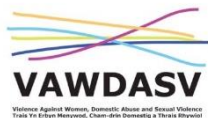


Gwent White Ribbon Day 2021

#30Challenge



White Ribbon Day 2021

This year, White Ribbon Day takes place on Thursday 25 November and your help is needed.

White Ribbon Day is an annual event that marks the United Nation's International Day for the Elimination of Violence Against Women.

Incidents of domestic abuse affect thousands of women and their families and, in many cases, this has been exacerbated due to lockdown restrictions. Children who experience domestic abuse can be negatively impacted, and without early intervention and support, these experiences can affect them throughout their entire lives.

It is now more important than ever to raise awareness of violence against women by showing support on White Ribbon Day.

Visit www.whiteribbon.org.uk for more info.

White Ribbon Day 2021 #30Challenge

On average 30 children and young people every day in Gwent are affected by incidents of domestic abuse where the police have to be called. Sadly, we know that many more cases go unreported.

This sobering data has been gathered from Operation Encompass.

Operation Encompass allows the police to tell schools about any child or young person who has been involved in an incident of domestic abuse or violence at home.

It enables the school to provide appropriate help and support to their pupils who are living with domestic abuse.

This year we will be focussing on this shocking statistic from Operation Encompass to raise awareness of the impact domestic violence can have on women and their families.

The #30Challenge will take place on White Ribbon Day, Thursday 25 November 2021, and aims to bring together communities to end violence against women.

Following on from last years' campaign, we need local authorities, partners, policing, and other services to pledge to support this important day.

For more information visit www.operationencompass.org/

Show your support

There are many ways to get involved in the White Ribbon Day 2021 #30Challenge.

We just request that once you complete the challenge you share it on your social media accounts, copying in @GwentVAWDASV @GwentPCC @GwentPolice and using the hashtags #WhiteRibbon2021 #NoExcuseForAbuse.

The challenge could take place on 25th November or anytime during the 16 days of action which ends on 10th December.

It could be something you do alone, with a few people from your household, or as part of a group or organisation (please adhere to current Covid 19 restrictions).

For example, you could:

- Walk or run 3.0 (or even 30) kilometres or miles.
- Cycle 30 kilometres, either solo or in a relay with friends.
- If you are a member of a sports team, get them involved too. Show support by dedicating a training session to the #30Challenge. Use your session to complete 30 second bursts of exercise. For example: 30 star jumps, 30 burpees, or plank for 30 seconds.
- Do 30 minutes of an activity that you love or even hate, be it playing a musical instrument (fun!) or doing household chores (not so fun!)
- If sport's not your thing, why not use your imagination? You could bake 30 cakes between your group or organisation.
- Decorate and hide 30 pebbles or stones with a white ribbon or quotes to empower women and girls and hide them in your neighbourhood. Encourage the community to find the pebbles and post a picture on social media with the hashtag and tags #WhiteRibbon2021 #30Challenge @GwentVAWDASV @GwentPCC @GwentPolice
- Share 30 coping skills with your friends, family or with work colleagues.
- Take part in a 30-minute dance off (e.g. using Just Dance)

- Think of 30 empowering words/phrases (you could even make them into a song or video).
- Enjoy 30 minutes of relaxation, for example:
<https://www.mind.org.uk/information-support/tips-for-everyday-living/relaxation/relaxation-exercises/>
- Carry out 30 random acts of kindness.
- Share 30 positive things you can do with your hands to reinforce the message that 'hands don't hurt'.
- Create artwork (maybe as a group) based on 30 hands/pairs of hands to reinforce the message that 'hands don't hurt'.

Schools

We want everyone, including children and young people, to understand the importance of White Ribbon Day. Age-appropriate lesson and assembly plans will be available to raise awareness of healthy relationships.

Here are some ideas to get pupils and staff involved:

- 30 miles for every child - turn your daily mile in to a #30Challenge for 30 days.
- Encourage children, parents and carers to carry out 30 mins of exercise each day from 25 November until 10 December (the end of the 16 days of action).
- Sign up as a class and pledge to try 30 new activities until the end of term, from cooking, reading, drawing to cycling or running.
- 30 children to work together to complete a class / school challenge.

Turn PE lessons into #30Challenge sessions:

- 30 minutes of exercise on the 25th November.
- 30 ball passes between pupils.
- 30 second hand - stand as a class.

It's up to you to be as creative as you like!

Whatever you do, make it challenging to you. Once you've completed your #30Challenge, show your support and share it on your school's or local authority's social media channels.

Take the opportunity to train your workforce

Now is a great opportunity to encourage your workforce to recognise the signs of domestic abuse and sexual violence.

