



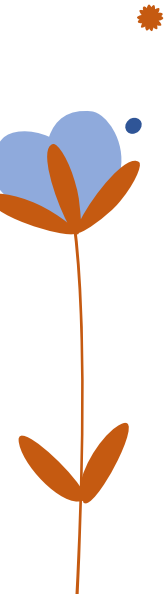
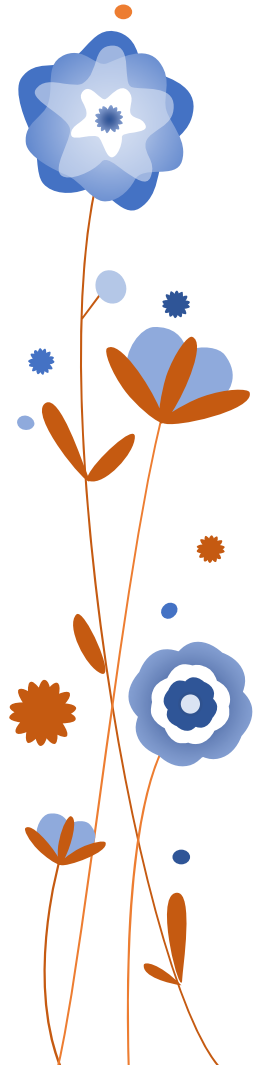
Swindon Domestic Abuse Forum  
Friday 9<sup>th</sup> June 2023  
0930-1230

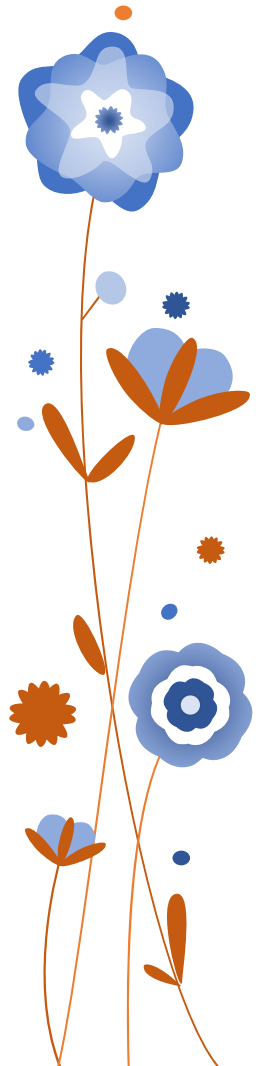
# Swindon D.A Forum

## 9<sup>th</sup> June 2023

NHS / Sexual Health - Trauma Informed Practice  
in Action

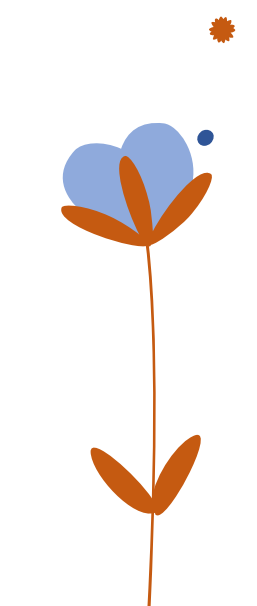
Sandie Arrell – Stoneham





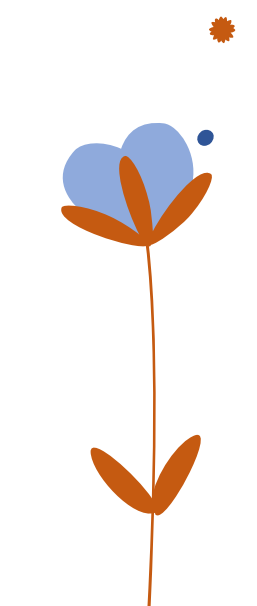
NHS Guidance 'Vulnerabilities: Applying All  
Health Matters'  
Published 29<sup>th</sup> March 2022

NHS Guidance 'Working Definition of Trauma  
Informed Practice'  
Published 2nd November 2022




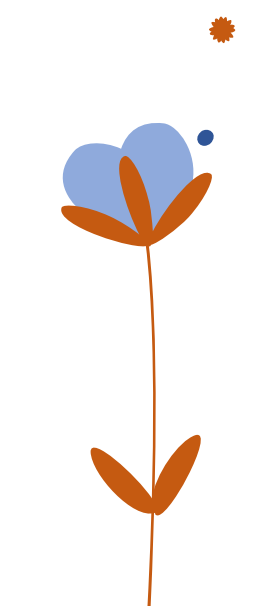


# Gov.uk

- <https://www.gov.uk/government/publications/working-definition-of-trauma-informed-practice/working-definition-of-trauma-informed-practice?fbclid=IwAR2P5eHNUy8lLw4fm9FdxC-HApyP-emmARlLp8JeqrYKR13ladkeV4-xJ9w>
- 

# Trauma Informed Practice....

© Gov.uk Vulnerabilities: Applying All Our Health - page 5

- 
- An approach grounded in the understanding that trauma exposure can impact an individual's neurological, biological, psychological and social development – thus shaping a person's world view and relationship development.
- 

# Being Trauma Informed...

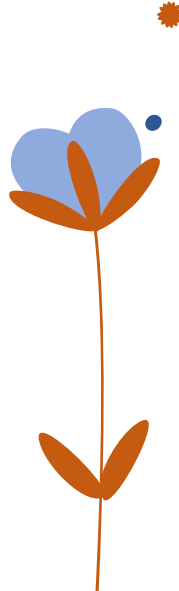
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- Means assuming that people are more likely than not to have a history of traumatic experiences,

And

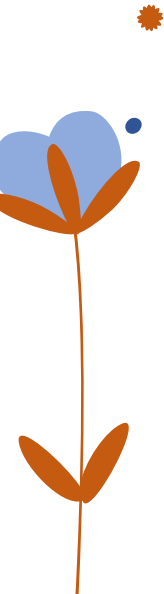
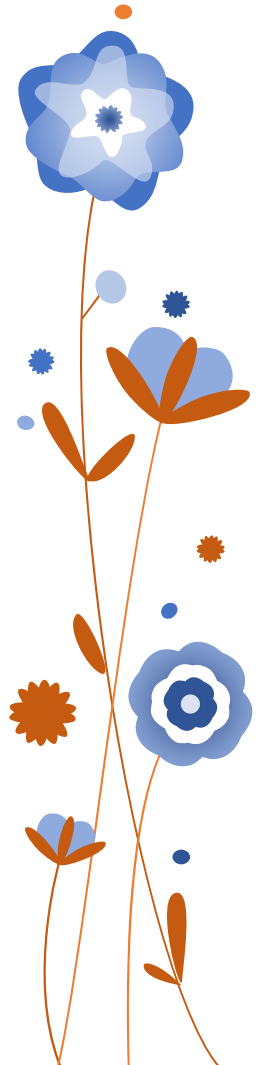
- that these experiences may impact on their ability to feel safe within and developing trusting relationships with services and staff.



