



Uned Atal Trais  
Violence Prevention Unit

# Violence Prevention: protecting vulnerable children and young people

## Resource pack

July 2020

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# **Partnerships between policing and public health**

# The Wales Violence Prevention Unit

**The Wales Violence Prevention Unit is partnership of passionate people from an alliance of organisations working together to prevent all forms of violence across Wales through the implementation of a public health approach.**

The Unit was established through funding from the Home Office in 2019. The core team comprises members from police forces, the Office of the Police and Crime Commissioner, Public Health Wales, Her Majesty's Prison and Probation Service (HMPPS), and the voluntary sector.

Building on a history of collaboration and partnership working, the Wales Violence Prevention Unit aims to identify the root causes of violence and provide a coordinated response to preventing violence through early intervention and action to divert people away from violence. Its work covers three key areas:

### **Prevention Programmes**

The unit works with service providers in Wales to deliver evidence-informed programmes to prevent violence.

### **Research Projects and Evaluation**

The unit carries out research and evaluation projects to support partners and service providers in Wales to deliver programmes and interventions that work for Wales

### **Operational Response**

The multi-agency team is in a unique position to provide knowledge, capacity and capability in response partners' needs, as well as provide support to deliver primary, secondary and tertiary intervention programmes.

## Partnerships between Policing and Public Health

### Contact



The Police Lead for the Wales Violence Prevention Unit is Detective Chief Inspector Mat Lewis:  
[Mathew.Lewis@south-wales.pnn.police.uk](mailto:Mathew.Lewis@south-wales.pnn.police.uk)



For general queries about the work of the Wales Violence Prevention Unit you can reach the team at:  
[PHW.ViolencePreventionUnit@wales.nhs.uk](mailto:PHW.ViolencePreventionUnit@wales.nhs.uk)

### More information:



Visit the Wales Violence Prevention Unit's website for more information and to subscribe to their violence prevention e-bulletin: [www.violencepreventionwales.co.uk](http://www.violencepreventionwales.co.uk)



And follow us on Twitter for the latest news and updates [@WalesVPU](https://twitter.com/WalesVPU)

# The Early Action Together Programme (EATP)

The Early Action Together Programme received funding from the Home Office to deliver a national programme of police transformation across Wales. The programme has worked to transform police and partner responses to vulnerability, further developing systems, processes and practice.

The EATP has placed a particular focus on enhancing responses to individuals affected by ACEs and trauma, and enabling access to services for early intervention and prevention. There are a range of resources, including videos and research, on the website:

[www.aces.me.uk/](http://www.aces.me.uk/)



**Look:** Beyond the behaviour and consider the environment and how a person presents

**Explore:** The risk presented, as well as protective factors

**Needs:** Identify the needs of the individual/ family

**Signpost:** to other agencies to address the needs

**Support:** measures in place to protect and **Safeguard:** the individual



**Twitter:**  
[@ACESPoliceWales](https://twitter.com/ACESPoliceWales)



## Partnerships between Policing and Public Health

# ACE Support Hub Cymru

The ACE Support Hub has been set up by a voluntary collaboration of organisations called Cymru Well Wales, to support professionals in making changes that make Wales a leader in tackling and preventing Adverse Childhood Experiences (ACEs). Its mission is to share ideas and learning, and to challenge and change ways of working so together, we break the cycle of ACEs

### The ACE Support Hub has five goals:

1. Sharing information and knowledge about ACEs, listening and working together with communities, children and families to find solutions that will work.
2. Sharing evidence about what organisations can do differently to help prevent and mitigate ACEs.
3. Developing knowledge and skills among professionals, providing training for them to challenge internal and external networks and drive change.
4. Learning from each other, and sharing information that leads to action.
5. Driving change by challenging ways of working, throughout Wales.



Visit the ACE Support Hub website:

[www.aceawarewales.com](http://www.aceawarewales.com)

Follow on Twitter:

[@acehubwales](https://twitter.com/acehubwales)

Access the knowledge base:

[www.aceawarewales.com/knowledge-base-1](http://www.aceawarewales.com/knowledge-base-1)

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# **Resources and support for professionals**



## Resources and support for professionals

### Domestic abuse

If you are concerned that a child or young person is living in a home with domestic abuse, there are resources and services available which can provide practical guidance to support you.

