

Ask:

How Safe Do You Feel?

Most patients won't disclose violence, abuse or neglect unless asked directly about it



We are committed to supporting victims of abuse and providing a **safe** space where they can be heard.

CONFERENCE
DELEGATE PACK
15 JULY 2024

Foreword

Lisa Knight MBE, Chief Nurse

London North West University Healthcare NHS Trust



"We are proud to launch the "How Safe Do You Feel?" domestic abuse routine enquiry campaign, which is built on the strong foundations of the Domestic Abuse Act 2021 and its statutory guidance.

At LNWH, we recognise the importance of routinely asking the question, "How Safe Do You Feel?" to ensure that both our patients and staff feel secure and supported. Our longstanding commitment to addressing domestic violence and abuse has driven us to pursue the best possible outcomes for everyone in our care. It has enabled us to combine a strong multi-agency response to those who are harmed and those who harm.

We want all patients and staff to live lives free from domestic abuse. This vision was developed by our safeguarding team in collaboration with those impacted by domestic abuse and with key partners across north west London. This campaign is built on a solid evidence base and enriched by the experiences of those directly impacted. We deeply appreciate the valuable insights from our patients and staff, which have shaped this initiative; and we would like to take this opportunity to thank them all for their openness and honesty.

The purpose of this launch is to set out our strategic approach and how we intend to continue and develop the good work already happening across the Trust. We also hope that it will serve to raise awareness of what domestic abuse is and what services and communities working together can do about it. We want LNWH to be a place where domestic abuse is spoken about openly and our patients and staff who are harmed can access the support services they need".

How Safe Do You Feel?

Campaign launch and conference, 15 July 2024

Agenda

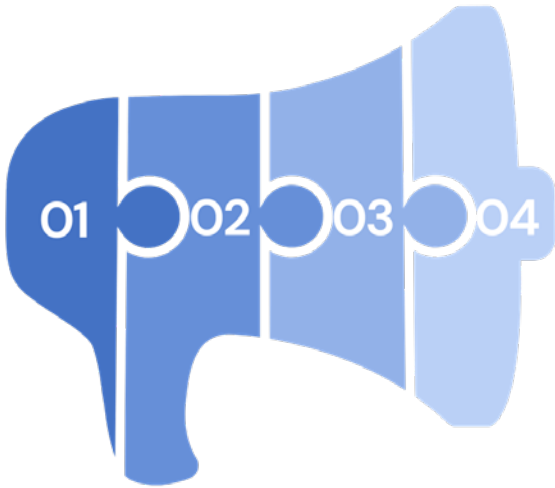
08:45 - 09:25	Registration
09:30 - 09:35	Welcome and Housekeeping - LNWH Head of Safeguarding - Ludmila Ibesaine and LNWH Lead Professional Safeguarding Adults - Angela Sobers
09:35 - 09:45	Opening - LNWH Chief Nurse - Lisa Knight
09:45 - 10:30	How Safe Do You Feel? domestic abuse routine enquiry campaign - Ludmila Ibesaine
10:30 - 10:40	Survivor of Domestic Abuse - Ann
10:40 - 11:05	The Domestic Abuse Commissioner's Office - Geographic Lead, London & SE - Subhaluxmi Mukherji
	Break
11:25 - 12:05	Trauma based approach - Innovating Minds - Clinical Psychologist & CEO - Dr Asha Patel
12:05 - 12:35	IRIS - Lesley Tilson Advance - Seema Dhiman
12:35 - 12:45	LNWH Elective Orthopaedic Centre - Inpatient Scheduler and Solace volunteer - Christina "Tina" McArdle
	Lunch
13:30 - 14:05	Non-fatal strangulation - Medical Director, Institute for Addressing Strangulation (IFAS) - Professor Catherine White
14:05 - 14:15	Independent Chair - Ealing LA - Robert McCulloch Graham
	Break
14:30 - 15:00	Labour MP for Birmingham Yardley - Jess Phillips
15:00 - 15:20	Met Police Chief Inspector - Public Protection - Darren Young
15:20 - 15:30	Close - Ludmila Ibesaine

For
speaker
bios, see
page 6

Proudly supported by

Introduction

What is the 'How Safe Do You Feel' campaign?

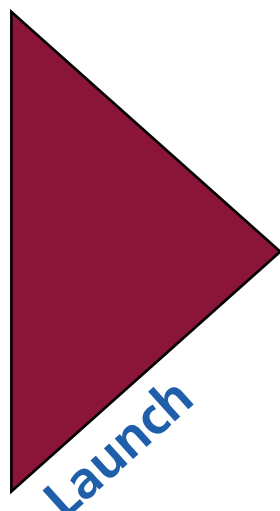


A safeguarding, domestic abuse routine enquiry campaign which aims to embed into everyday clinical practice the routine enquiry of asking patients: "How Safe Do You Feel?"

