domestic Abuse Quiz and test your knowledge about the realities and prevalence of domestic abuse?

Answer this multiple choice quiz below to find out what you know about the facts of Domestic Abuse. Hopefully you will learn some myth busting facts along the way.

1. Domestic Violence accounts for what % of all reported violent crime.

- a) 2%
- b) 10%
- c) 25%

2. In Britain a woman is killed by a violent partner or former partner every

- a) 3 days
- b) every week
- c) every 2 weeks

3. What percentage (%) of women experience domestic violence in their lifetime.

- a) 2%
- b) 10%
- c) 25%

4. How many times on average is a woman assaulted before she seeks help?

- a) 5
- b) 15
- c) 35

5. On average, how many men a year are killed by their female partners or former partners?

- a) 22
- b) 52
- c) 112

6. On average, how many women a year are killed by their male partners or former partners?

- a) 22
- b) 52
- c) 112

7. On average, what percentage of domestic violence charges are withdrawn by the complainant before the case gets to court?

- a) 18%
- b) 58%
- c) 98%

8. How many women's refuges are there in England?

- a) 275
- b) 1000
- c) 5000

9. How likely is a woman in an abusive relationship, to be assaulted when she is pregnant?

- a) less likely
- b) just as likely
- c) more likely

10. Domestic Violence happens because of:

- a) Substance misuse
- b) Ill health
- c) Power & Control
- d) Poverty
- e) Unemployment
- f) Abusive Childhood

11. In Britain, police receive a complaint about domestic violence every

- a) 60 seconds
- b) 6 minutes
- c) 6 hours

12. In Britain a woman is assaulted in her home

- a) every 6 seconds
- b) every 60 seconds
- c) every 6 minutes

Answers & Source: The day to count: Elizabeth E. Stanko, Royal Holloway College, University of London, UK. This article presents the findings of an innovative methodology that examines the impact of domestic violence on key service providers in the UK. An audit of calls to police over one 24-hour period reveals that it is largely women who contact police about domestic violence. The audit also documented that more women escaping domestic violence live in refuges in the UK on one day than contact police for assistance. The article briefly comments on the impact of the audit on public awareness. 1: C – Amnesty International UK2006. 2: A – Home Office 2007. 3: C – Home Office 2007. 4: C – Amnesty UK2006. 5: A – Home Office 2007. 6: C – Home Office 2007. 7: C – Liverpool Crown Prosecution Service 1997. 8: A – 275 (approximately 1500 animal refuges). 9: C – 3 times more likely during pregnancy (Ress and Roth 1993). 10: C – The other answers are just excuses. 11: A – Elizabeth E. Stanko: Day to count 2000. 12: A – Elizabeth E. Stanko: Day to count 2000

Domestic Abuse Training

Clare Walker Consultancy offers 7 training packages of Freedom Programme domestic abuse training. Providing various formats to meet the needs of your agency or organisation.

PLATINUM PACKAGE

This training package consists of intense 2 day training of the Freedom Programme model itself in full detail. This packed 2 days requires participation from delegates including; reflection, discussion and feedback.

GOLD PACKAGE

This training package consists of 1 day training drawn from the Freedom Programme. This training requires delegates participation through discussion and Case Study exercises.

SILVER PACKAGE This training package is a half day training and awareness raising event. Again drawn from the Freedom Programme model, This training requires some delegate participation.

BRONZE PACKAGE

This training package is a workshop presentation taking delegates through the headlines of the Freedom Programme model.

INTRODUCTION TO FREEDOM PROGRAMME

CWC is now offering this half day training at £50pp minimum of 30 delegates. All trainees receive a copy of Living With The Dominator and Homestudy Workbook both RRP £10.99

SAFEGUARDING: DOMESTIC ABUSE & THE EFFECTS ON THE CHILDREN

CWC is now offering this half day training at £50pp minimum of 30 delegates.

BESPOKE SAFEGUARDING: DOMESTIC ABUSE & THE EFFECTS ON THE CHILDREN

CWC is now offering bespoke Safeguarding training package Tailored to your organisation, team and services users.

FREEDOM PROGRAMME CERTIFIED TRAINING MIDLANDS

Are you based in the Midlands? If so there are two new training package options, a 1 day or 3 day course which now have Continuous Professional Development (CPD) Certification.

If the above training packages does not fit your needs or you can't see what you're looking for, please contact me to discuss bespoke training packages for your agency.

Please note: Charges vary dependant on package and host agency location. All packages are delivered in venue as requested by host agency, all locations UK wide and beyond. Host agency need to provide venue, delegates, refreshments and access to equipment as appropriate.

See website for more information about training packages and bespoke training.

Tel: 07910 371045 or 0116 2701935

Email: clare@clarewalkerconsultancy.com

www.clarewalkerconsultancy.com





**For every
5 Victims**
3 will be female,
2 will be male

NO MORE DOMESTIC ABUSE

**Support CWC's NOMORE Campaign
Tweet with #NOMORE
Follow the NOMORE Blog at**

**[http://clarewalkerconsultancy.com/
no-more-domestic-abuse-blog/](http://clarewalkerconsultancy.com/no-more-domestic-abuse-blog/)**

www.clarewalkerconsultancy.com