



ONLINE CORPORATE WELLBEING — PACKAGE



AVAILABLE TO ENSURE YOU ARE
PROVIDING THE BEST RESPONSE
TO DOMESTIC ABUSE

SUPPORT

If you or someone you know needs our help please call our helpline:
01753 549865

CONTACT

Visit our home on the web at
www.thedashcharity.org.uk

email
info@thedashcharity.org.uk

or give us a call on
01753 549865

KEEP IN TOUCH ON SOCIAL MEDIA



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The Dash Charity

THE STATISTICS

£1.9
Billion

The cost of domestic abuse to UK businesses is estimated at £1.9 BILLION

Under
25

Employees under the age of 25 are most likely to be in an unhealthy relationship

2-3
Years

It takes an average of 2-3 years before victims get the help they need

DOMESTIC ABUSE IS AN EPIDEMIC AND PROFESSIONALS MUST BE PART OF THE SOLUTION.

We know four out of five victims do not call the police.

We have to go to them: where they feel supported, where they feel safe and free from stigma.

These statistics are frightening and demonstrate why we need to take action, but professionals are ideally placed to make that difference.

TRAINING PACKAGES

Basic Awareness: 1 hr

Suitable for anyone.
Live interaction with our trainer online.

- Understand what domestic abuse is
- Recognise why domestic abuse is everybody's business
- Understand the cycle of abuse
- Learn how to spot the signs of domestic abuse in colleagues
- How to provide crisis support for a colleague experiencing domestic abuse
- Initial safety planning and where to get help

DASH Champions Foundation Training: 2 hrs

-For those who have completed Basic Awareness training.
Live interaction with our trainer online.

- Understand the different forms of domestic abuse including stalking and coercive control
- Learn how to encourage disclosures of domestic abuse
- Recognise the Stages of Change
- Have increased awareness of alcohol, drugs and suicide related to domestic abuse
- Understand the challenges of leaving an abusive relationship
- Understand the different levels of risk
- Know your internal, local and specialist services to signpost to

This training can be adapted to suit your organisational and learning needs.

Level 2 Managers/Champions Training : 1/2 Day

Suitable for Managers, HR Leads, Wellbeing Leads and Domestic Abuse Workplace Champions who have completed Champions Training.

Live and interactive with our trainer online.

At the end of this course you will be able to:

- Understand the complexities of domestic abuse in women and men
- Employ practical skills to spot the signs of domestic abuse
- Support under 25's experiencing domestic abuse in the workplace
- Feel confident to step in and offer support to a colleague who may need help
- Show enhanced interpersonal skills related to active listening and empathetic response
- Recognise Diversity and Equality and barriers to support
- Give teams guidance on supporting victims and perpetrators in the workplace
- Impart knowledge of internal, local and national services that individuals can be signposted to for support
- Understand how to keep yourself and others safe at work
- Recieve A Domestic Abuse action plan toolkit

Ask us about our dedicated Corporate DA Helpline

The Dash Charity also offer consultation on Domestic Abuse HR Policy – ask us for more details.