- 01** Routine enquiry involves asking patients about abuse and their safety, regardless of whether there are any indicators or suspicions of abuse.
- 02** Uses the key facts about victims of abuse to highlight the importance of asking the question: How Safe Do You Feel?
- 03** Supports staff who are exposed to domestic abuse.
- 04** Creates a safe space for patients and staff to be heard.



Timeline



15th July 2024

Raise awareness

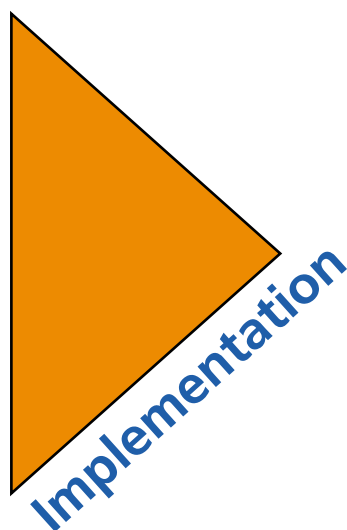
- HSDYF launch event with expert speakers 15th of July

Drive internal visibility

- Printed staff posters in EDs & Maternity
- Campaign promotion on Intranet/Pulse
- Campaign on Screensavers

Drive visibility amongst the public

- Social media campaign
- Printed public posters in EDs & Maternity
- YouTube video



July 2024 - 2025/2026

Staff training

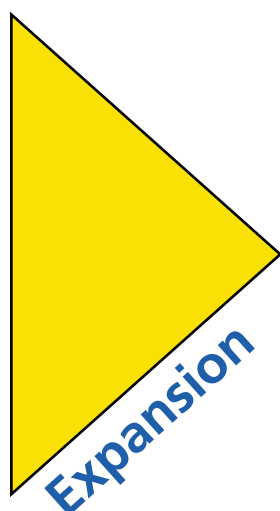
- MST Staff 1h workshop
- Bi-weekly Live Q&A
- "Shine the Spotlight" on hidden harms live workshops
- Quarterly staff workshops

Staff Support

- Peer support & staff Toolkit
- Development of Ambassadors/Champions against DA forum - once established, invite public

Other activities

- Promotion of White Ribbon & 16 days of Activism, supporting VAWG initiatives
- LNWH Domestic Violence And Abuse Policy review



By 31st March 2027

Implementation across the Trust

- Campaign roll out in all Divisions across LNWH

Standalone DA training

- All staff to have access to DA related training

Proudly supported by



London
North West
Healthcare
Charity

Brent • Ealing • Harrow

Enhancing the lives of
our patients and staff

Speaker biographies

Ludmila Ibesaine,

Head of Safeguarding, London North West University Healthcare NHS Trust



Ludmila's nursing career started in 2006. In 2012, she qualified as a Specialist Community Public Health Nurse (SCPHN) - Health Visitor. In 2015 she completed an MSc in Health Promotion and Public Health at Brunel University, London.

Over the years, Ludmila worked in a variety of settings, such as Community (0-19 services), ICB, Mental Health, Acute Trusts as an RGN, Health Visitor, HV Team Leader, HV Locality Lead, Safeguarding Children Advisor, 0-19 Clinical Lead, Designated Nurse Safeguarding Adults (Children), and Safeguarding Adults/Domestic Abuse Lead.

Ludmila joined LNWU in September 2023 as the Trust's Head of Safeguarding across all ages. Ludmila's ethos interlinks with all the LNWU HEART values.

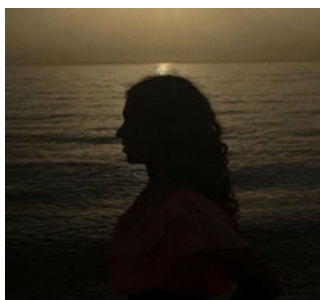
Ludmila's research piece around SCPHNs understanding comorbidities linked with autism was published in the Journal of Health Visiting. Ludmila chaired and influenced the SAB Policy, Practice and Procedure subgroup and her work was recognised and applied into practice. She is specifically proud of the Multi-agency Practice Guidance: Adults who are survivors of sexual abuse which she has devised in collaboration with a Thames Valley Police colleague. Ludmila developed a domestic abuse related forum called Ambassadors against Domestic Abuse. This forum was highly commended by colleagues but also partner agencies.

