

Headteacher: Dr. J Bartlett – NPQH, PGCE, D.Phil, M.Chem **Specialisms:** Mathematics

Parent Newsletter – Domestic Abuse

Dear Parent or Carer,

Whilst we know Christmas can be a very positive and warming time of year, we are also very mindful that it can also present a time of worry for those who are suffering from Domestic Abuse. We know that during the lock down, Domestic Abuse reports rose massively, so when we combine that with the time of year where reports are normally higher as well, we wanted to make sure you know where to get support for yourself or friends and family.

Domestic Abuse isn't just being hit or threatened, but it is controlling behaviour, as well as put-downs and emotional abuse. It can make you feel like you're not capable of escape, or that you're worried for your children or other family if you leave.

There is support out there: Women's Aid <https://www.womensaid.org.uk/> and The National Domestic Abuse Hotline <https://www.nationaldahelpline.org.uk/> 0808 2000 247 are great sources of support and information, as well as where to get help from. They're safe, secure and open 24 hours a day. The telephone numbers are also Freephone so don't worry if you don't have credit.

It is proven that children who witness domestic abuse in their life time, especially from their parents, have a higher risk of mental health and wellbeing worries; being a victim of domestic abuse themselves and behavioural problems.

It is hard to walk away from a relationship which can be so supportive and what you have built your life around, but that is also abusive, harmful and resentful. There is a lot of support out there, and most of the time, the victim of domestic abuse will keep their children with them, so please don't let that block you from getting support.

I've included some more information below with links to where to get support from – if you're unsure about anything to do with Domestic Abuse, then please feel free to contact any on numbers or websites on this letter to get free, impartial advice and support.

Extra support and information

- Relate - 0300 003 0396 - You can talk to Relate about your relationship, including issues around domestic abuse
- Men's Advice Line - 0808 801 0327 - Advice and support for men experiencing domestic violence and abuse
- National LGBT+ Domestic Abuse Helpline - 0800 999 5428 Emotional and practical support for LGBT+ people experiencing domestic abuse



Shenley Academy & Sixth Form,
Shenley Lane, Birmingham, B29 4HE

T: 0121 464 5191
F: 0121 464 3711

E: shenley.enquiry@E-ACT.org.uk
W: www.shenleyacademy.E-ACT.org.uk

Headteacher: Dr. J Bartlett – NPQH, PGCE, D.Phil, M.Chem **Specialisms:** Mathematics

Kind regards,

Mrs. Kaylie Kent
Designated Safeguarding Lead

