



Barnet
Safer
Communities
Partnership

KEEPING BARNET SAFER

A SAFETY GUIDE FOR WOMEN AND GIRLS



Caring for people, our places and the planet



METROPOLITAN
POLICE

www.barnet.gov.uk/community-safety

BARNET
LONDON BOROUGH

DID YOU KNOW?

1 in 5 adults experience domestic abuse during their lifetime.

Tragically, in the year ending March 2020, **81 women** were killed in a domestic homicide.

An estimated **1.6 million** women aged 16 to 74 suffered domestic abuse in England and Wales in the last year.

Young girls in the UK report high incidence of sexual violence.

A domestic abuse related call is made to the police every **30 seconds.**

Women are more likely to experience repeat victimisation, be physically injured or killed and experience sexual violence.



FOREWORD

“We want our children to grow up in households without the fear and trauma of domestic abuse and we want women and girls to be able to move freely around the borough without the fear of violence, harassment, and abuse.

Barnet Council, together with our partners from Police, Probation Services, Community Safety, Housing, Middlesex University, Health Services and broad range of commissioned services, voluntary and community providers remain committed to keeping Barnet safe for everyone who lives, goes to school and works in the borough.

As a partnership we have made strong progress against the aims we set in our Domestic Violence and Violence Against Women & Girls (VAWG) Strategy 2022- 2025, which is focused on changing behaviours that foster violence against women and girls through education, early intervention and delivery of perpetrator programmes, including our ground-breaking Culturally Integrated Family Approach (CIFA) Programme in partnership with RISE Mutual CiC, aimed at breaking cycles of abuse.

This leaflet outlines the services, support and information that are available”



Tina McElligott
Chair of VAWG Delivery Group
and Director, Early Help
& Children’s Social
Care Services



FOREWORD

Early intervention and prevention of domestic abuse and violence against women and girls (VAWG) is a key priority for Barnet's Safer Communities Partnership Board.

Alongside our domestic abuse support services, Barnet Council now has a range of initiatives to help tackle crime and anti-social behaviour and enable people to feel safer.

We have invested £2.3 million in upgrading and expanding our CCTV network, have introduced a Public Space Protection Order across the whole Borough, as well as delivering regular pop-up community safety hubs and ward walks.

We also have dedicated ward-specific Community Safety Team who you can report issues directly to for investigation and enforcement. Please visit www.barnet.gov.uk/communitysafety for more details about our community safety programme.

As part of our pro-active approach to improve safety for women and girls, we are also launching a trial of 'Safe Haven's which will provide a place for women and girls to seek support if they feel threatened or vulnerable, together with a training toolkit for local businesses.



Cllr Sara Conway
Cabinet Member for
Community Safety
and Participation.



FOREWORD

Tackling violence remains our top operational priority, including crimes that disproportionately affect women and girls, such as domestic abuse and sexual violence. Male violence against women and girls has a profound and long-lasting impact on those directly affected, shattering the lives of victims, their families and those closest to them.

Such violence also affects local communities and impacts on how safe people feel where they live, and how confident they are in their local police service. We will not stop in our mission to tackle violence perpetrated by men against women and girls, and to give our public the confidence they need to trust that we'll always uphold the highest professional standards in policing.

The Met I know, and love wants to improve. Our officers are ready to serve, day in and day out, and choose to risk their own lives to save and protect others. We will do all we can with our partners and stakeholders across Barnet to prevent male violence towards women and girls. Where violence does occur, we will be relentless in our mission to bring offenders to justice, and to give victims the care and support they need and deserve.



Superintendent Lorraine Busby-McVey
Barnet Neighbourhood Team



INTRODUCTION

Our vision is for Barnet to be a borough where everyone can live free of domestic abuse and violence against women and girls (VAWG).

This guide will help you to access support if you are experiencing abuse or information on what to do if you are worried about someone else to help us all make Barnet safer for everyone.

The term 'violence against women and girls' covers a range of crimes, with the common theme that they disproportionately affect women and girls. However, anyone can experience most forms of VAWG:

- **Rape and sexual violence**
- **Sexual and other forms of harassment, including sexual exploitation and public sexual harassment.**
- **Stalking**
- **'Honour'-based abuse, female genital mutilation and forced marriage.**
- **Domestic abuse**
- **Modern slavery and trafficking**

Barnet Council is committed to reducing the prevalence of domestic abuse and all forms of violence against women and girls, by improving the support and outcomes received for all victims and survivors in Barnet and holding those responsible accountable.