# Aiming to think ....

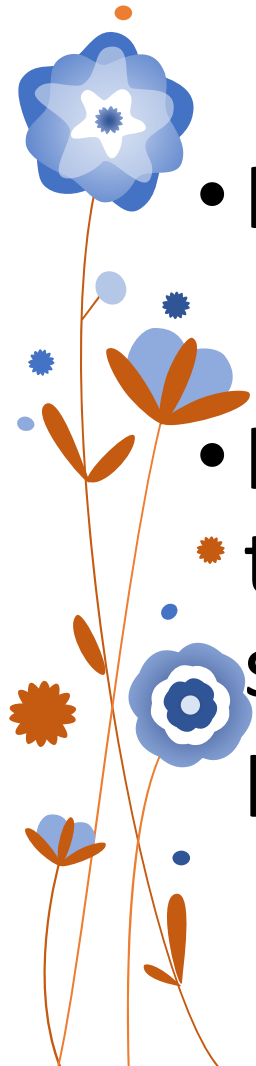
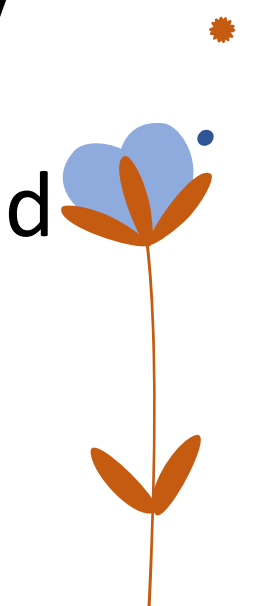
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- What has happened to the person instead of what is wrong.
- To understand how trauma might impact how a person responds and why they make the decisions they do.
- Build a trusting relationship with someone accessing the service.



# Trauma Informed Practice....

© Gov.uk Vulnerabilities: Applying All Our Health - page 5

- 
- Is not designed to treat trauma related difficulties.
  - It seeks to address the barriers that those affected by trauma can experience when accessing care and services by using the six principles of trauma informed practice.
- 



# Trauma Informed Practice

© Gov.uk Working definition of trauma informed practice pages 4 - 6



• Key Principles:

• Safety

• Trustworthiness

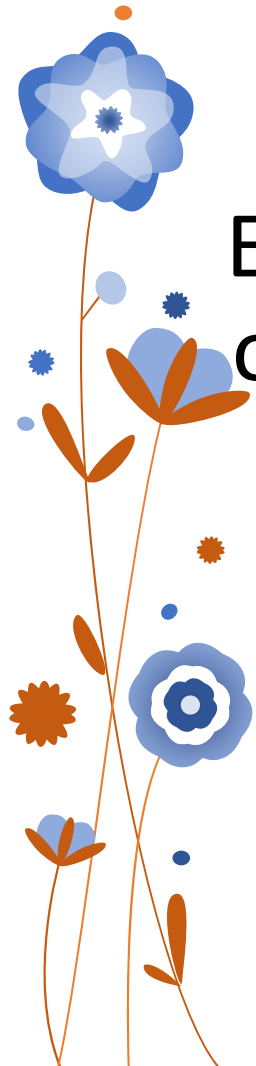
• Choice

• Collaboration


• Empowerment

• Cultural Consideration




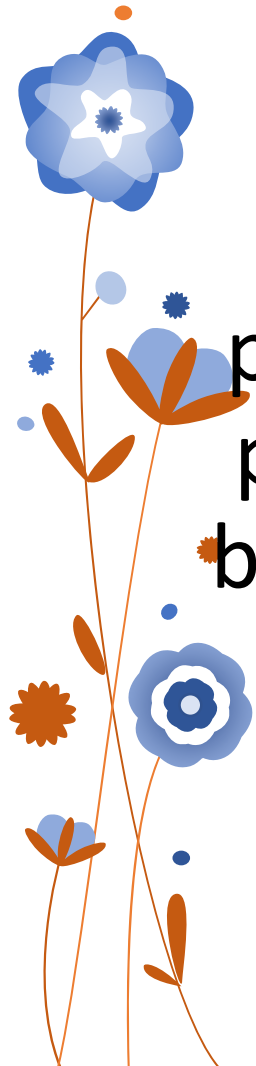


Early identification  
of the patients old  
trauma feelings  
“triggering”



**“TRAUMA COMES BACK AS  
*a reaction,*  
NOT A MEMORY”.**  
**-BESSEL VAN DER KOLK**





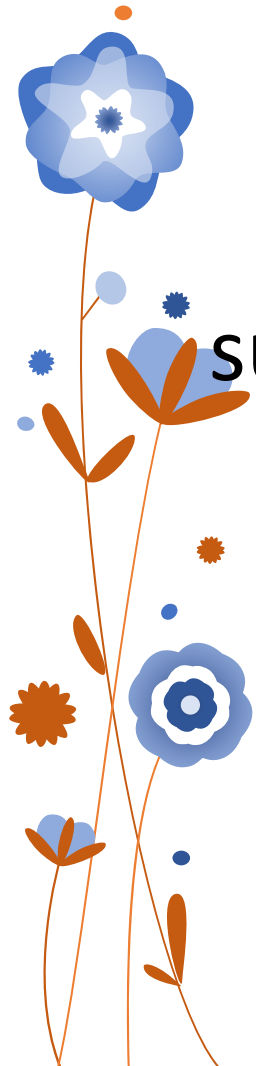
All behaviour is purposeful ... what purpose does that behaviour serve for that person?



