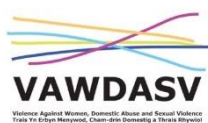


Gwent White Ribbon Day 2022

#33Challenge



White Ribbon Day 2022

This year, White Ribbon Day takes place on Friday 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.

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.

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

White Ribbon Day 2022 #33Challenge

The #33Challenge will take place on White Ribbon Day, Friday 25 November 2022, and aims to bring together communities to end violence against women.

Every week in Gwent, **33** women's lives are at risk of serious harm or danger because of domestic abuse or sexual violence.

There are many organisations across Gwent that are committed to recognising and responding to domestic abuse. If a person is identified as high risk or at risk of serious harm or homicide, they will be discussed at a multi-agency risk assessment conference (MARAC) to protect them from harm.

A MARAC brings together specialist support from a wealth of organisations including, the police, health, child protection, housing, independent domestic violence advisors (IDVAs), probation and other specialists from the statutory and voluntary sectors work together to provide help and support.

The MARAC will also make links with other agencies to protect any children and manage the behaviour of the perpetrator. The victim does not attend the meeting but is represented by an IDVA who speaks on their behalf.

This three-minute YouTube video provides more information on a MARAC - https://www.youtube.com/watch?time_continue=3&v=120kSXCUDic&feature=emb_title

If you are concerned about yourself or somebody you know, help is available from www.livefearfree.gov.wales who can put you in touch with a local specialist support provider.

Show your support

There are many ways to get involved in the White Ribbon Day 2022 #33Challenge.

We just request that once you complete the challenge you share it on your social media accounts, tagging @GwentVAWDASV @GwentPCC @GwentPolice and using the hashtags #GwentWRD2022 #33Challenge.

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

It could be something you do alone, with a few people from your household, or as part of a group or organisation.

For example, you could:

- Walk or run 3.3 (or even 33) kilometres or miles.
- Cycle 33 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 #33Challenge. Use your session to complete 33 second bursts of exercise. For example: 33-star jumps, 33 burpees, or plank for 33 seconds.
- Improve your ball skills, using a range of balls – tennis, netball, rugby, or football it's up to you. You could do this on your own or with your teammates, 33 bounces, 33 passes using your hands or feet 33 keep ups.
- Do 33 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 33 cakes between your group or organisation.
- Decorate and hide 33 pebbles or stones with a white ribbon or quotes to empower women and girls and hide them in your neighborhood. Encourage the community to find the pebbles and post a picture on social media with the hashtag and tags #GwentWRD2022 #33Challenge @GwentVAWDASV @GwentPCC @GwentPolice
- Share 33 coping skills with your friends, family or with work colleagues.

- Take part in a 33-minute dance off (e.g., using Just Dance)
- Think of 33 empowering words/phrases (you could even make them into a song or video).
- Enjoy 33 minutes of relaxation, for example:
<https://www.mind.org.uk/information-support/tips-for-everyday-living/relaxation/relaxation-exercises/>
- Carry out 33 random acts of kindness.
- Share 33 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 33 hands/pairs of hands to reinforce the message that 'hands don't hurt'.
- Donate 33 items to a local organisation that supports women and families affected by domestic abuse and sexual violence. These could be toiletries, drawing books, pens or make up.

Schools

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

Here are some ideas to get pupils and staff involved:

- Turn your daily mile in to a #33Challenge for 33 days.
- Encourage children, parents, and carers to carry out 33 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 33 new activities until the end of term, from cooking, reading, drawing to cycling or running.
- 33 children to work together to complete a class / school challenge.

Turn PE lessons into #33Challenge sessions:

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

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 #33Challenge, 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 Team. This will enable staff to:

