

I.C.E.P



you first

Free phone: 0800 032 5204

Email: youfirst@theyoutrust.org.uk

Support can be accessed anywhere the dragonfly logo is displayed.

Isolated **C**ommunities **E**ngagement **P**roject

*Working together against domestic abuse with
courage, change and hope*

Domestic Abuse Champion Project



*Would like to have a positive impact on someone's
life - would you like to be involved?*



Isolated Communities



Engagement Project

DOMESTIC ABUSE AWARENESS WORKSHOP

You are invited to apply to attend a one day Domestic abuse awareness workshop.

Content

What is ICEP?
Understanding
Safeguarding.
Understanding Domestic
abuse.
Coercive control, stalking
and harassment.
Legal orders and
signposting.

Venue

Tuesday 8th May
9:30 – 14:30
Tea and coffee are provided
Shops for lunch are nearby

Please note that there isn't
parking

Date and Time

PILGRIM HOUSE

1 Hope Street

Weymouth

DT4 8TU

Who could attend?

Anyone who works with in the
community

Facilitator's

rachael.carr@theyoutrust.org.uk
Katie.blake@theyoutrust.org.uk



What is a Champion?

A champion will offer a listening ear to those experiencing domestic abuse.

A champion will offer informal, friendly support

A champion will empower people to break the silence around domestic abuse.

A champion will make accessing support easier in isolated communities.

A champion will signpost people in the direction which is right for them.

A champion will help raise awareness about domestic abuse.

What is ICEP?

Isolated Communities Engagement Project

Empowering communities to support and help those who are being affected by Domestic Abuse.

Educating communities to work together to raise awareness of Domestic Abuse.

Raising awareness of domestic abuse and coordinating a befriending service with local people for local people.

Developing teamwork between community and specialist domestic abuse advocates as they work together.

Providing a drop-in service in your local community.

Making support easily accessible in isolated areas utilising local services, e.g. *hairdressers, GP surgeries and shops.*

The Isolated Communities Engagement Project will provide champions with:-

Free awareness session by domestic abuse specialists

Opportunities to use natural abilities to become a support for others

Support to develop skills needed to be a champion

Are you....

A good listener?

A good communicator?

Sensitive to others?

Non-judgemental?

Reliable?

Discrete?

Open to learning and guidance?

Caring?

Easily accessed in your organisation?

Positive?

Good at working as part of a team?

Your time could make a real difference!

Enquire today! Contact details can be found on the back of this leaflet.

What is I.C.E.P ?

Isolated Communities Engagement Project

Empowering communities to support and help those who are being affected by Domestic Abuse.

Educating communities to work together to raise awareness of Domestic Abuse.

Raising awareness of domestic abuse and coordinating a befriending service with local people for local people.

The community and specialist domestic abuse advocates working together as a team.

Providing a drop-in service in your local community.

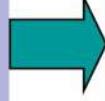
Making support easily accessible in isolated areas utilising local services, eg hairdressers, GP surgeries and shops.

How to get help?

Look out for the dragonfly logo in your local community



Approach a member of staff where you see the logo



A friendly and informal confidential chat will take place with a trained befriender



The befriender may then either support you



Or the befriender can signpost you onto other services for more support.

What is domestic abuse?

Emotional abuse:

Name calling, put downs, intimidation and threats, being made to feel guilty, blame and humiliation.

Financial:

Controlling money, withholding money, having to ask for money, refusing to contribute to the household income.

Physical:

Punching, kicking, pulling hair, cigarette burns, biting, throwing objects.

Sexual:

Any unwanted sexual behaviours, no consent, being forced into acts, pressure, made to feel uncomfortable, contraception withheld.

Coercion and control:

Telling you what to wear, checking up on you, isolating from family/friends, making you take part in criminal activity, damaging your property or belongings.

Domestic abuse can be a single incident or a number of incidents between people who are or have been in a relationship or are family members.

Befriending Project

All befrienders have received domestic abuse awareness and have a good understanding of domestic abuse.

They understand the importance of confidentiality.

Befrienders are there to offer an informal supportive service.

They have access to specialist services and support.

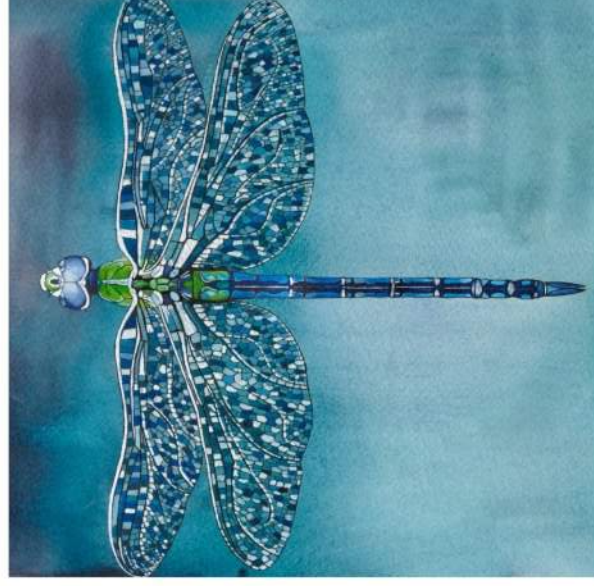
Befrienders will not judge you and will treat you with respect.

They are there to help and empower you to make informed choices.

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