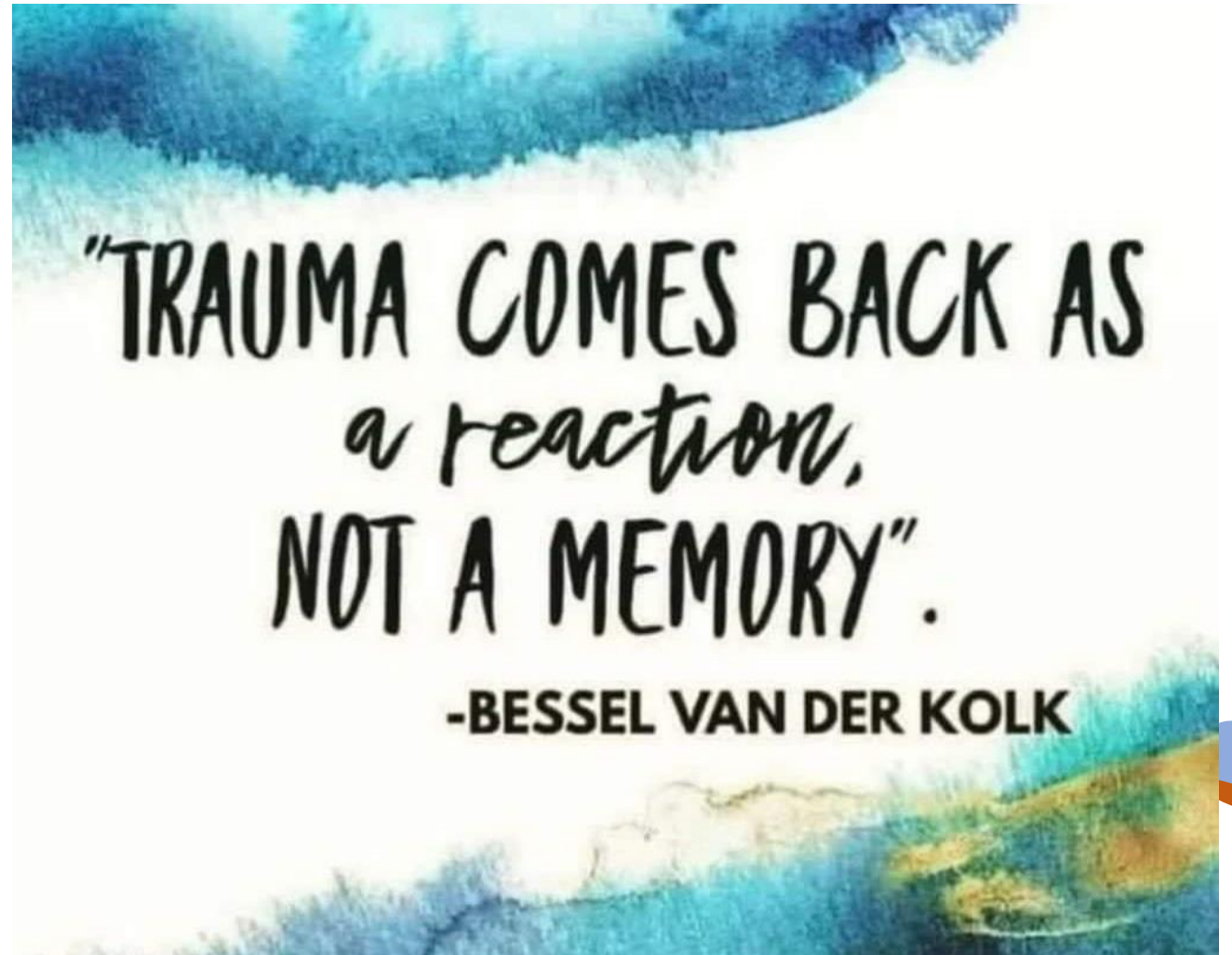
"TRAUMA COMES BACK AS  
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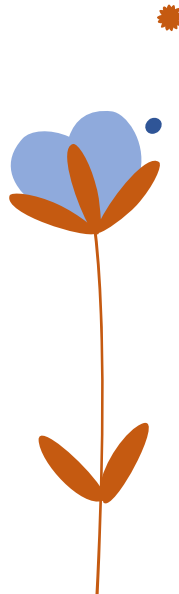
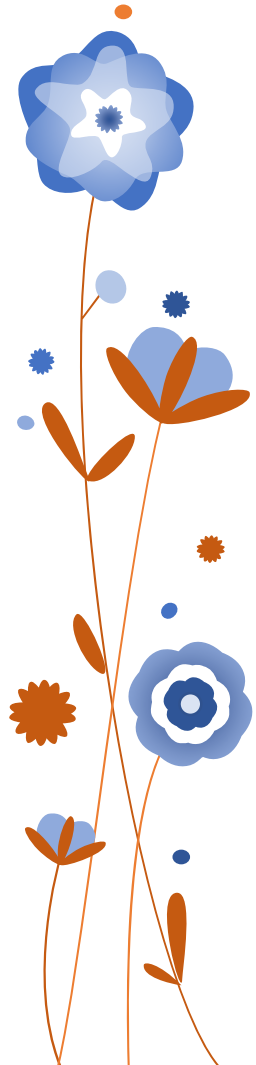
Practical ways of supporting patients to remain in the “here and now”