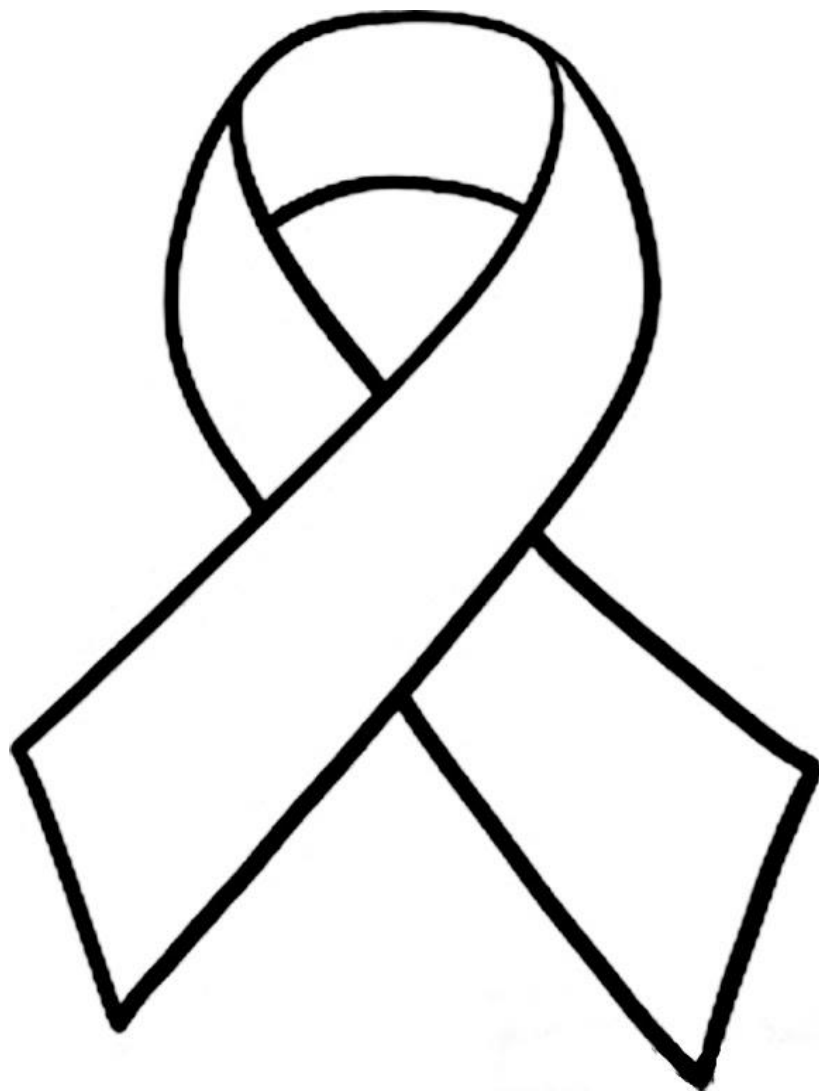
- Recognise the signs and symptoms of violence against women, domestic abuse, and sexual violence.
- Understand the purpose of and demonstrate an ability to undertake targeted enquiry

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

Can't think of a #33Challenge 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>Every week, in Gwent, 33 women's lives are at risk of serious harm or danger because of domestic abuse or sexual violence.</p> <p>Show your support to end violence against women and girls by taking on a #GwentWRD2022 #33Challenge.</p> <p>@GwentVAWDASV @GwentPCC @GwentPolice</p>	<p>Bob wythnos yng Ngwent, mae 33 o fenywod mewn perygl difrifol oherwydd cam-drin domestig neu drais rhywiol.</p> <p>Dangoswch eich cefnogaeth i ddileu trais yn erbyn menywod a merched trwy wneud #GwentWRD2022 #Her33</p> <p>@GwentVAWDASV @GwentPCC @HeddluGwent</p>
<p>Every week, in Gwent 33 women need the support of a MARAC.</p> <p>A MARAC brings together a range of organisations to help women at high risk of domestic abuse or sexual violence.</p> <p>#GwentWRD2022 aims to end violence against women.</p> <p>Show your support. Take on the #33Challenge</p>	<p>Bob wythnos yng Ngwent mae 33 o fenywod angen cefnogaeth MARAC.</p> <p>Mae MARAC yn dod â sefydliadau at ei gilydd i helpu menywod sydd mewn perygl mawr o ddioddef cam-drin domestig neu drais rhywiol.</p> <p>Nod #GwentWRD2022 yw dileu trais yn erbyn menywod.</p> <p>Cefnogaeth. Gwnewch #Her33</p>
<p>I've signed up to the #GwentWRD2022 #33Challenge.</p>	<p>Rwyf i wedi cofrestru ar gyfer #GwentWRD2022 #Her33</p>

<p>I pledge my support to end male violence against women.</p> <p>@GwentVAWDASV @GwentPCC @GwentPolice</p>	<p>Rwyf i'n addo cefnogi pob ymdrech i roi terfyn ar drais gan ddynion yn erbyn menywod.</p> <p>@GwentVAWDASV @GwentPCC @HeddluGwent</p>
<p>I've completed the #GwentWRD2022 #33Challenge.</p> <p>I pledge my support to end male violence against women.</p> <p>@GwentVAWDASV @GwentPCC @GwentPolice</p>	<p>Rwyf i wedi cwblhau #Her33 #GwentWRD2022</p> <p>Rwyf i'n addo cefnogi pob ymdrech i roi terfyn ar drais gan ddynion yn erbyn menywod.</p> <p>@GwentVAWDASV @GwentPCC @HeddluGwent</p>
<p>We have completed the #GwentWRD2022 #33Challenge.</p> <p>We pledge support to end male violence against women.</p> <p>@GwentVAWDASV @GwentPCC @GwentPolice</p>	<p>Rydym ni wedi cwblhau #Her33 #GwentWRD2022.</p> <p>Rydym ni'n addo cefnogi pob ymdrech i roi terfyn ar drais gan ddynion yn erbyn menywod.</p> <p>@GwentVAWDASV @GwentPCC @HeddluGwent</p>
<p><i>[Insert Organisation]</i> has completed the #GwentWRD2022 #33Challenge.</p> <p>We pledge support to end male violence against women #GwentWRD2022</p> <p>@GwentVAWDASV @GwentPCC @GwentPolice</p>	<p>Mae <i>[Enw'r Sefydliad]</i> wedi cwblhau #Her33 #GwentWRD2022</p> <p>Rydym ni'n addo cefnogi pob ymdrech i roi terfyn ar drais gan ddynion yn erbyn menywod #GwentWRD2022</p> <p>@GwentVAWDASV @GwentPCC @HeddluGwent</p>
<p>I promise to never commit, excuse, or remain silent about male violence against women. #GwentWRD2022</p> <p>@GwentVAWDASV @GwentPCC @GwentPolice</p>	<p>Rwy'n addo na fyddaf i byth yn cymryd rhan, esgusodi nac aros yn dawel am drais gan ddynion yn erbyn menywod #GwentWRD2022</p> <p>@GwentVAWDASV @GwentPCC @HeddluGwent</p>