Local authorities can access Free Ask and Act training via the Gwent VAWDASV Regional Partnership. This will enable staff to:

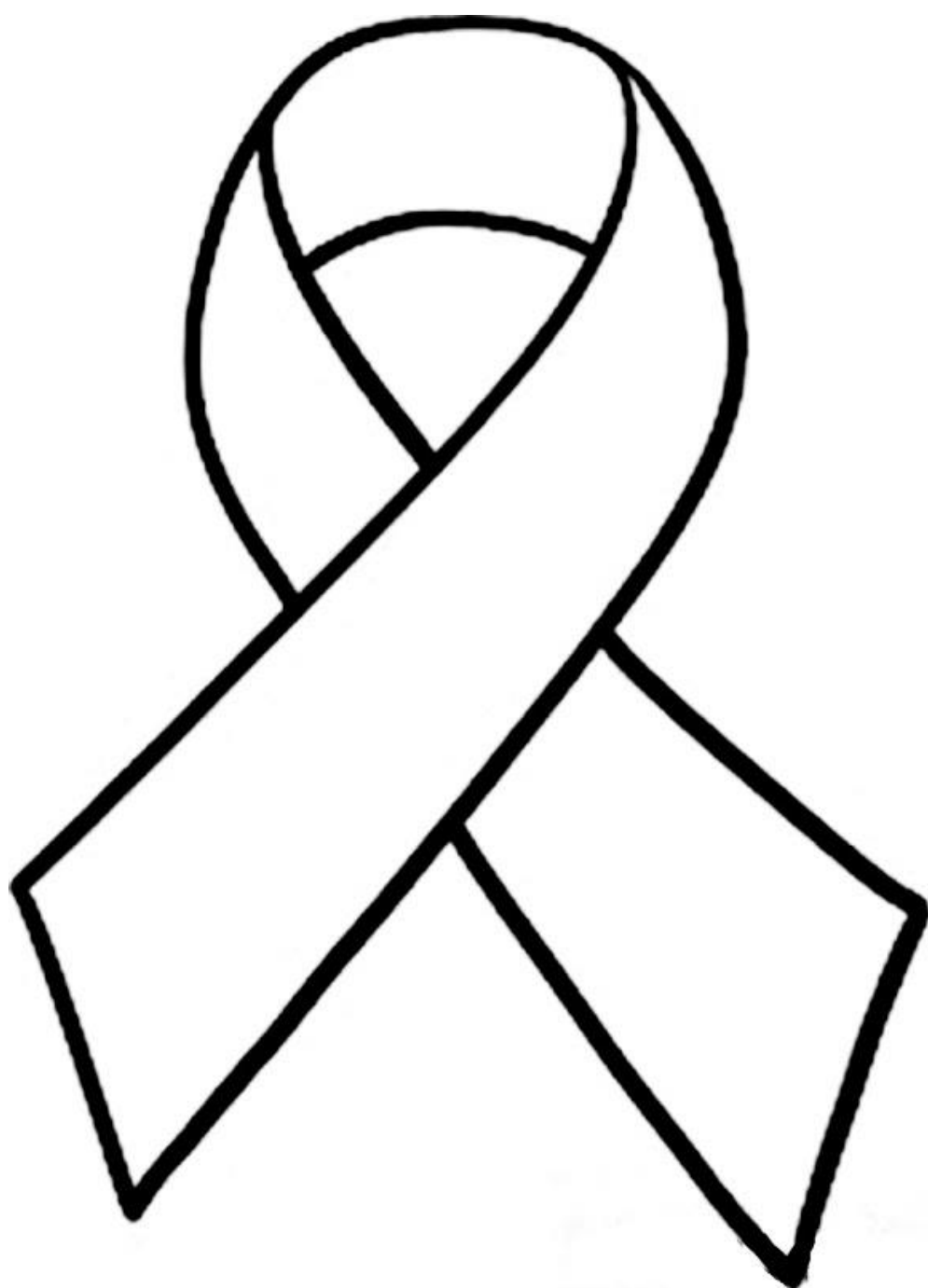
- Recognise the signs and symptoms of violence against women, domestic abuse and sexual violence.
- Understand the purpose of and demonstrate an ability to undertake targeted enquiry

For more courses visit: <https://www.gwentsafeguarding.org.uk/en/training>

Can't think of a #30Challenge for you?

Print out the White Ribbon template to display in your home, school, office, or why not change your teams background to the White Ribbon screen from 25 Nov – 10 December.

White Ribbon template



You can also raise money while taking part!