We signed up for the Women's Night Safety Charter to demonstrate our commitment. The Women's Night Safety Charter is part of the Mayor's Tackling Violence Against Women and Girls Strategy and is a voluntary pledge to show we take women's safety seriously.

WHAT IS DOMESTIC ABUSE?

It can happen in relationships, with family members or ex-partners. Domestic abuse can happen to anyone.

Domestic abuse is a pattern of behaviours making it difficult for the person experiencing abuse to have control over their own life or leave the relationship. These behaviours can be controlling, coercive, threatening, degrading or violent.

RECOGNISING THE SIGNS

Domestic abuse can include, but is not limited to, the following:



- **Psychological/emotional:** using abusive, insulting, threatening or degrading language



- **Physical:** violent acts or threats of violence towards you, someone else or your pet



- **Sexual:** unwanted sexual contact or demands and rape



- **Financial:** controlling access to finances, transport, education, work



- **Coercive control:** hostile behaviours or silent treatment as part of a pattern of behaviour, such as controlling or monitoring daily activities, dictating what to wear, or who you can see. Isolation from friends and family or professionals trying to provide support by intercepting messages or phone calls.



- **Technology:** monitoring internet usage, email or any other form of electronic communication



- **Economic:** interfering with or preventing someone from using their immigration status so that they become economically dependent



GET HELP

If you are in immediate danger, Call the Police on 999

Silent Help: If you need help but are unable to speak, ring **999** and when they answer press **55**.

Pressing **55** only works on mobiles and doesn't allow the police to track your location.

If you can only say one thing, give your location. If you don't press **55** your call will be ended.

Calling **999** from a landline automatically gives the police information about your location.



WHAT TO DO IF YOU ARE WORRIED ABOUT SOMEONE ELSE?

If they are in immediate danger Call the Police on 999

For an issue that doesn't require an emergency response:

Text **61016** to contact the British Transport Police if the incident is on a train or tube.

Call **101** for any other locations or **Call the 24-hour freephone National Domestic Abuse Helpline** on **0808 2000 247**.

You may be unsure if someone you know is experiencing domestic abuse or any form of VAWG.

If it is safe to do so, you could share types of abuse with them to help them come to terms with what they are experiencing. Try to keep in mind that they might not be ready to accept that their partner or relative is abusive.

SUPPORT DIRECTORY

Information about organisations that can help you or someone you know.

Barnet Homes:

If you need advice about finding somewhere safe to live, please call Barnet Homes **020 8610 3539** or **020 8359 2000 (Out of hours)**.

National Domestic Abuse Helpline:

Call **0808 2000 247** for free and in confidence, 24-hours a day.

Solace Advocacy Domestic Abuse and Support Service:

free, confidential support for women and men in Barnet affected by domestic abuse. To get help call Solace on **020 3874 5003**.

Barnet Homes Domestic Abuse One Stop Shop:

An advice drop-in service for all genders where partner agencies provide advice and information. **Open every Thursday between 9:30 – 12:30 at 2 Bristol Avenue, Colindale.**

“I feel comfortable taking my baby of 1 year old to the One Stop Shop and know it is a safe environment for her while I get advice”

“I would not have been able to do this or to push this far without IDVA support. I have never been supported like this before, and believed in justice for the first time with interventions that were put into place”



SUPPORT DIRECTORY

Keeping safe online:

If someone is controlling, harassing or intimidating you using technology this is a criminal offence. For information about technology facilitated abuse visit <https://refugetechsafety.org>

If your current or former partner, or a family member has interfered with your money, financial situation or the things that money can buy in some way to limit your choices, find information about economic abuse here <https://survivingeconomicabuse.org/i-need-help>

If you are worried you or someone else will be forced to marry someone against their wishes, please contact the Forced Marriage Unit on **020 7008, 0151** or find them on Facebook <https://www.facebook.com/forcedmarriage>

For more information about specialist support in Barnet, please visit www.barnet.gov.uk/domesticabuse