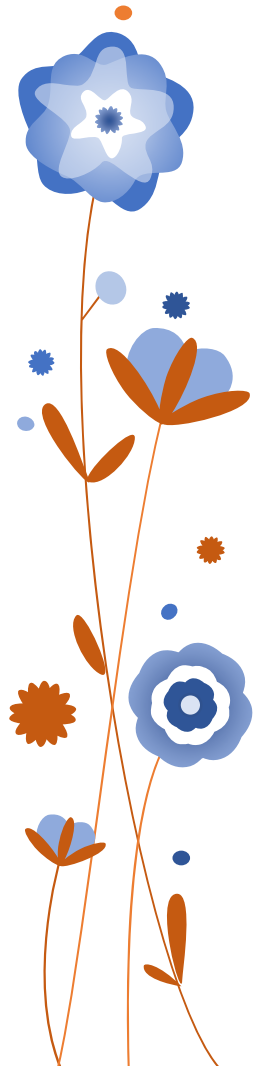


# Personal Resilience



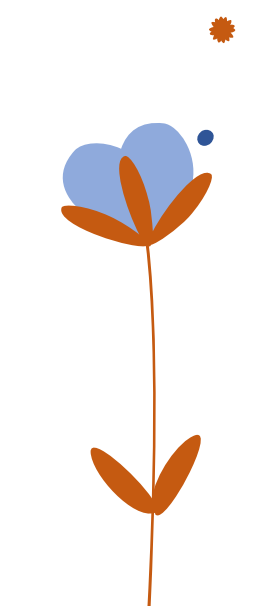
[This Photo](#) by Unknown Author is licensed under [CC BY-NC-ND](#)





“Thank you for delivering the training yesterday. The content of the training was excellent as was the delivery. I will certainly be using my new knowledge when consulting with patients and to ensure that I am in a place where I can practice effectively.”

“I just wanted to write and say a massive thank you for the session yesterday. I've attended a few sessions on trauma informed practice and yours was the best one by far. You really got the balance, and pace of the session just right, and you gave me a language to things I've always felt but not know how to articulate.”



**NSPCC**

**Domestic Abuse Recovering Together  
(DART)**

**At the South West and Channel  
Islands Hub**

**EVERY CHILDHOOD IS WORTH FIGHTING FOR**

# Meet the team

---

## Admin



Connie  
Wai Han

## Team Manager



Lisa

## Children's Services Practitioners



Keela



Claire



Fiona



Harold and  
Simon



Sherri



Heather



# Our Hub



5 Little London Court  
Albert Street  
Old Town, Swindon  
SN1 3HY



# What is DART?

---

Domestic Abuse, Recovering Together (DART) aims to help children aged seven to 14 years recover from the adverse effects of domestic abuse by working with the mother and child together to strengthen their relationship and help both talk about and recover from the impact of domestic abuse.

DART is aimed to support one child and their mother at a time. If the mother has other children wanting the support the mother can repeat the course with each child.



The DART programme is based on the “Talking to My Mum” research undertaken by the University of Warwick, which shows that children’s outcomes are improved if the non-abusing parent is supported to take an active part in the child’s recovery from domestic abuse. DART provides a service for mothers who are primarily assessed as victims and who have managed to separate from abusive male partners.

# What does DART aim to achieve?

---

Mothers and children work together throughout the service.

“It has helped him understand why I stayed when I should have left and also deal with feelings he has because of what happened.”

- Mum



- Improving communication between mother and child
- Breaking down the idea of a 'family secret'
- Providing greater confidence to mothers in parenting
- Providing mothers and children with a better understanding of how domestic abuse has impacted on their relationship
- Helping mothers and their children to move forward as a family unit
- Equipping mothers and their children with skills to continue to develop positive relationships at home
- Modelling behaviour
- Helping mothers and children deal with feelings – anger, guilt, responsibility
- Helping mothers and children in taking responsibility without blaming self

# What do the DART sessions look like?

DART is a 10-week group.

Each session is 2 hours and spent as follows:

50 minutes - All work together

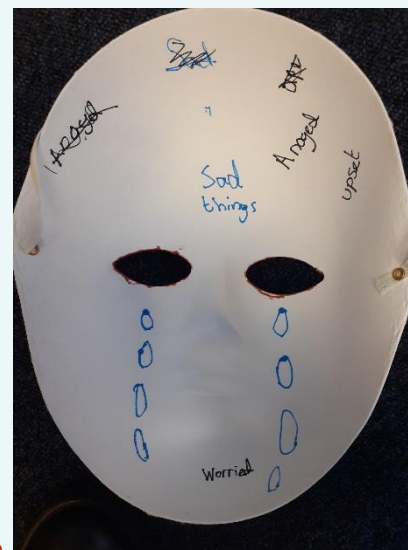
10 Minutes - Break

50 minutes - Mum's group and Children's group work separately

10 minutes - All work together

"We play games and have a big laugh even when it's a difficult thing we are talking about."  
- Child

"helps, thinking, role play, arty, hard work and fun" - Words to describe DART from a child



# What families have said about DART...

---

“At first when coming to DART you might feel quite anxious about it but as you go on through the weeks it is really helpful and fun.” - Child

“When we were afraid they made us feel safe.” -Mum

This 10-week course helped with our relationships with our mums. We have learned to be honest, forgiving and loving. We felt like we could be 10 year olds again. -Children

“I wanted to help my child but I was fearful of making things worse. I didn't know how much she knew... We hit a turning point and our relationship began to improve. Honestly and openness grew and we have a new level of respect for each other.” - Mum

“I wasn't the only one affected, by understanding certain behaviours and reactions I learned my child was affected.” - Mum

# Is it the right time for DART?

---

It is important that the mother and child are ready to access this support. Otherwise the outcomes of the course will not be achieved.

We encourage refers to make an enquiry before referring, especially if you are unsure.



Free from abuse

In safe space

No current contact disputes

Mothers in a place to support child

The child would like the support

# Making a referral to DART

---

## What we need from you

- Full family details including the alleged perpetrator.
- If there is contact between mother/child and alleged perpetrator the details around this.
- Clear information that the mother and child have consented to the referral
- The child's voice
- Safeguarding concerns to be shared. If the family are supported by other professionals or plans a copy of assessments would be useful to support us understanding the families story.