#### Live Fear Free Helpline

The Live Fear Free helpline, run by our partners Welsh Women's Aid and funded by Welsh Government, is available 24/7 to support survivors of domestic abuse. The helpline is also available to practitioners who are seeking professional advice.

Call: **0808 801 0800**

Text: **07860 077333**

Email: [info@livefearfreehelpline.wales](mailto:info@livefearfreehelpline.wales)

A webchat service is also available at [welshwomensaid.org.uk/what-we-do/our-services/live-fear-free-helpline/](https://welshwomensaid.org.uk/what-we-do/our-services/live-fear-free-helpline/)

#### Welsh Women's Aid local numbers finder

Welsh Women's Aid have a directory of local support services in Wales, [available here](#).

#### Welsh Women's Aid bystander toolkit

Welsh Women's Aid has developed a bystander toolkit consisting of specific advice and information for concerned neighbours, engaged volunteers and employers, journalists and others to ensure they can safely raise awareness and signpost to support, [available here](#).

#### Drive and Respect webchat service

Drive, in partnership with Respect, has launched a new webchat service aimed at providing expert advice to professionals in a wide-range of sectors working with high-risk, high-harm perpetrators of domestic abuse, [available here](#).

## Resources and support for professionals

### Online safety

If you are concerned that a child or young person is experiencing online violence or abuse, there are resources and services available which can provide practical guidance to support you.

#### Professionals Online Safety Helpline

The Professionals Online Safety Helpline (POSH) was set up to help all members of the community working with or for children in the UK, with any online safety issues they, or children and young people in their care, may face.

Call: **0344 381 4772** (open Monday to Friday from 10 am - 4pm)

Email: [helpline@saferinternet.org.uk](mailto:helpline@saferinternet.org.uk) (you can email at any time and the team will respond in normal working hours)

#### SWGfl

SWGfl are a charity ensuring children benefit from technology, free from harm. Their website contains a wealth of resources for adults and professionals, [available here](#)

#### The UK Safer Internet Centre

The UK Safer Internet Centre provides tips, advice and resources to help children and young people have a safe and positive time online, [available here](#)

#### Briefing note: police action in response to youth produced sexual imagery

This briefing note seeks to support law enforcement professionals to respond in a proportionate way to reports of children (under 18 year olds) possessing, sharing or generating indecent imagery of themselves or other children, [available here](#)

## Resources and support for professionals

### Child Sexual Abuse and Exploitation

If you are concerned that a child or young person is experiencing sexual exploitation, there are resources and services available which can provide practical guidance to support you.

#### Child Exploitation and Online Protection Command

The Child Exploitation and Online Protection Command (CEOP) is a law enforcement agency to keep children and young people safe from sexual exploitation and abuse.

You can make a report to one of CEOP's Child Protection Advisors online at any time of day at [ceop.police.uk/safety-centre/](https://ceop.police.uk/safety-centre/)  
There is also a range of CEOP resources for professionals on its website, [available here](#).

#### The Lucy Faithfull Foundation

The Lucy Faithfull Foundation safeguard children and young people from sexual abuse by preventing it and responding to it. Their website contains resources and information for adults and professionals, [available here](#)

#### Europol Guidance

Europol has issued guidance on protecting children and young people from child sexual exploitation during the pandemic, [available here](#)

#### Safeguarding guidance

The Welsh Government has information and guidance on safeguarding procedures for both children and adults, [available here](#).

### Serious Youth Violence

There are resources available which provide guidance on preventing and responding to youth violence.

#### Wales Violence Prevention Unit website

The Wales Violence Prevention Unit has a dedicated webpage on youth violence, including information on types of youth violence and the risk and protective factors for youth violence . You can visit at [violencepreventionwales.co.uk/research-evidence/youth-violence](https://violencepreventionwales.co.uk/research-evidence/youth-violence)

#### Wales Violence Prevention Unit: Strategic Needs Assessment

The Wales Violence Prevention Unit has developed a strategic needs assessment of serious youth violence in partnership with South Wales Police. You can access the highlight report [here](#).

#### Preventing youth violence and gang involvement

The Home Office has developed guidance for schools and colleges on preventing youth violence and gang involvement, [available here](#).

