



DOMESTIC ABUSE TRAINING & CONSULTANCY

Domestic Abuse Training and Consultancy

Public, Private & Voluntary Sector

2024 - 2025

ENGAGE | EDUCATE | EMPOWER



THE CPD STANDARDS OFFICE

CPD PROVIDER: 22169

2023-2024

www.cpdstandards.com



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Bespoke Training & Consultancy

We are able to create a bespoke training package that can be tailored to your business/organisation utilising our expertise and training portfolio content.

WELCOME MESSAGE



Welcome to Alpha Vesta! We are a Community Interest Company with a very clear vision and mission; to 'break the cycle' of Domestic Abuse through **awareness, prevention** and **early intervention**. We seek to **engage, educate** and **empower** all corners of the community to understand more about Domestic Abuse whilst building confidence and skills to **recognise, respond** and **refer** to specialist support services where appropriate. You can find out more about us on our [Website](#).

Our offering at Alpha Vesta consists of a **suite of training** suitable for anyone; beginning with a 1hr Awareness option and building through our Core Level 2 and Enhanced Level 3 sessions, some of which are **CPD accredited**. Using our expertise and experience, all training can be **tailored** to create **bespoke packages** based on the specific needs, structure and size of your business or organisation. We encourage you to read the training profiles within this catalogue to explore the aims and objectives. Should you wish to arrange a **free consultation** to discuss this further, please do not hesitate to contact us.

As a Community Interest Company, we recognise the importance of **removing cost as a barrier to learning** more about this social and economic issue. As such, our Level 1 and Level 2 sessions are fully funded to run once a month online via Zoom with Level 3 Enhanced sessions scheduled throughout the year. Places can be booked directly on our [Eventbrite](#) page or accessed through our [Website](#). These sessions can also be run privately on an alternative online platform or face-to-face with **costs starting from £200 for 1hr session and £300 for a 2hr session**.

All sessions are delivered by myself, Lucy Whittaker, supported by trained facilitators that monitor attendance to ensure those that complete the full session receive our post course email with supporting PDF Handbook and respond to requests for certificates of attendance. We also **collaborate with experts** to enhance the delivery of specific topics and continue to explore and research others areas.

In addition to our training offering, we provide **Consultancy Services** to assist businesses and organisations across public, private and voluntary sector employers, in developing robust Domestic Abuse **policies, procedures and guidance**. Our flexible approach allows us to thoroughly assess individual needs, create customised packages and **provide ongoing support**.

We look forward to working with you.



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Lucy Whittaker
Founding Director and Lead Trainer of Alpha Vesta CIC





LEVEL ONE

Introduction to Domestic Abuse

 1hr

Domestic Abuse often appears in the news and across media outlets, but research shows that many people across communities and workplaces lack any real understanding of it, its impact and why it is so complex.

This session, aims to build an understanding of what we mean by Domestic Abuse, its history, impact and complexities, providing a foundation before exploring our Core and Enhanced sessions..

Aims & Objectives

- To build understanding around the definition of 'Domestic Abuse'.
- To build understanding on the prevalence and complexities that exist around it.
- To build understanding on the legislation and history around Domestic Abuse.
- To build understanding on the ripple effect of Domestic Abuse.
- To build confidence to recognise the signs, reach out and respond.

Become a J9 Safe Space



Domestic Abuse Training



LEVEL ONE

J9 Domestic Abuse Training

 1hr

For more information about the history of the J9 Domestic Abuse Initiative please visit our [Website](#).

The J9 initiative within Essex is aimed at public and customer facing groups, businesses and organisations who are ideally placed to provide '**Safe Spaces**' within our communities. This could be a local coffee shop, retailer, library, sports or leisure facility, food bank, the list goes on, but it is through the connection with local residents and families that provides us with the opportunity to support everyone's basic human right to live a life without abuse and to be able to seek help at the earliest opportunity should they need to.

Aims & Objectives

- To help attendees build an understanding of what we mean by 'Domestic Abuse'.
- To explore tools and resources available to help recognise the signs of Domestic Abuse and feel confident to signpost someone in the direction of specialist support services.
- To support the creation of 'Safe Spaces' within our Essex communities for adults or children to access help and information when they need it.

Whilst anyone can attend the funded training session and receive a Certificate of Attendance; to become a fully accredited 'J9 Essex Safe Space', at least two thirds of your staff/team will need to complete the training before we deliver our J9 toolkit and resource pack.