## Leaflets and a referral form can be found:

- [https://safeguardingpartnership.swindon.gov.uk/info/15/for\\_professionals/40/domestic\\_abuse](https://safeguardingpartnership.swindon.gov.uk/info/15/for_professionals/40/domestic_abuse)
- <https://padlet.com/c6rjwhzhcs/nspcc-dart-information-for-professionals-iy9djt2dwtmxr9c>

## Or by contacting our hub:

01793 683100

swciregionalhub@NSPCC.org.uk

# We welcome questions

---

## Contact details

**We have a duty worker available  
Monday-Friday 09:00-17:00**

**Duty line: 01793 683100  
swciregionalhub@NSPCC.org.uk**



# Changing Suits



## Domestic Abuse

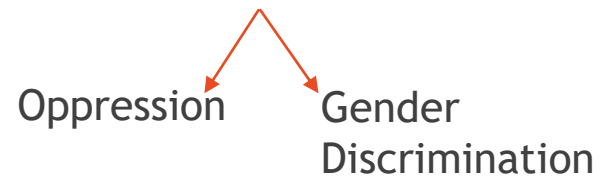


# About Us

- ▶ Changing Suits is a non-profit community organisation
- ▶ Purpose: Break through cultural barriers for the South Asian community:

1) We work within the community to raise awareness about taboo topics

**Taboo** = a cultural or religious custom that does not allow people to do, use or talk about a particular thing



2) Support organisations to engage with South Asian community



# About Us

The organisation provides the following services:

- Changing Suits Podcast
- Online Discussion Groups
- Workshops
- Awareness Raising Events



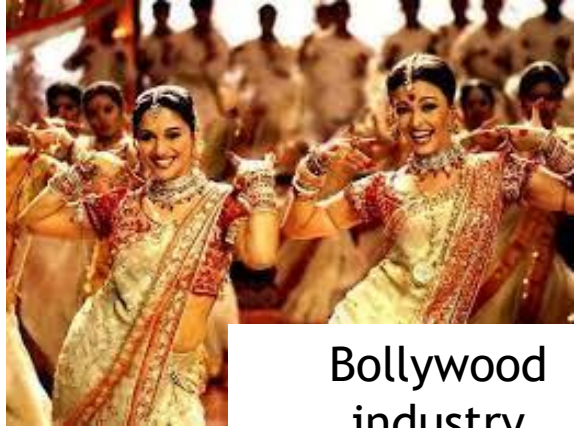
## Migration of the South Asian population



- Largest scale migration post-1947 (Partition)
- Many coming to escape civil unrest, seek better economic prospects and join family
- **Despite facing racial discrimination** the South Asian community has flourished
- 2<sup>nd</sup>, 3<sup>rd</sup> generation of British South Asians
- Census 2021: 9.3% (5.5 million) of population identifies as "Asian, Asian British or Asian Welsh"
- Largest % point increase from Census 2011
- Influence of Eastern practices to the West



## What is South Asian culture?



Bollywood industry worth \$3bil/yr



UK 2<sup>nd</sup> favorite takeaway



Average Asian wedding spend £50k-£100k



Often in the name of upholding their **family reputation** or **social status** everything is done on a large scale



## Why is there taboo subjects?

What will the community think?



- 1<sup>st</sup> generation overcame severe discrimination by working hard and their head down
- God's will
- Social status & family reputation

“Ek chup...sau sukh”





## Impact



- Isolation
- Anxiety
- Depression
- Suicide
  
- **2 in 3 British South Asians live with a mental health problem**
  
- Not reaching out for help



# Why Did Changing Suits Discuss Domestic Abuse?

- ▶ We discovered a close relative was being physically and emotionally abused
- ▶ Work with local service provider Swindon Domestic Abuse Support Service (SWA)



Podcast episode “Domestic Abuse in the South Asian community”

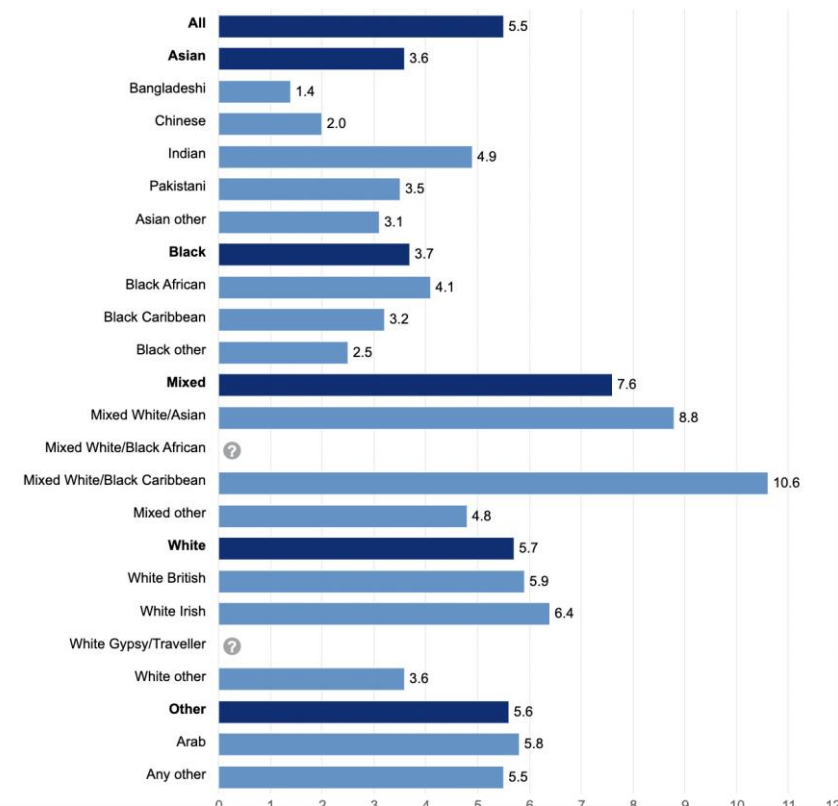
SWA are receiving very low casework from the South Asian community - ‘In a 3 month period [in 2021] too 184 referrals only 5 of those came from a South Asian community’



# Statistics

Location: England and Wales  
Time period: April 2019 to March 2020  
Source: [Crime Survey for England and Wales: victims of domestic abuse, year ending March 2018 to year ending March 2020](#)