If you would like to raise funds while completing your challenge, visit www.whiteribbon.org.uk/donate-fundraise/#fundraise

Show support with the White Ribbon accreditation

You could also show your continued support for the White Ribbon cause by becoming a White Ribbon accredited organisation. Visit www.whiteribbon.org.uk for more information.

Social media

We have put together some messages that you can share on social media.

<p>I've signed up to the #WhiteRibbon2021 #30Challenge.</p> <p>I pledge my support to end male violence against women.</p> <p>@GwentVAWDASV @GwentPCC @GwentPolice</p> <p>#NoExcuseForAbuse</p>	<p>Rwyf i wedi cofrestru ar gyfer #DiwrnodYRhubanGwyn2020 #Her30.</p> <p>Rwyf i'n addo cefnogi pob ymdrech i roi terfyn ar drais gan ddynion yn erbyn menywod.</p> <p>@GwentVAWDASV @GwentPCC @GwentPolice</p> <p>#DimEsgusDrosGamdrin</p>
<p>I've completed the #WhiteRibbon2021 #30Challenge.</p>	<p>Rwyf i wedi cwblhau #YRhubanGwyn2021 #Her30</p>

<p>I pledge my support to end male violence against women.</p> <p>@GwentVAWDASV @GwentPCC @GwentPolice</p> <p>#NoExcuseForAbuse</p>	<p>Rwyf i'n addo cefnogi pob ymdrech i roi terfyn ar drais gan ddynion yn erbyn menywod.</p> <p>@GwentVAWDASV @GwentPCC @GwentPolice</p> <p>#DimEsgusDrosGamdrin</p>
<p>We have completed the #WhiteRibbon2021 #30Challenge.</p> <p>We pledge support to end male violence against women.</p> <p>@GwentVAWDASV @GwentPCC @GwentPolice</p> <p>#NoExcuseForAbuse</p>	<p>Rydym ni wedi cwblhau #YRhubanGwyn2021 #Her30.</p> <p>Rydym ni'n addo cefnogi pob ymdrech i roi terfyn ar drais gan ddynion yn erbyn menywod.</p> <p>@GwentVAWDASV @GwentPCC @GwentPolice</p> <p>#DimEsgusDrosGamdrin</p>
<p><i>Insert Organisation</i> has completed the #WhiteRibbon2021 #30Challenge.</p> <p>We pledge support to end male violence against women</p> <p>@GwentVAWDASV @GwentPCC @GwentPolice #NoExcuseForAbuse</p>	<p>Mae <i>Insert Organisation</i> wedi cwblhau #Her30</p> <p>Rydym ni'n addo cefnogi pob ymdrech i roi terfyn ar drais gan ddynion yn erbyn menywod</p> <p>@GwentVAWDASV @GwentPCC @GwentPolice #DiwrnodYRhubanGwyn2021 #DimEsgusDrosGamdrin</p>
<p>I promise to never commit, excuse or remain silent about male violence against women.</p>	<p>Rwy'n addo na fyddaf i byth yn cymryd rhan, esgusodi nac aros yn dawel am drais gan ddynion yn erbyn menywod</p>

<p>@GwentVAWDASV @GwentPCC @GwentPolice #WhiteRibbon2021#NoExcuseForAbuse</p>	<p>@GwentVAWDASV @GwentPCC @GwentPolice #YRhubanGwyn2021 #DimEsgusDrosGamdrin</p>
<p>Hurt, isolated, frightened, controlled? Don't suffer in silence. Help is available. www.gwentsafeguarding.org.uk @GwentVAWDASV @GwentPCC @GwentPolice #WhiteRibbonDay2021 #NoExcuseForAbuse</p>	<p>@GwentVAWDASV @GwentPCC @GwentPolice #YRhubanGwyn2021 #DimEsgusDrosGamdrin</p>
<p>There's no excuse for any abuse. Help is available. www.gwentsafeguarding.org.uk @GwentVAWDASV @GwentPCC @GwentPolice #WhiteRibbon2021 #NoExcuseForAbuse</p>	<p>Nid oes unrhyw esgus dros unrhyw gam-drin. Mae help ar gael. www.gwentsafeguarding.org.uk @GwentVAWDASV @GwentPCC @GwentPolice. #YRhubanGwyn2021 #DimEsgusDrosGamdrin</p>

Press release

White Ribbon Day 2021

Residents across Gwent are being asked to get involved and support White Ribbon Day on Thursday 25 November.

White Ribbon Day is an annual event that marks the United Nation's International Day for the Elimination of Violence Against Women.