#### Approaches to prevent or reduce violence with a focus on youth, knife and gang-related violence

The West Midlands Violence Reduction Unit has published a literature review on approaches to prevent or reduce violence with a focus on youth, knife and gang related violence, [available here](#).

## Resources

### Mental health

There are resources available which provide guidance on supporting children and young people experiencing poor mental health.

#### **What are the Likely Mental Health Consequences of the COVID-19 Crisis?**

Public Health Wales has information and guidance on its website, focused on the impact the COVID-19 pandemic could have on mental health, [available here](#).

#### **Young Minds Professionals**

Young Minds Professionals is a toolbox of consultancy and training services for leaders and front line workers across the children's mental health system, [available here](#)

#### **NSPCC – Children's mental health**

The NSPCC has advice to help adults support children who may be experiencing depression, anxiety, suicidal feelings or self-harm, [available here](#).

#### **Supporting people who have experienced traumatic events**

The National Centre for Mental Health have developed a guide for anyone supporting people who have experienced traumatic events, [available here](#).

# Referral pathways

# Youth Justice Services

The Youth Justice Board is a non-departmental public body responsible for overseeing the youth justice system in England and Wales.

Its primary function is to monitor the operation of the youth justice system and the provision of youth justice services.

Youth offending teams work with young people that get into trouble with the law. They look into the background of a young person and try to help them stay away from crime.

They also:

- run local crime prevention programmes
- help young people at the police station if they're arrested
- help young people and their families at court
- supervise young people serving a community sentence
- stay in touch with a young person if they're sentenced to custody



Contact details for local youth offending teams are available at: [gov.uk/guidance/youth-offending-teams-wales](https://www.gov.uk/guidance/youth-offending-teams-wales)

## Referral pathways

### Prevent

**Prevent is about safeguarding and supporting those vulnerable to radicalisation.**

Prevent is 1 of the 4 elements of CONTEST, the Government's counter-terrorism strategy. It aims to stop people becoming terrorists or supporting terrorism. Prevent has three objectives:

1. respond to the ideological challenge of terrorism and the threat we face from those who promote it
2. prevent people from being drawn into terrorism and ensure that they are given appropriate advice and support
3. work with sectors and institutions where there are risks of radicalisation that we need to address.