Ludmila is passionate about people, everything safeguarding and compassionate care. Ludmila's vision is to continue making improvements in safeguarding vulnerable people and those who are experiencing abuse, sustaining positive change, and translating policy into meaningful practice across the systems. Ludmila is a proud member of the SANN (safeguarding adults' national network).

Ludmila is currently leading on the 'How Safe Do You Feel?' campaign which she adopted from NCIC. Ludmila is committed to drive this life saving model forward with a vision to normalise safety, provide a safe space for all whilst making every contact count. "Everyone deserves to feel safe. It is a basic human right".

Ann,

Survivor of domestic abuse



Ann is a survivor of domestic abuse. When growing up, her parents had a volatile relationship. They sent her to Egypt to be looked after by her grandparents. Ann lived for many years in Egypt but decided to come back to the UK to pursue her career and a dream job. When she arrived, she was attacked by a stranger on the street and sustained a jaw fracture which required urgent surgery. Her father became abusive whilst she was hospitalised. Consequently, she could not stay with him and had nowhere to go to recover physically and mentally from such trauma. Ann said: ... "but I was saved by the hospital IDVA Tracy".

Subhaluxmi Mukherji,

Geographic Lead, London and SE, Domestic Abuse Commissioner's Office



Subhaluxmi joined the Domestic Abuse Commissioner's office in 2022 as the geographic lead for London and SE. Prior to that she worked in the VAWG sector in India and in the UK since 2005. Within her various roles over the years, she has worked as an IDVA, led specialist training teams and managed DA services. She is passionate about the CCR response to domestic abuse and managed by and for partnerships funded by London Councils and MOPAC. She also co-created a one-of-its-kind partnership project Coaction Hub, between AWRC and Standing Together to build equitable models of collaborative practice.

Dr Asha Patel,

Clinical Psychologist & CEO, Innovating Minds



Dr Asha Patel is the mastermind behind the Healing Together programmes and the Victim Support Pathway. She uses her clinical expertise and technology to create sustainable and scalable interventions to support children and families affected by domestic abuse.

Dr Patel believes in up-skilling front line practitioners to become trauma informed practitioners so children affected by domestic abuse can access help from people they trust, and in a space they already feel safe in.

Information about our work:

Healing Together support children, young people and families affected by domestic abuse nationally to access early trauma informed help within education, health, social care and wider community settings. The Victim Support Pathway is a AI web based platform that supports victims of domestic abuse to identify and access help.

Lesley Tilson,

Clinical Lead, IRIS



Lesley is a dual qualified nurse/midwife with 25 + years' experience working in safeguarding children and adults. She worked as the lead nurse for safeguarding children for many years in an acute setting in NWL. Lesley then progressed in her career working as a designated nurse for safeguarding across NWL.

She has always been very passionate about raising awareness of domestic abuse both as a nurse and midwife. From a health perspective she has worked on many DHR's, policies, procedures, and pathways. Lesley began working with IRIS as a clinical lead in 2022 and has been actively involved in rolling out this valuable training to primary care professionals. She is currently clinical lead for IRIS in Harrow.

Seema Dhiman,

Advocate Educator, Advance



Seema's current role at Advance is as an Advocate Educator, where she plays a crucial role in helping General Practices within the boroughs of Harrow and Hillingdon to understand and recognise domestic abuse.

Seema supports clinicians and GP practices by providing education and resources to enhance their ability to identify and address domestic abuse situations. Additionally, she provides direct support and advocacy for women experiencing domestic abuse, ensuring their voices are heard and that support is readily available.

Throughout Seema's career, she has successfully built relationships with various professionals, ensuring that women receive the support they need within the community. Her understanding of psychological principles enables Seema to provide effective, personalised support tailored to an individual's unique needs.

With a degree in Psychology, Seema has dedicated her career to making a significant impact in both the criminal justice system and healthcare settings. Her primary focus has been on supporting women within the criminal justice system, offering guidance and assistance as they reintegrate into the community, while also specialising in supporting women experiencing domestic abuse by providing practical, emotional, crisis, and advocacy support to help them build safer, more empowered futures.

Christina "Tina" McArdle,

LNWH EOC - Inpatient Scheduler and Solace volunteer



Tina joined LNWH in 2024 as the EOC Inpatient Scheduler, Trauma & Orthopaedics Department at Central Middlesex Hospital.

She says: "During the pandemic I temped for Solace Women's Aid at their Angel Square location. Whilst working there, I had a wonderful discovery, that is, I was born into one of their refuge centres. This was a bit of a moment for me. I had seen the address in personal documents whilst growing up. My mum had referred to the location as a 'temporary housing option' whilst she was separated from my dad.