This year residents, businesses, schools and community groups are being asked to sign up to the #30Challenge to raise awareness of the 30 children every day in Gwent that are affected by incidents of domestic abuse at home where the police are called. Domestic abuse can take many forms including physical, coercive control, psychological abuse and financial abuse.

This figure comes from Operation Encompass which allows the police to tell schools about any child or young person who has been involved in an incident of domestic violence at home, enabling the school to ensure that the appropriate help and support is available.

The Police and Crime Commissioner for Gwent, Jeff Cuthbert, said: "White Ribbon Day is extremely important to raise awareness of the devastating impact violence against women by men can have, not only on individuals but their families too.

"This year we are encouraging people to take part in a #30Challenge to raise awareness of just how many children and young people are innocent bystanders of domestic abuse incidents.

"The important part is that you support and encourage others to take a stand against violence against women and encourage anyone experiencing abuse to speak out and seek help. Please don't suffer in silence, help is available."

The #30Challenge is being organised by Gwent Regional VAWDASV Partnership Board which is a multi-agency collaboration working across Gwent to prevent violence against women, domestic abuse and sexual violence. It is being supported by the Office of the Police and Crime Commissioner for Gwent and Gwent Police

The #30Challenge could be something you do alone, with a few people from your household, or as part of a group relay (in-line with any Covid regulations at the time).

People, families, schools, organisations, sports teams and community groups can set their own challenges focusing on the number 30 and are urged to post their actions of support online.

Educational workshops and lesson plans are being rolled out in schools across Gwent to raise awareness of the importance of healthy relationships with children and young people.

The challenge could take place on Thursday 25th November or anytime during the 16 days of action which ends on 10th December.

Chief Constable Pam Kelly said: “We all have a part to play to end violence and abuse against women and girls.

“Domestic abuse, and other such crimes leave long lasting effects on survivors, but also those who may witness this behaviour.

“This is even more so when the witnesses are children.

“By standing up to violence we are all protecting women and children, but also ensuring that our future generation grow up in a world where respect for each other is a given.

“If you or anyone you know has been a victim of this crime, please come talk to us.

“We’re here to help you”.

An online support pack is available to download from www.gwent.pcc.police.uk and includes challenge ideas, and suggested content for social media channels.

Business and organisations can also show their continued support by encouraging their staff to sign up for training, so they are equipped to recognise the signs of domestic abuse and understand what help is available.

Janice Dent, regional lead advisor for Gwent VAWDASV, said: “White Ribbon Day and the subsequent 16 days of action, enables everyone to stand up against violence against women.

“Now more than ever, there is a strong desire to challenge and speak up about male violence against women and girls. We all need to stand up and condemn all forms of violence and abuse against everyone in our society. To do this, there needs to be a cultural change and I fully believe this starts with educating our children and young people.

“By engaging children and young people in this campaign we aim to raise awareness of healthy relationships from an early age, and to promote the range of support services we have in Gwent to support anyone affected or if they are worried about their own behaviour or others.

“To eliminate domestic abuse, sexual violence and violence against women there needs to be a whole system approach to changing attitudes and behaviour, and not just for these 16 days.”

The Live Fear Free 24/7 helpline is available for anyone affected by abuse and supports victims, survivors and those close to them call 0808 8010 800 or text: 078600 77333.

In an emergency always call 999. To report an incident call 101 or message @gwentpolice social media channels.

ENDS

Concerned about someone you know?

Abuse can come in many forms including, stalking and harassment, financial, physical, sexual and psychological abuse.

Psychological and emotional: putting you down, isolating you from friends and family, blaming you, threatening you, making you feel as if you are ‘walking on eggshells’

Physical abuse: the use of force or violence or objects to hurt you. Slapping and/or punching, kicking, burning, shaking, strangling, throwing items, use of knives or other weapons.

Coercive Control: The Serious Crime Act 2015 legally defines the offence of coercive and controlling behaviour within intimate or familial relations as domestic abuse. ‘Controlling behaviour is a range of acts designed to make a person subordinate and/or dependent by isolating them from sources of support, exploiting their resources and capacities for personal gain, depriving them of the means needed for independence, resistance and escape and regulating their everyday behaviour. Coercive behaviour is an act or a pattern of acts of assaults, threats, humiliation and intimidation or other abuse that is used to harm, punish or frighten their victim’.

Sexual abuse/violence: any unwanted and non-consensual sexual act or activity, including rape, sexual assault, sexual exploitation, sexual harassment, or threats of violence of a sexual nature.

Financial abuse: keeping you short of money, taking your money, preventing you from getting or keeping a job, destroying possessions, refusing you access to a bank account, running up debts in your name.