#### How to report concerns:

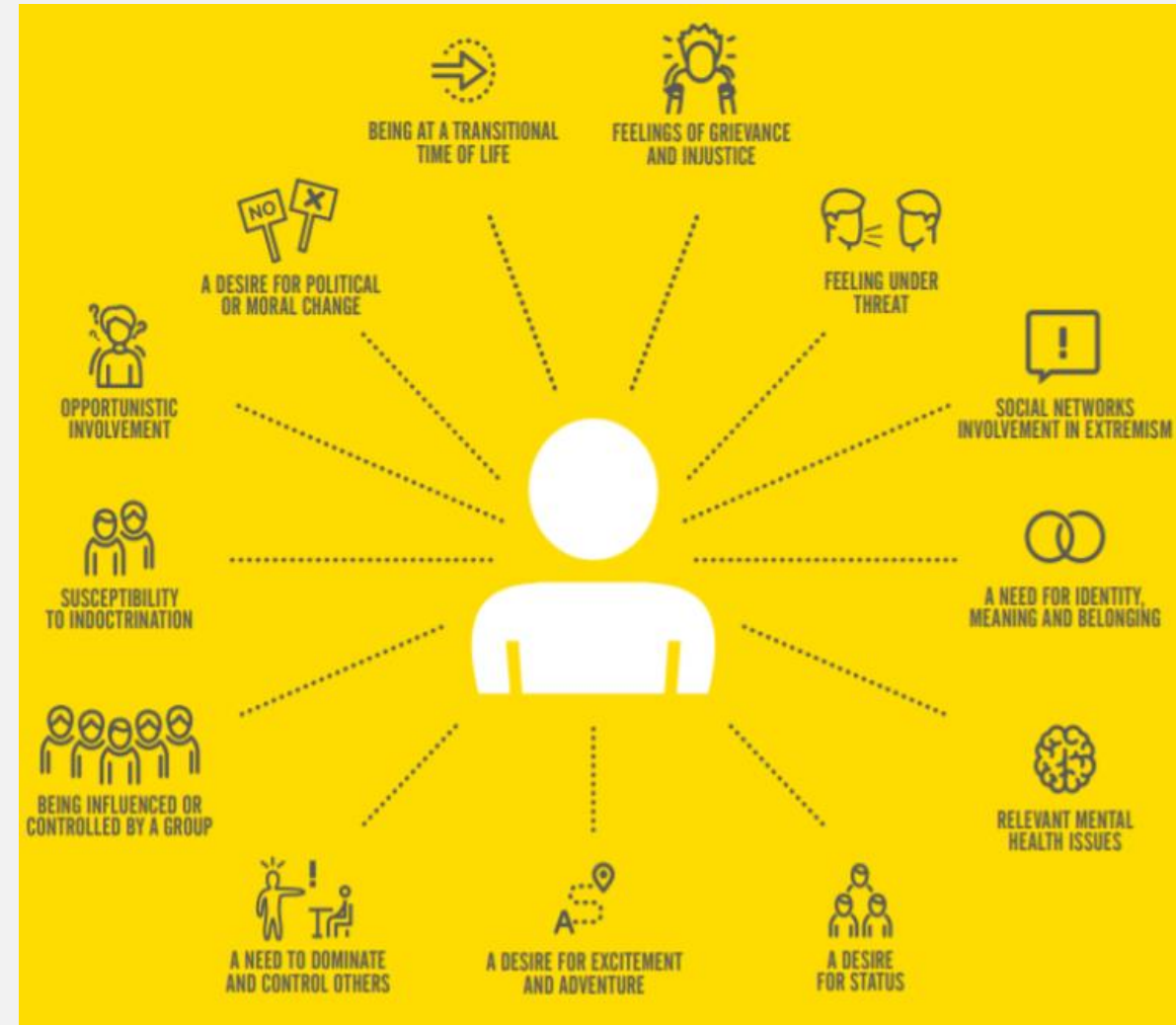
Download and complete the

**All Wales Partners Prevent Referral Form**

Call the Anti-Terror Hotline: **0800 789 321**

Follow Counter Terrorism Policing Wales:  
**@TerrorismWales**

### Recognising the signs of extremism:





# Early help services

## Local authority services

All Local Authorities in Wales provide guidance, information and referrals to early help services for children and young people, parents and carers and professionals working with families. You can find further details for each local authority by clicking the links below:

<a href="#"><u>Blaenau Gwent</u></a>	<a href="#"><u>Bridgend</u></a>	<a href="#"><u>Caerphilly</u></a>	<a href="#"><u>Cardiff</u></a>	<a href="#"><u>Carmarthenshire</u></a>	<a href="#"><u>Ceredigion</u></a>	<a href="#"><u>Conwy</u></a>
<a href="#"><u>Denbighshire</u></a>	<a href="#"><u>Flintshire</u></a>	<a href="#"><u>Gwynedd</u></a>	<a href="#"><u>Isle of Anglesey</u></a>	<a href="#"><u>Merthyr Tydfil</u></a>	<a href="#"><u>Monmouthshire</u></a>	<a href="#"><u>Neath Port Talbot</u></a>
<a href="#"><u>Newport</u></a>	<a href="#"><u>Pembrokeshire</u></a>	<a href="#"><u>Powys</u></a>	<a href="#"><u>Rhondda Cynon Taff</u></a>	<a href="#"><u>Swansea</u></a>	<a href="#"><u>Torfaen</u></a>	<a href="#"><u>Vale of Glamorgan</u></a>
<a href="#"><u>Wrexham</u></a>						

## Referral pathways

### DEWIS

Dewis provides a hub of information and advice on wellbeing, for yourself or for someone else.

You can use their directory to find local and national organisations and services to help you or to refer someone to.



The website has a dedicated section on the safety of children and young people, including information on:

- Safeguarding
- Online safety
  - Abuse
  - Parenting
- Safety in the community

**Visit their website: [www.dewis.wales](http://www.dewis.wales)**

**Support services and resources  
for children and young people,  
parents and guardians and  
other adults**

Support services and resources for children and young people, parents, carers and other adults

## Support services for children and young people

### Childline

Childline is there for children and young people, online, on the phone, anytime. A child or young person can:

Call free on **0800 1111** any day from 9am- midnight.

This will not show on their phone bill.