Percentage of 16 to 74 year olds who reported being victims of domestic abuse in the previous 12 months, by ethnicity



## Summary

The data shows that, in the year ending March 2020:

- 5.5% of 16 to 74 year olds in England and Wales experienced domestic abuse in the 12 months before being surveyed

- White people (5.7%) were more likely to experience domestic abuse than Black (3.7%) or Asian people (3.6%)

- although the chart and table show differences between other figures, these are not reliable because of the small number of people surveyed



# Why Did Changing Suits Discuss Domestic Abuse?

'I'm being beaten every day': Indian woman dies by suicide in New York, in video accuses husband of abuse for 8 years

Updated: Aug 6, 2022, 10:13 PM | Published: Aug 6, 2022, 6:17 PM



Discussed with SWA, who put out a social post on our Instagram from SWA on this case

Based on this case we decided to discuss Domestic Abuse again - with Sikh Women's Aid



'Domestic Violence discussed with Sikh Womens Aid'

Episodes were amongst the top listened to on the Changing Suits Podcast

# Other stories in the headlines:



**Remembering Sania Khan: the Pakistani-American photographer who spoke out against her abusive marriage**

## Controlling husband brutally murdered wife of 21 years with hammer and kitchen knife while children slept

Sajid Pervez has been jailed for more than 22 years for the murder of his wife Abida Karim in their Harehills home

By **Stephanie Finnegan** Former court reporter and former engagement editor  
14:33, 19 FEB 2021 UPDATED 16:16, 19 FEB 2021 [Bookmark](#) [f](#) [t](#) [e](#) [c](#) [Comments](#) 6



Sajid Pervez murdered his wife Abida Karim

## Domestic abuse: 'Girls shouldn't live in fear of dad killing mum'

© 25 May 2021



FAMILY HANDOUT

## After a woman was killed with a crossbow in London this week, we need to talk about domestic violence in South Asian communities

Cultural differences can limit access to services and subsequent intervention – the community has to realise this

**Rahima Khan** • Wednesday 16 November 2018 16:22 • [Comments](#) [f](#) [t](#) [e](#) [c](#)





# Further work we on this topic...

**TABOO!**  
*Talk*

**Domestic Abuse & the Asian Community**

Join us for our online **group discussion**, where we will openly discuss domestic abuse within the South Asian community

**26 JANUARY 2023**  
8pm - 9.30pm

**FREE ONLINE EVENT**

Register at:

**Eventbrite** 

[infochanginguits.org](http://infochanginguits.org)

*changing suits*



Shaila, Roshni



Sahdaish, Sikh Women's Aid



Charlotte, Swindon Domestic Abuse Charity



- ▶ Online discussion groups with expert panel
- ▶ Options to keep cameras on/off, speak/not speak, Q&A session
- ▶ Safe space



# Taboo!Talk

- ▶ 2<sup>nd</sup> online discussion group
- ▶ 21 attendees on this event
- ▶ Discussed a range of areas including people's personal experiences, family reaction, how to get support

## Feedback from Attendees:

"Thank you and please continue the support"  
"Very well put together and great panel"  
"Need information of local charities who can help Asian single mother"  
"Amazing and very knowledgeable"

## Feedback from service providers:

"The feedback has highlighted the need to push harder to get into places of worship and do more to raise awareness."

"It was beneficial to explore the worries and concerns for people in the community."

"...people were engaged. Also, someone messaged me privately on the chat and I'll be calling her tomorrow"

# Summary

What will the community say??

Do not seek support

Support services are approached when situation is very serious, worse outcomes

How much does your organization know about the CULTURAL barriers?

Changing Suits works with service providers to engage with the South Asian community



# Follow Us...

**@changing\_suits**



Email: [info@changingsuits.org](mailto:info@changingsuits.org)



# Supporting the South Asian community

## What does Changing Suits offer?

Changing Suits is a non-profit organisation, whose purpose is to breakdown cultural barriers for the South Asian community.

## How does Changing Suits help the South Asian community?

We work to raise awareness about taboo topics within the community e.g. domestic abuse, gender inequality etc. Changing Suits also work with local service providers to help them support the South Asian community.

## Where does Changings Suits offer their services?

- Changing Suits Podcast
- Taboo!Talk online discussion groups
- Wellbeing Workshops
- Sahara Health Fair

## Where can I find further information about Changing Suits?

[www.changingsuits.org](http://www.changingsuits.org)





# OPEN<sup>2</sup>CHANGE

HEALTHY RELATIONSHIP PROGRAMME



**Our key focus with the perpetrator work is to keep victims and children safe and break the cycle of abuse.**

**Key objectives are to:**

- Reduce the harm caused to victims and children
- Reduce the number of serial perpetrators of domestic abuse
- Reduce the number of repeat and new victims
- Intervene earlier to safeguard families living with high risk, high harm domestic abuse

# Ready and willing to engage

All clients accessing the programme do so in a capacity whereby they are ready and willing to engage with the work. We are unable to have our programme written in to Child Protection Plans, or any pre proceedings/legal court order raised by Children's social care.

# Programme of support

**There is an intensive 6 week initial assessment process and all clients would need to engage with this initial process before being accepted on to the full programme.**

**The programme aims to address the following areas:**

To complete support service users would need to complete 6 objectives:

- What is domestic abuse/Exploring abusive behaviours
  - Childhood trauma and its impact
  - Managing conflict and communication
    - Thoughts/feelings/behaviours
- Accountability/understanding/reflection
  - Sexual abuse and consent

Victims receive an integrated support service comprising of emotional support, and a side by side plan of work (if appropriate) to ensure their safety remains paramount.

# Behaviour Change contract with perpetrator

## 5. Partner support:

5.1 I understand that my (ex) partner and others who may be considered at risk from my behaviour may be contacted and offered support. I agree not to do anything to prevent this from happening

5.2 I agree that if I begin a new relationship or resume a relationship I will inform staff immediately

5.3 I understand if a planned/un – planned or non-engagement occurs, this would be shared with my (ex) partner and others who may be considered at risk from my behaviour

# Referral process

Referrals can be sent to [o2c@swindonwomensaid.org](mailto:o2c@swindonwomensaid.org)

Referrals can be accepted by all professional agencies on our referral form, or clients can refer themselves on to the programme.