APPS AND TELEPHONE HELPLINES

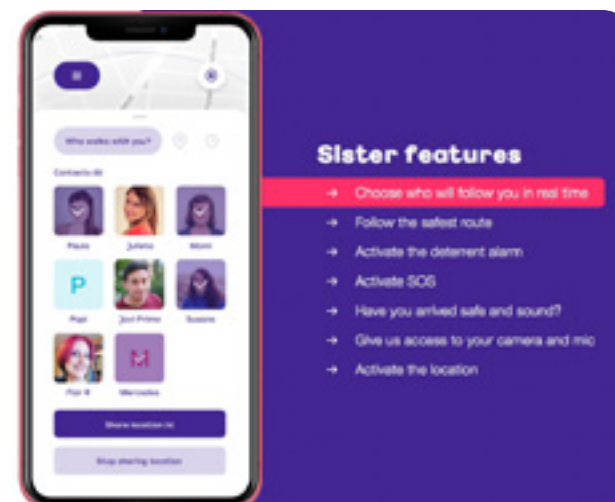
Free telephone helplines

24 Hour Domestic Abuse helpline	Call: 0808 2000 247
Men's adviceline	Call: 0808 8010 327
North London Rape Crisis	Call: 0808 801 0305
Women and Girls Network Dedicated Sexual Violence helpline	Call: 0808 801 0770
NSPCC 24-hour helpline	Call: 0808 800 5000
safeline National Male Survivor helpline	Call: 0808 800 5005
Galop LGBT+ helpline	Call: 0800 999 5428

APPS AND TELEPHONE HELPLINES

Be safe when out and about

There are many personal safety apps which sound alarms, track journeys, alert specified contacts and can trigger calls to emergency services. Take a look at Sister, Sekura and Safe & the City. Apps are free and available on IOS or Android at the App Store or Google Play.



Hollie Guard

hollieguard.com

Hollie Guard is a free personal safety app that can be downloaded onto any iOS or Android device.



safelandthecity.com

Safe & the City is a navigation app that has the ability to recall information about the routes users feel safest in and alert them when they reach areas police have flagged with high levels of street crime. It also has quick access to the emergency services.



hestia.org/brightsky

Bright Sky is an app and website that provides practical support and information on how to respond to domestic abuse. It is for anyone experiencing domestic abuse, or who is worried about someone else.

Bright Sky helps you to spot the signs of abuse, know how to respond, and help someone find a safe route to support.

Please only download the app if it is safe to do so and you are sure your phone isn't being monitored.



OTHER SUPPORT AVAILABLE

CLARE'S LAW:

This enables the police to release information about any previous history of violence or abuse a person might have. Under Clare's Law you can:

Apply for information about your current or ex-partner because you're worried they may have a history of abuse and are a risk to you request information about the current or ex-partner of a friend or relative because you're worried they might be at risk.

Search online for Clare's Law; for more information.

ASK FOR ANGELA:

Use the code word 'Ask for Angela' if you need immediate help when at a pub or bar in Barnet signed up to the scheme. Bar staff will invite you to a safe place to wait and can assist you with leaving the venue safely or reunite you with friends and if needed call the police. 57 bars and pubs in Barnet are already part of this scheme.

Search online for Ask for Angela to find out more.

SAFE SPACES:

Ask for ANI Action Needed Immediately is a codeword scheme that enables victims of domestic abuse to discreetly ask for immediate help in participating pharmacies, banks and Jobcentres around Barnet.

Visit: www.barnet.gov.uk/domesticabuse

SAFE PLACES:

A safe place helps vulnerable people if they feel scared, anxious or at risk while they are out in the community and need support right away. We have 40 safe spaces located around the borough including cafés, supermarkets, tube stations, retail shops such as WH smith and pharmacies.

Visit: www.barnet.gov.uk/domesticabuse to find out more

SPECIALIST SUPPORT:

email: DAVAWG@Barnet.gov.uk

or visit: barnet.gov.uk/domestic-abuse



HATE CRIME REPORTING

Barnet - Say **NO** to



No one should be targeted with abuse because of who they are. In Barnet we pledge to work together to build a safe and strong community where people get along well and where we take a zero-tolerance approach to hate crime.

A hate crime is committed because of hostility or prejudice towards you. This could be because of your:

- Faith, religion or belief
- Race, ethnicity or nationality
- Physical, learning or hidden disability
- Mental health condition
- Transgender identity
- Sexual orientation

A hate crime can be committed anywhere: on a bus or train, in a shop, on the street or in any public or private place including your home. A hate crime can be committed by a stranger or by someone you know, such as a neighbour, carer, or a friend.