Chat online 1-2-1 with a counsellor any day from 9am- midnight by visiting [childline.org.uk/get-support/1-2-1-counsellor-chat/](https://childline.org.uk/get-support/1-2-1-counsellor-chat/)

If they create an account with Childline a person can also send an email to a Childline counsellor anytime by visiting [childline.org.uk/get-support/](https://childline.org.uk/get-support/)

### The Mix

The Mix provides support and information to people under the age of 25. A child or young person can:

Call free on **0808 808 4994** any day from 4-11pm.

This will not show on their phone bill.

Chat online 1-2-1 with a member of The Mix team any day from 4-11pm by visiting [themix.org.uk/get-support/speak-to-our-team](https://themix.org.uk/get-support/speak-to-our-team)

Contact the crisis messenger 24 hours a day, 7 days a week by texting THEMIX to 85258.

Support services and resources for children and young people, parents, carers and other adults

## Support services for children and young people

### Report Harmful Content

Report Harmful Content is a national reporting centre that has been designed to assist everyone in reporting harmful content online. People over the age of 13 can get advice or make a report on:

- Online Abuse
- Bullying or Harassment
- Threats
- Impersonation
- Unwanted Sexual Advances (Not Image Based)
- Violent Content
- Self-Harm or Suicide Content
- Pornographic Content

To do so, visit the Reporting Harmful Content website: [reportharmfulcontent.com](https://reportharmfulcontent.com)

### Meic

Meic offers free, confidential, anonymous information, advice and advocacy helpline for children and young people. A child or young person can:

Call free on **080880 23456** any day from 8am- midnight.  
This will not show on their phone bill.

Chat online 1-2-1 with a member of the team 8am- midnight by visiting [meiccymru.org/get-help/](https://meiccymru.org/get-help/)

Text **84001** anytime.  
This is free and won't show up on their phone bill.

Support services and resources for children and young people, parents, carers and other adults

## Support services for parents, guardians and other adults

### Young Minds - Parents Helpline

The Young Minds Parents Helpline is available to offer confidential advice to parents and carers worried about a child or young person under 25. Parents and guardians can:

Call **0808 802 5544** between 9:30am and 4:00pm

Email the Helpline using a contact form on the Young Minds Website at [youngminds.org.uk/contact-us/parents-helpline-enquiries/](https://www.youngminds.org.uk/contact-us/parents-helpline-enquiries/)

The trained advisors endeavour to respond within 3 working days.

### NSPCC

The Young Minds Parents Helpline is available to offer confidential advice to parents and carers worried about a child or young person under 25. Parents and guardians can:

Call **0808 802 5544** between 9:30am and 4:00pm

Email the Helpline using a contact form on the Young Minds Website at [youngminds.org.uk/contact-us/parents-helpline-enquiries/](https://www.youngminds.org.uk/contact-us/parents-helpline-enquiries/)

The trained advisors endeavour to respond within 3 working days.

Support services and resources for children and young people, parents, carers and other adults

## Support services for parents, guardians and other adults

### Stop It Now!

The Stop It Now! helpline is available to anyone who is concerned about their own or someone else's thoughts or behaviour towards children and young people. The helpline is also available to offer professionals working with children and young people advice. A person can:

Call the anonymous and confidential helpline on **0808 1000 900**

Use the secure messaging service by visiting [contactus.stopitnow.org.uk/](https://contactus.stopitnow.org.uk/)

This service is not able to offer an immediate response with an estimated response time of 5-7 working days.

### Internet Watch Foundation

The Internet Watch Foundation provides an anonymous and confidential service for reporting child sexual abuse images and videos and non-photographic child sexual abuse images.

People can report online, at any time of day at [iwf.org.uk](https://iwf.org.uk)

Support services and resources for children and young people, parents, carers and other adults

## Resources for children and young people

### So you got naked online?

So You Got Naked Online is an online resource that offers children, young people and parents advice and strategies to support the issues resulting from sexting incidents.

To access the resource, visit: [swgfl.org.uk/resources/so-you-got-naked-online](https://swgfl.org.uk/resources/so-you-got-naked-online)

### Childline

There are a range of resources, information and advice on the Childline website for young people in an age appropriate format. This includes information on a range of topics, a toolbox which provides a creative space to express feelings and techniques to better cope with these feelings.