Harassment and stalking: sending repeated texts, emails, letters, cards or 'presents', following you or turning up at your home or workplace, harassing friends, family and neighbours, vandalising property.

A range of organisations are available to help anyone affected by or experiencing violence or abuse.

Live Fear Free

A free helpline to support victims and survivors and those close to them who have experienced sexual violence and domestic abuse.

Helpline: 0808 8010 800

Text: 078600 77333.

Gwent Police

In an emergency always call 999

To report an incident call 101 or report via @gwentpolice on all social media channels

Gwent Police – Survivor Engagement

Gwent Police has a specialist survivor engagement officer to engage and support survivors of sexual violence and domestic abuse. The voices of survivors are vital to enhancing victim care and support. The coordinator empowers survivors to share their lived experiences with Gwent Police officers and staff to help enhance victim care across the force.

Email: Elizabeth.lowther@gwent.police.uk

Call 0300 123 2133

Connect Gwent

Supports victims of crime including domestic and sexual abuse

Call 0300 1232133

connectgwent@gwent.pnn.police.uk

Llamau

Llamau Domestic Abuse Services work with adults and children affected by abuse across Gwent. This includes a range of community-based provision for adults, specialist children and young people team, refuge accommodation for women and children, and dispersed community accommodation accessible to anyone fleeing abuse. Llamau also delivers a range of group support programmes, school and community group sessions and therapeutic support across Gwent

- **Caerphilly**
Safer Caerphilly Centre at Unit B, Wernddu Court, Van Road, Caerphilly, CF83 3SG or by calling 029 2086 0255.
- **Monmouthshire**
Multi Agency Centre at 26a Monk Street, Abergavenny, NP7 5NP or by calling 01873 733590.
- **Newport**
70 Stow Hill, Newport, NP20 4DW or by calling 01633 244 134.

For more information visit www.llamau.org.uk

Cyfannol Women's Aid

Cyfannol Women's Aid is an independent local charity based in Pontypool, Newport, Ebbw Vale and Abergavenny, which provides specialist services and support throughout Gwent to people experiencing any form of Violence Against Women, Domestic Abuse or Sexual Violence.

For immediate help at any time call 003300 564456 (24 hour)

Torfaen

The Chrysalis Centre 3 Town Bridge Buildings, Park Road, Pontypool
NP4 6JE torfaen@cyfannol.org.uk

Monmouthshire Monmouthshire Multi Agency Centre, 26b Monk Street, Abergavenny, NP7 5NP (Centre Opening Hours: Mon – Fri 9.30am – 4.30pm)

email monmouthshire@cyfannol.org.uk

Newport 56 Stow Hill, Newport, NP20 1JG (Centre Opening Hours: Mon – Fri 9.30am – 4.30pm) 01633 840258

email: newport@cyfannol.org.uk

Blaenau Gwent Ebbw Vale Institute, Church Street, Ebbw Vale, NP23 6BE
(Centre Opening Hours: Mon – Fri 9.30am – 4.30pm) email:
blaenaugwent@cyfannol.org.uk

www.cyfannol.org.uk

Bawso

Bawso provides specialist services for Black, minority and ethnic residents in Gwent who are affected by Domestic Abuse including Honour Based Abuse, Forced Marriage and FGM.

Trained advisers are available to allow survivors to access safe accommodation, help and support, and to offer guidance to those who are ready to report their experience to the police.

Survivors will be listened to. They will be believed. They will never be judged.

Call: 0800 731 8147

Visit: www.bawso.org.uk

New Pathways

New Pathways provides support for adults and children affected by sexual violence, including sexual abuse, rape and sexual assault. We offer rape crisis services, counselling, advocacy, 1:1 support and groups. We can offer support in person, or via telephone or video.

Call: 01685 379 310

Email: enquiries@newpathways.org.uk

Visit: www.newpathways.org.uk

Hafan Cymru

Hafan Cymru recognises the need to break the cycle of domestic abuse and offer preventative services that promote healthy lifestyles and healthy relationships, especially for families and young people.

The organisation offers a holistic approach to the provision of support for women, men, young people, and families with a wide range of needs – including those who are homeless, have experienced domestic abuse, are recovering their mental health, individuals with substance misuse issues, and ex-offenders. With the aim to help and support individuals to live independently within the community.

For more information visit www.hafancymru.co.uk

Phoenix Domestic Abuse Service

Phoenix Domestic Abuse services offer support for Victims and Perpetrators of Domestic Abuse. Victims of abuse within their intimate relationship can be supported within our Victim Team on a 1-2-1 basis and/or group sessions.

For further information please contact 01495 291202 or info@phoenixdas.co.uk