Hate crimes can include:

- **Physical attacks like hitting**, punching, pushing or spitting.
- **Verbal abuse** like name calling or offensive language.
- **Bullying and intimidation** by children, adults, neighbours or strangers.
- **Harassment** including hoax calls, hate mail and offensive literature.
- **Malicious complaints** over issues such as parking, noise or smells.
- **Damage to property**, e.g. Graffiti, offensive stickers or throwing rubbish.
- **Online abuse and cyber-bullying** through posts on social media and hi-jacking of video-calls.
- **Financial abuse** including fraud and scams.
- **Displaying or circulating offensive literature** e.g. Discriminatory newspapers, posters or leaflets.

If you are threatened, attacked or harassed because of your disability, transgender identity, sexual orientation, faith, race or religion, or in a way that makes negative reference to that fact, you may be a victim of hate crime. The incident should be reported to the Police and/or other local support organisations.

If you see anyone threatened or attacked because of their disability, gender identity, sexual orientation, faith, race or religion, you can report this to the Police as a witness of hate crime.

HATE CRIME REPORTING

Barnet - Say **NO** to



How we can help

If you would like assistance in reporting an incident to the Police or for more information or advice, contact: **Barnet's Hate Crime Reporting and Welfare Officer, Reshma Hirani**: projectsupport@barnetmencap.org.uk or call 0208 349 3842.

Support organisations

You can also receive support from one of Barnet's **Hate Crime Reporting and Support Centres**:

Barnet Mencap	Supporting adults and families of children with autism and learning disabilities.	www.barnetmencap.org.uk
Barnet Homes	Supporting Barnet residents to report hate crime, domestic violence and anti-social behaviour.	thebarnetgroup.org/bh
Barnet Multi Faith Forum	Supporting our diverse faith communities.	barnetmultifaithforum.org
Community Security Trust	Supporting victims of anti-Semitic hate crime.	cst.org.uk/
Community Barnet	Connecting people to focused voluntary and community support organisations.	communitybarnet.org.uk
GALOP	Support for victims of anti-LGBT hate crime and domestic violence.	www.galop.org.uk
Inclusion Barnet	Supporting people with disability and mental health conditions.	www.inclusionbarnet.org.uk
Meridian Wellbeing	Supporting victims of hate crime including anti-Chinese hate incidents.	www.meridianwellbeing.com
Tell MAMA	Supporting victims of anti-Muslim hate.	tellmamauk.org
Trinity Church / Christians Against Poverty	Supporting the local community through financial debt and crisis.	www.trinitylondon.org

Reporting Hate Crime

In an Emergency **CALL 999** If it is not an emergency, **Call 101** or **Report Online** at: www.met.police.uk/ro/report or www.report-it.org.uk
For safety reasons, do not confront those who commit hate crime.

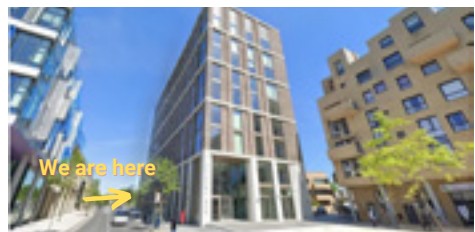
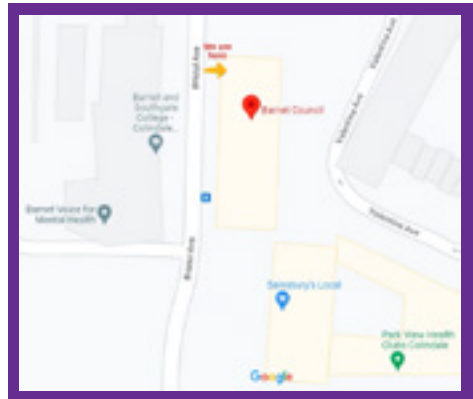
Barnet Homes' Multi-Agency Domestic Abuse One Stop Shop Service



An advice drop-in service for all genders

Our partner agencies (family law and immigration solicitors, housing advisor, anti-social behaviour officer, independent domestic abuse advisor and welfare benefit advisor) are providing advice, information, options, support, risk assessment and safety planning to survivors of:

- domestic abuse
- forced marriage
- honour based abuse
- sexual abuse
- sexual exploitation
- female genital mutilation (FGM)



2 Bristol Avenue, Colindale
London NW9 4EW

Open every Thursday
from 9.30am - 12.30pm

For more information call: 020 8359 7947
Phone lines are open from Wednesday - Friday