To access the resources visit: [childline.org.uk/toolbox](https://childline.org.uk/toolbox)

### SchoolBeat

The SchoolBeat website has a wealth of resources and activities for children in an age appropriate format.

To access the resources visit: [schoolbeat.cymru/en/pupils/](https://schoolbeat.cymru/en/pupils/)

### Coronavirus and Court

HM Courts and Tribunal Service has developed a guide for children and young people who are attending court during the coronavirus pandemic, [available here.](#)



Support services and resources for children and young people, parents, carers and other adults

## Resources for parents, guardians and other adults

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### SchoolBeat support and report directory

SchoolBeat have an excellent support and report directory for families and those working with children.

To access the resource, visit: [schoolbeat.cymru/en/news/article/support-and-report-directory/](https://schoolbeat.cymru/en/news/article/support-and-report-directory/)

### Hwb: Online safety zone

Hwb's online safety zone has a wealth of resources for parents and carers.

To access the full list of resources, visit: [hwb.gov.wales/zones/online-safety/](https://hwb.gov.wales/zones/online-safety/)

### NetAware

NetAware is a partnership between NSPCC and o2, which provides information and guidance on how to use social networks, apps and games safely.

To access the resource, visit: [www.net-aware.org.uk/](https://www.net-aware.org.uk/)

# **Police officer wellbeing**

## National services

These services are available to all Officers across Wales.



### Blue Light Support – mind

The Blue Light Support Service is run by mind and provides support and counselling services for blue light services.

**Email:** [bluelightinfo@mind.org.uk](mailto:bluelightinfo@mind.org.uk)

**Call:** 0300 303 5999

**Text:** 84999

### Primary mental health services

Primary mental health services are available to anyone who is concerned about their mental health.

You can be referred by your GP.



NHS  
WALES  
GIG  
CYMRU

### Gwent – internal services

These services are available to Officers in Gwent Police.

Name of service	Overview of the service	Contact details
<b>Internal counselling and wellbeing services</b>	Assessment for counselling / psychological well being support	Well-being Officers for Gwent Police:
<b>Occupational Health Unit / Employee Wellbeing (OHU)</b>	Occupational health	<a href="mailto:joanna.Rhydderch@gwent.pnn.police.uk">joanna.Rhydderch@gwent.pnn.police.uk</a>
<b>Volunteer Chaplain</b>	Chaplaincy services	<a href="mailto:Kathryn.wall@gwent.pnn.police.uk">Kathryn.wall@gwent.pnn.police.uk</a>
<b>Police treatment centers</b>	Psychological support programs	<a href="mailto:Paula.riella@gwent.pnn.police.uk">Paula.riella@gwent.pnn.police.uk</a>

### Private services

These are private services which can be accessed by everyone.

Name of service	Details	Contact
<b>BACP therapist register (Private service at a cost)</b>	BACP private therapy list	<a href="http://www.bacp.gov.uk">www.bacp.gov.uk</a>
<b>UKCP - find a therapist (Private service at a cost)</b>	UKCP private therapy list	<a href="http://www.psychotherapy.org.uk">www.psychotherapy.org.uk</a>

### External helplines

These services are available to everyone.

<b>Red Arc</b>	Support service for trauma and wellbeing	01244625180 <a href="http://www.redarc.co.uk">www.redarc.co.uk</a>
<b>Live fear free</b>	Website and helpline for violence against women, domestic abuse, sexual violence	<a href="http://www.livefearfree.gov.wales">www.livefearfree.gov.wales</a> 08088010800
<b>Rape Crisis 'England and Wales'</b>	Provides specialist and services to women and girls who have experienced sexual violence.	Find a Centre: <a href="https://rapecrisis.org.uk/get-help/find-a-rape-crisis-centre/">https://rapecrisis.org.uk/get-help/find-a-rape-crisis-centre/</a>  Get Help: <a href="https://rapecrisis.org.uk/get-help/">https://rapecrisis.org.uk/get-help/</a>
<b>MIND</b>	Variety of psychological wellbeing support services	<a href="http://www.mind.org.uk">www.mind.org.uk</a>
<b>Samaritans</b>	Support Service	0116 123 freephone
<b>Relate</b>	Support with relationships	0300 100 1234 <a href="http://www.relate.org.uk">www.relate.org.uk</a>
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