DOMESTIC ABUSE TRAINING & CONSULTANCY

Core 1
Understanding
Domestic Abuse
& its Impact

LEVEL TWO



Core 1: Understanding Domestic Abuse & Its Impact

 **2hrs**

Domestic Abuse occurs across the world irrespective of socio-economic status, race, religion, gender and sexual orientation. This workshop, builds on Level 1: Introduction to Domestic Abuse, to explore the different types of Domestic Abuse, the national and regional impact of Domestic Abuse, as well as the different laws and interventions that currently exist to combat it.

Not all Domestic Abuse looks the same and so this session looks at the physical, emotional and psychological types of abuse and the factors that can fuel and underpin many cases.

This session also explores research into high risk indicators, domestic homicides as well as different Domestic Abuse typologies.

Aims & Objectives

- To continue to build understanding around the definition of 'Domestic Abuse'.
- To learn more about the different types of 'Abusive Behaviour'.
- To build understanding around the different types of 'Domestic Abuse Incidents'.
- To build awareness of the risks around 'Stalking and Harassment'.
- To build understanding of high-risk indicators and triggers connected to an escalation in Domestic Abuse or crisis.



DOMESTIC ABUSE TRAINING & CONSULTANCY

Core 2
The Complexity of
Domestic Abuse

LEVEL TWO



Core 2: The Complexity of Domestic Abuse

 **2hrs**

Suffering from Domestic Abuse may be just one of many challenges someone can be facing.

This session explores Alpha Vesta's 'Big 12' which considers the different needs, vulnerabilities and barriers that both victims and perpetrators face. Any of the Big 12, including Mental Health, Substance Misuse, Culture & Beliefs to name a few, can complicate a picture and prevent any sustainable changes to someone's circumstances.

Different ethnicities and LGBT communities also form part of this discussion in order to understand better the challenges that complicate Domestic Abuse relationships. These complex areas often facilitate the cycle of abuse further. Therefore, recognising the signs, fostering a non-judgemental and trauma-informed approach are all explored and for attendees to never question why someone 'doesn't just leave' an abusive relationship.

Aims & Objectives

- To continue to build understanding around 'Domestic Abuse'.
- To explore and understand the Alpha Vesta Big 12 complexity areas that interact with Domestic Abuse.
- To understand the importance of professional curiosity.



DOMESTIC ABUSE TRAINING & CONSULTANCY

Core 3
The Impact of Domestic Abuse on the Workplace & Employment

LEVEL TWO



Core 3: The Impact of Domestic Abuse on the Workplace & Employment 🕒 2hrs

The Social and Economic costs of Domestic Abuse were explored in a Home Office Report released in 2019. Costs were calculated at £66 billion per year, with £14 billion of this as a direct cost to the UK economy. A further study released in November 2019 highlighted the barriers to career progression for victims and the costs related to absence due to Domestic Abuse.

This workshop explores the impact in terms of the victim themselves but also their work colleagues and employers. This may include, increased absence, lateness, lower productivity, reduced health and wellbeing. Several case studies will be reviewed to provide a comprehensive understanding of the issue.

The second part of the session focuses on how workplaces can minimise the impact by embedding a culture of understanding, alongside a robust policy, procedures and guidance. Attendees that attend the full session will receive a copy of Alpha Vesta's Standard Domestic Abuse Policy as a starting point to begin building your own Policy or Procedures.

Anyone can benefit from this session, however, it is ideal for any workplace, Human Resources Teams, Line Managers, Team Leaders, Work Colleagues, Policy Makers and Senior Leadership Teams.

Aims & Objectives

- To continue to build understanding around 'Domestic Abuse'.
- To understand the impact of Domestic Abuse in the Workplace, on employment and its ripple effect, both socially and economically.
- Share some Case Studies of workplaces that were impacted.
- To discuss the importance of embedding a workplace culture of understanding and awareness of Domestic Abuse.
- To consider the key fundamentals to building Workplace Policies/Procedures.



DOMESTIC ABUSE TRAINING & CONSULTANCY

Core 4
The Impact of Domestic Abuse on Children & Young People

LEVEL TWO



Core 4: The Impact of Domestic Abuse on Children & Young People 🕒 2hrs

Children and young people are affected by domestic abuse in various psychological and physical ways. The signs can often be subtle, and for those around them, the thought of them living in an abusive environment may never cross their minds.