Referrals are allocated on a Mon/Weds/Fri and the workers aim to be in contact within 5 working days from point of allocation.

Referrers will be notified once the referral has be allocated.

Referral form: [Open2Change referral form - Swindon Safeguarding Partnership](#)

# ANY QUESTIONS?

[o2c@swindonwomensaid.org](mailto:o2c@swindonwomensaid.org)



# Non Fatal Strangulation

Swindon Domestic Abuse Forum

Friday 9<sup>th</sup> June 2023

Lin Williams

DA & VAWG Manager



SWINDON

**COMMUNITY SAFETY  
PARTNERSHIP**



# Non Fatal Strangulation (NFS) Legislation

- Domestic Abuse Act 2021
- Serious Crime Act 2015
- New offence of NFS
- Law from 7<sup>th</sup> June 2022
- Non fatal suffocation also included
- **CONSENT**
- If found guilty - sentence to up to 5 years in prison

The legislation:

Section 75A(1) a person (“A”) commits an offence if:

- A intentionally strangles another person (“B”), or
- A does any other act to B that –
  - affects B’s ability to breathe, and
  - constitutes a battery of B.



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PARTNERSHIP

# What is Non Fatal Strangulation

- Defined as:
  - An obstruction of the blood vessels and/or airways through external pressure to the neck that results in decreases the oxygen supply to brain.
  - NFS - does not result in death of the victim
- Strong link between NFS and domestic homicides
- Difficult to identify – lack of visible injury in at least 50% of cases



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# What is Non-Fatal Strangulation (continued)

## There are four main methods of strangulation

1 Manual strangulation is used to describe the application of pressure to the neck using the hands.

2. Chokehold or head lock – where the external pressure is applied by an arm around the neck. A choke hold involves an assailant holding their arm across the person's neck from behind, pressure is applied and forearm to the vascular structures of the neck.. 'martial arts' grappling hold a sleeper hold or vascular/carotid restraint.

3. Ligature e.g. a scarf or belt tightened around the neck.

4. Hanging.

Less common is pressure on the neck from a foot or knee.



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# Non fatal suffocation

- Suffocation is different to strangulation.
- Suffocation is to deprive a person of air which affects their normal breathing.
- Suffocation is sometimes referred to as asphyxiation.

## Choking

a term often used incorrectly when referring to strangulation, it is the mechanical obstruction of the windpipe (trachea), such as a stuck piece of food.



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# Prevalence

SafeLives estimate:

- approx. 20,000 victims every year.
- 44% of service users experienced NFS
- 19% victims attending Manchester SARC had experienced NFS
- 1 in 4 women being supported by an IDVA disclosed NFS
- Increases the risk of death
- Domestic Homicide Reviews (DHRs) shows that victims are 7 times more likely to be killed at a later date
- NFS is the second most common method of killing after stabbing

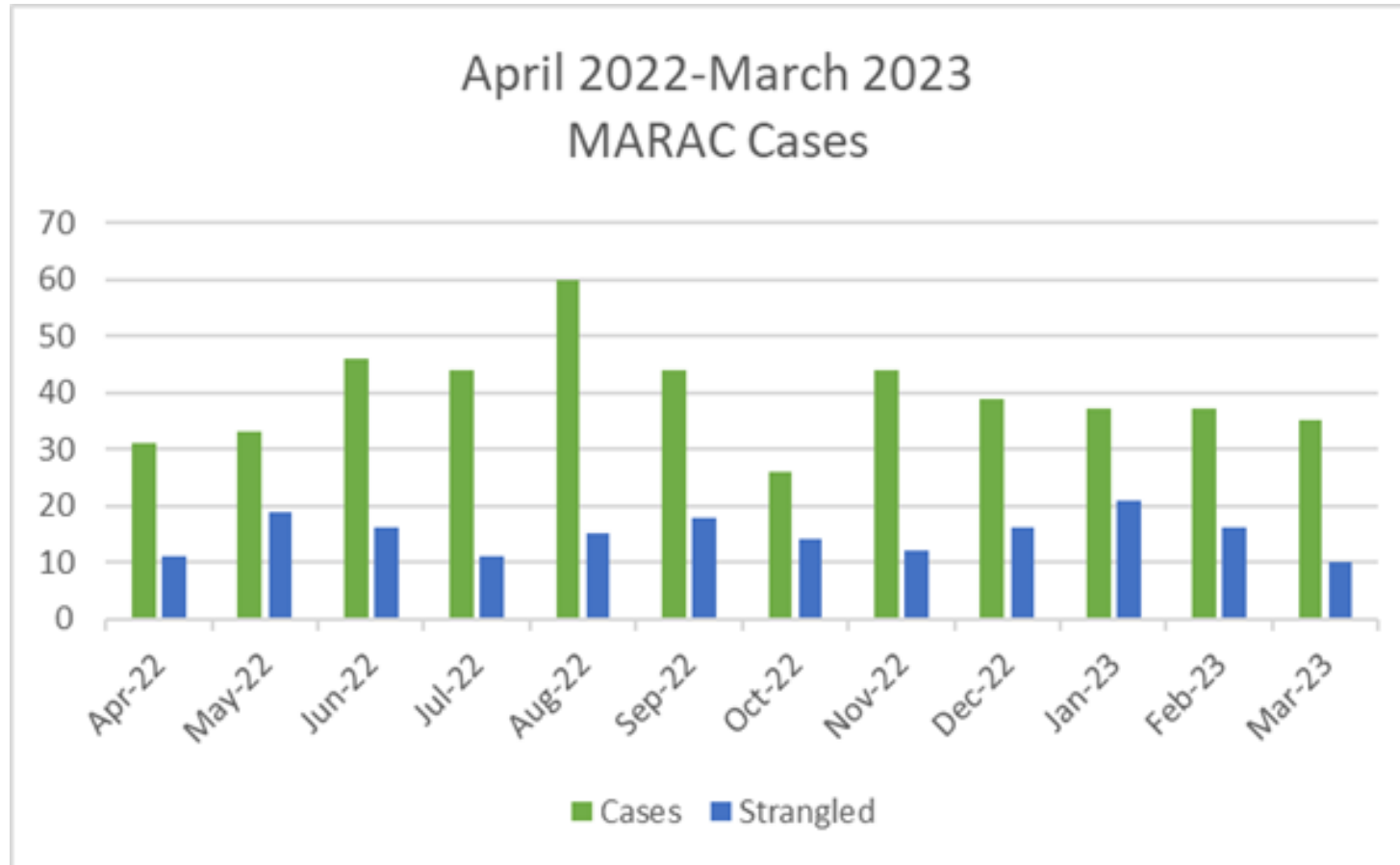
[Insights Datasets](#) | [SafeLives](#) SafeLives 2021-22 Dataset