<p>Hurt, isolated, frightened, controlled? Don't suffer in silence. Help is available. www.gwentsafeguarding.org.uk @GwentVAWDASV @GwentPCC @GwentPolice #GwentWRD2022</p>	<p>Wedi brifo? Teimlo'n ynysig ac ofnus? Teimlo bod rhywun yn eich rheoli? Peidiwch â dioddef yn dawel. Mae help ar gael. www.gwentsafeguarding.org.uk @GwentVAWDASV @GwentPCC @HeddluGwent #GwentWRD2022</p>
<p>There's no excuse for any abuse. Help is available. gov.wales/live-fear-free @LiveFearFree @GwentVAWDASV @GwentPCC @GwentPolice #GwentWRD2022</p>	<p>Nid oes unrhyw esgus dros unrhyw gam-drin. Mae help ar gael. gov.wales/live-fear-free @LiveFearFree @GwentVAWDASV @GwentPCC @HeddluGwent #GwentWRD2022</p>

Press release

White Ribbon Day 2022

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

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

Every week in Gwent, 33 women's lives are at risk of serious harm or danger because of domestic abuse or sexual violence.

There are many services across Gwent that are committed to recognising and responding to domestic abuse. Where a person is assessed as high risk of serious harm or homicide because of domestic abuse they will be referred into MARAC.

This year residents, businesses, schools, and community groups are being asked to sign up to the #33Challenge to raise awareness of this hard-hitting figure.

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

"This year we are encouraging people to take part in a #33Challenge to raise awareness of the number of women who are living in high-risk situations every week because of domestic abuse or sexual violence.

"By working in partnership with organisations from both the public sector and third sector we can provide tailored, targeted support for women and girls.

"I am committed to supporting victims, my office provides funding for a wide range of organisations who work with victims to provide them with the help and support they need.

"We need your help to encourage others to take a stand against violence against women and I urge anyone experiencing abuse to speak out and seek help.

"Please don't suffer in silence, help is available."

The #33Challenge is being organised by Gwent Regional VAWDASV Partnership 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 #33Challenge could be something you do alone, with a sports team or with your family and friends.

People, families, schools, organisations, sports teams, and community groups can set their own challenges focusing on the number 33 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 Friday 25th November or anytime during the 16 days of action which ends on 10th December.

Chief Constable Pam Kelly said “Any form of violence against women and girls is unacceptable and we, at Gwent Police are committed to building safer communities by tackling the issue and ensuring that we get the best outcome for our victims.

“It can be tough to make that first contact but I would urge anyone who believes they are a victim of this crime to come forward in the knowledge that we will support them and treat them with care and respect. It is everyone’s duty to make a stance against any violence and of course violence against women and girls.”

An online support pack is available to download from the Office of the Police and Crime Commissioner website 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.

Amy Thomas, 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.

“The murders of Sarah Everard and Sabina Nessa in 2021 provoked a national conversation about women’s safety and the public took a stand to condemn violence and abuse against women in society. However, as we start to recover from the Covid pandemic, we are now understanding that lockdowns and social distancing have not only created a curtain to hide domestic violence but also reduced the ability of victims to seek help, so protecting women has become more challenging than ever.

This year, we are hoping to spark conversations and reach a wider audience to change the attitudes and societal norms that exist around abuse, harassment, and violence.

In raising awareness of White Ribbon Day through sport and sporting events, we are looking to kick off a discussion for everybody to play their part to learn about gender inequality and violence and make a commitment to take action to make change in themselves and their communities.

Gwent has a range of support services for anyone affected by abuse or violence, as well as those who are worried about their own or others behaviours. Eliminating

violence against women, domestic abuse and sexual violence is everybody's responsibility and it can start small with a pledge to take action now, and create change within your social circles, workplace and communities to protect the safety of women in the future."

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: Rachel.Evans@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 03300 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