When we fail to recognise these subtle indicators, the abuse persists, resulting in extreme trauma and neglect. As a result, those affected often live in a constant state of heightened alertness. This ongoing fear, vulnerability, and exhaustion not only put them at risk of significant harm within the home but also exposes them to dangers outside, such as gang involvement, exploitation, radicalisation, extremism, and harmful sexual behaviours.

This workshop adopts a trauma-informed approach, offering strategies to recognise the signs, understand the impact and build resilience and protective factors for children and young people impacted by Domestic Abuse.

While anyone can benefit from this session, it is particularly suited for individuals working with children and young people, school staff, pastoral support staff, youth leaders, community organisations, police, social workers and health professionals.

Aims & Objectives

- To continue to build understanding around 'Domestic Abuse'.
- To build understanding of the physical and psychological impact of Domestic Abuse on children.
- To build an understanding of indicators of Domestic Abuse in children.
- To build an understanding of trauma and neglect.
- To build an understanding of Extra-Familial Harm.
- To build understanding around trauma, resilience and protective factors.
- To build confidence & understanding on reaching out to a child or young person.



DOMESTIC ABUSE TRAINING & CONSULTANCY

**Domestic Abuse &
Extra Familial Harm**



LEVEL THREE

Enhanced: Domestic Abuse & Extra-Familial Harm

 **2hrs**

Co-written and delivered by Lucy Whittaker & Natalie Queiroz, Survivor of Domestic Abuse, OCN Level 3 Gangs Expert & Alpha Vesta Ambassador.

This Enhanced workshop builds on our Core 4 session 'Impact of Domestic Abuse on Children & Young People' and explores the term Extra-Familial Harm. This is a term used to describe the different harms, risks and threats that children and young people may face outside of their family and their home.

There is a strong victim/perpetrator overlap where children become embroiled in these different areas as both victims and perpetrators as part of their underlying need to survive. We explore the correlation with children that have experienced Domestic Abuse in the home and their subsequent vulnerability to Extra-Familial Harm. We also consider the different types of Extra-Familial Harm and look at how we can spot the signs in order to reach out, support and guide them towards a place free from abuse, both safely and effectively.

Anyone can benefit from this session, however, it is ideal for those that work with children and young people, school staff, pastoral support staff, youth leaders, community organisations, police, social workers and health professionals.

Aims & Objectives

- To build on learnings from Core 4: The Impact of Domestic Abuse on Children & Young People.
- To explore the correlation between those that experience Domestic Abuse and their subsequent vulnerability to Extra-Familial Harm.
- To understand the different harms, risks and threats that children may face outside of their family and home.
- To build confidence and understanding of the steps to take when reaching out.
- To explore helpful tools and resources.





**Domestic Abuse
& Pets**



LEVEL THREE

Enhanced: Domestic Abuse & Pets

 **1hr**

The aim of the session is to raise awareness of the correlation between Domestic Abuse and the abuse of pets, who are also members of that former or current family dynamic.

Anyone can attend the training, however, it is ideal for those working with children and young people, in health settings, youth work and community organisations. It is also ideal for social workers, police and local authorities who wish to broaden their understanding of domestic abuse and its impact.

Aims & Objectives

- To understand why the abuse of pets is closely correlated with Domestic Abuse.
- To understand the different ways in which pets may be at risk of abuse or violence.
- To understand the effect on a child or victim of abuse who is witnessing the abuse of their pet.
- To understand the signs - What you might see, hear or notice?
- To understand the complexity in legislation in this area.
- To feel better equipped to spot the signs of domestic abuse and the abuse of pets.
- To know where to reach out to if you are concerned about a pet living in home where Domestic Abuse may be occurring.



**Domestic Abuse
& Eating Disorders**



LEVEL THREE

Enhanced: Domestic Abuse & Eating Disorders

 **1hr**

Due to the subjective nature of Domestic Abuse along with the shame and stigma that sit around it, recognising the signs can be incredibly challenging. This is why we often see cases of Domestic Abuse reach crisis point before anyone realised the abuse was even occurring. Eating Disorders are often deeply entangled with Domestic Abuse and this session explores why and how that happens.

Anyone can attend the training, however, is ideal for those working with children and young people, in health settings, youth work and community organisations. It is also ideal for social workers, police and local authorities who wish to broaden their understanding of domestic abuse and its impact.

The session includes an interview with Actress Gemma Oaten, Manager of SEED Eating Disorder Support Service who have been supporting Alpha Vesta in the writing of the session.