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# Swindon MARAC Data relating to Non Fatal Strangulation \*



# What may happen if strangulation occurs?

Immediate and significant effects

- Obstruction of the arteries leads to hypoxia
  - Obstruction of the veins can lead to increased cerebral blood pressure and 'stagnant hypoxia'
- Obstruction of the trachea causes hypoxia and hypercapnia
- Damage to the spinal column, and in turn to the cord and nerves
- Damage to the intima of the blood vessels leading to thrombus or dissection



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# What are the longer term effects of Non Fatal Strangulation?

- Internal bleeding
- Dizziness
- Nausea
- Tinnitus
- Ear bleeding
- Sore throat
- Raspy voice
- Loss of memory
- Strokes can occur months later as a result of blood clots
- Mental Health issues and PTSD



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Quick Exercise...

PSI

Pounds per  
square inch

Its takes 20 psi  
to open a can of  
pop



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# How many psi does it take to strangle someone?

Pressure required to occlude structures in the neck...

Jugular vein 4psi

Carotid artery 11psi

Trachea 34psi



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# 1940s Experiment

- Healthy male volunteers were strangled
- The brain is particularly sensitive to decreased oxygen levels.

**Loss of consciousness took on average 6.8 seconds**

Effects of this experiment

- Often these volunteers were dazed and confused afterwards for a short period of time.
- Some insisted that they had not lost consciousness.
- With prolonged strangulation, some lost bladder control between 15 to 40 seconds, two lost bowel control at 30 seconds. There was considerable variation in terms of response between the different volunteers.



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# Some Points to Consider when working with victims of domestic abuse

**Be professionally curious, ask the questions, complete the DASH RIC**  
**Victims may not use the same terms to explain what happened**

- Victims of sexual violence and domestic abuse often don't report their abuse
- Strangulation will often take place during sex – auto erotica, sex games, rape - safe words
- Children can be direct victims of strangulation or witness their parent being strangled



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# More Information

- Institute for Addressing Strangulation - <https://ifas.org.uk/>
- SafeLives –SafeLives.org.uk
- Anyone who is a victim of domestic abuse can access support through the **Swindon Domestic Abuse Support Service 24 Hour Helpline –**
  - **01793 610619**



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# Words from a Survivor of Non Fatal Strangulation

*" I Felt like I didn't know my own name afterwards,  
all I could think about during the attack was,  
I can't believe I am going to die like this."*



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# Information share

Sandie Arrell-Stoneham

# Predatory Marriage

Daphne Franks



# Please give us your feedback

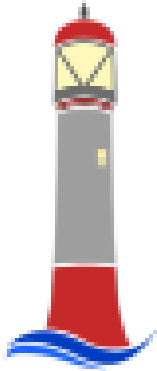
Evaluation form:

<https://forms.office.com/e/XFwtHV9GXs>



# Resources

# Predatory Marriage



For further information and access to resources

[www.predatorymarriage.uk](http://www.predatorymarriage.uk)

[www.justiceforjoan.com](http://www.justiceforjoan.com)

[facebook.com/predatorymarriage](https://facebook.com/predatorymarriage)

email: [info@predatorymarriage.uk](mailto:info@predatorymarriage.uk)

# Swindon Safeguarding and Community Safety Partnership Resources

## 7 Minute and Practice Briefs

- Non Fatal Strangulation (NFS): [Non fatal strangulation - March 2023 - Swindon Safeguarding Partnership](#)
- Coercive control: [Coercive control - Swindon Safeguarding Partnership](#)
- DASH MARAC: [SSP practice brief - DASH risk identification checklist and MARAC - Swindon Safeguarding Partnership](#)
- DVDS: [Clare's Law - Domestic Violence Disclosure Scheme \(DVDS\) - 7-minute brief - Swindon Safeguarding Partnership](#)
- Professional Curiosity: [Resource pack - Professional Curiosity - Swindon Safeguarding Partnership](#)
- [Financial abuse and exploitation - May 2023 - Swindon Safeguarding Partnership](#)

## Recorded Webinars

- Domestic Abuse in Tech Society webinar [Video archive - Swindon Safeguarding Partnership](#)
- Female Genital Mutilation (FGM) webinar [Video archive - Swindon Safeguarding Partnership](#)
- Serious and Organised Crime [Video archive - Swindon Safeguarding Partnership](#)
- DA Forum (November 2022) [Video archive - Swindon Safeguarding Partnership](#)

## Webpages:

- [Domestic abuse - Swindon Safeguarding Partnership](#)
- [Webpage: Exploitation of adults - Swindon Safeguarding Partnership](#)
- [Webpage Hate crime - Swindon Safeguarding Partnership](#)
- [Video archive - Swindon Safeguarding Partnership](#)
- [Financial and material abuse - Swindon Safeguarding Partnership](#)

# Bobby Van

- Information from Sally Raubenheimer
- Email [Bobbyvan@wiltshire.police.uk](mailto:Bobbyvan@wiltshire.police.uk)
- Office number is 01225 256 867
- Work mobile is 07741 233 664.
- Please just ask if you need any help or further information.