Aims & Objectives

- To understand the different types of Eating Disorders.
- To understand the different ways Domestic Abuse and Eating Disorders are deeply entangled.
- To feel better equipped to spot the signs of Domestic Abuse and/or an Eating Disorder.
- To understand how to reach out safely and effectively.
- To know where and how to refer or signpost for support and help.



DOMESTIC ABUSE TRAINING & CONSULTANCY

Male Culture & Domestic Abuse



LEVEL THREE

Enhanced: Male Culture & Domestic Abuse

🕒 1.5hrs

This awareness session explores research that Alpha Vesta conducted in 2023 on men's understanding of Domestic Abuse. The session looks at some of the myths and stereotypes that exist around Domestic Abuse and how men may directly or indirectly experience it. The session looks at research into male victims of Domestic Abuse as well as how our understanding of Domestic Abuse doesn't always incorporate the experience of men within it.

The session includes an interview with a father, whose daughter experienced Domestic Abuse and how he felt, managed it and came to terms with it.

Aims & Objectives

- To build understanding on men's understanding of Domestic Abuse.
- To build understanding on myths, stereotypes and narratives that exist around Domestic Abuse.
- To explore the history of the global 'Violence Against Women and Girls' Strategy.
- To hear lived experience of both a male survivor and father of a Domestic Abuse victim.



DOMESTIC ABUSE TRAINING & CONSULTANCY

Tilting the Axis - Domestic Abuse & Family Court



LEVEL THREE

Enhanced: Tilting the Axis - Domestic Abuse & Family Court 🕒 2hrs

Co-delivered by Lucy Whittaker, Founding Director of Alpha Vesta and Kate Flounders, Child Protection Solicitor and Founder of The Safeguarding Association.

This session looks at the different roles of both Criminal Courts and Family Courts when it comes to Domestic Abuse. The session explores the lived experience of those that have been on a journey through the family courts and the challenges they face. The session also includes an overview of the legislation that underpins family court proceedings, the role of CAFCASS (Child and Family Court Advisory Support Service) and how Perpetrators of Domestic Abuse may disrupt family court proceedings.

This course is designed for anyone living and working within and across the community as well as survivors of Domestic Abuse who are navigating through Family Court Proceedings and would like to build their understanding.

Aims & Objectives

- To build understanding on the role of both criminal and family court.
- To build understanding of the challenges victim/survivors and their children face.
- To explore the different legislation that underpins family court proceedings.
- To explore the challenges and lived experiences of family court proceedings.

BESPOKE TRAINING & CONSULTANCY SERVICES



We understand the importance of a tailored approach based on the needs, structure and size of your business or organisation. We continue to work with with a range of public, private and voluntary sector organisations including:

- Statutory Agencies
- Public Sector Services
- Local Authorities
- Private Employers
- Charities
- Community Organisations
- Community Groups

Client feedback highlights Lucy's passion and ability to understand business/organisational needs, enabling her to deliver balanced, impactful and emotive content that resonates with people.

Our approach also examines the complex intersections of Domestic Abuse with areas like mental health, substance misuse, and diverse cultural beliefs.

We work closely with our partners to;

- Review and develop existing policies, procedures and guidance.
- Design tailored training programmes.
- Develop accessible resources.
- Provide confidential consultancy to help employers meet statutory requirements and care duties.

Through the power of ground level insight and research gathered from our Survivor & Insight Network, we learn from individuals impacted by domestic abuse to enhance training material and awareness campaigns.

Our **Community Advocate Scheme** compliments the work that we do by recognising and acknowledging those businesses and organisations demonstrating their continued commitment and support to 'breaking the cycle' of Domestic Abuse.



It is through listening to those most affected and sharing their experiences that we generate individual and societal changes in thinking and understanding.



Turning the Tide is a support programme for those that have experienced Domestic Abuse at some point in their life, seeking to prevent re-entry into such crisis. The Programme offers 6 robust learning modules, peer mentoring and advocacy for those looking to move forward with their lives post abuse.

To find out more about our services or discuss any of our programmes, please reach out to us at enquiries@alphavesta.com



DOMESTIC ABUSE TRAINING & CONSULTANCY


Having explored our training portfolio, if you require a more tailored approach either through face to face training or online sessions, please contact us for a free consultation.

This provides an opportunity to discuss any bespoke business/organisation needs from awareness sessions through to policy development.

Contact Information :

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