Sadly, both my parents have passed away, and I am estranged from my wider family. So, for me, I felt extremely connected to Solace and wanted to give something back.

I now volunteer for Solace with North London Rape Crisis on their helpline. And now, I also have the privilege of being an ambassador for Solace. I love that I have been given the chance to give something back. I know how important it is to help someone in need, after all, someone did the very same for my mum, which means that I am ok today.

Professor Catherine White,

Medical Director, Institute for Addressing Strangulation,
Sexual Offence Medicine Lead, FFLM



Current roles, as of March 2024:

- Medical Director of the Institute for Addressing Strangulation
- Sexual Offence Medicine Lead, Faculty of Forensic & Legal Medicine
- Forensic Physician, Saint Mary's SARC, Manchester
- Guest lecturer, Judicial College

Professor White has been the Medical Director of the Institute for Addressing Strangulation since it was established in October 2022. Prior to that she was the Clinical Director of Saint Mary's Sexual Assault Referral Centre, Manchester, UK for 19 years, having started as one of the forensic physicians in 1995 specialising in the examination of women, men, and children where there has been an allegation of rape or sexual assault. She continues to undertake clinical forensic medical examinations. She has provided expert evidence on behalf of both the prosecution and the defence.

She has been a UN Consultant on Sexual Violence and has been involved in an UNODC Project involving the establishment of sexual assault services in Palestine, 2012 –2018 and as of 2016 was also involved with a similar UN project in Egypt.

Professor White has written and published widely on the topic of clinical forensic medicine, sexual violence and non-fatal strangulation. She has been heavily involved in raising awareness of the dangers of non-fatal strangulation. Her research in this area was used as evidence for a successful call to change the law regarding strangulation in England and Wales.

White C, Martin G, Schofield AM, Majeed-Ariss R. (2021) 'I thought he was going to kill me': Analysis of 204 case files of adults reporting Non-Fatal Strangulation as part of a sexual assault over a 3 year period. Journal of Forensic & Legal Medicine. <https://doi.org/10.1016/j.jflm.2021.102128>

Professor White was awarded the David Jenkins Chair in May 2023 by the FFLM, and appointed Honorary Professor in Criminology at the University of Manchester in March 2024.

Robert McCulloch Graham,

Independent Chair – Ealing LA



Rob has worked in the Public Sector in the UK for 40 years. In that time his work has focused on Health, Social Care and Education. He has held several directorships for these services in London and more lately in his home country of Scotland.

His major input has been within joint working and systems management. Within this arena he introduced one of the first partnerships in London, operating across the National Health Service, Mental Health, Health Commissioners and Local Authority Care Services.

The work to unite services and organisations continued with Rob's return to Scotland, where he supported the development of the Health and Social Care Partnership across the NHS Board and Local Authority for the Scottish Borders.

Rob has also supported the UK government and the Mayor of London's Office in the development and implementation of policies for professions working with both Children and Families.

Jess Phillips,

Politician, Member of Parliament and women's rights campaigner



Jess Phillips is a Labour Party politician who became MP for the constituency of Birmingham Yardley at the 2015 general election.

Jess has committed her life to improving the lives of others, especially the most vulnerable. Before becoming an MP, Jess worked for Women's Aid in the West Midlands developing services for victims of domestic abuse, sexual violence, human trafficking and exploitation. She became a Councillor in 2012. In this role, she worked tirelessly to support residents with her work being recognised when she became Birmingham's first ever Victims Champion.

Since becoming an MP, Jess has continued her fight to support those who need it most and has earned a reputation for plain speaking. Since being elected, she has been unfazed by threats and continues to call out sexist attitudes as she promotes women's rights. Until recently, Jess was Shadow Minister for Domestic Violence and Safeguarding.

Jess has written three bestselling books 'Everywoman, One Woman's Truth About Speaking The Truth' and 'Truth to Power: 7 Ways to Call Time on BS', and My Life as an MP. The books reflect her commitment to speaking up and having the courage to have your voice heard in the hope of making a difference.

*Jess Phillips MP image courtesy David Woolfall - CC BY 3.0, Wikimedia Commons

Darren Young,

Detective Chief Inspector – Public Protection



Darren has 16 years with the Metropolitan Police. Prior to that he was working within the charity sector as well as running his own IT business in west London.

Darren has lived in Ealing for the past 30 years and is proud to be responsible for an amazing team of officers investigating domestic abuse and sexual offences within west London. Darren has worked within a variety of roles within the Metropolitan Police – response and neighbourhood policing, CID including burglary and robbery investigations, as well as Counter Terrorism and most recently within online child sexual exploitation and abuse.

On promotion to DCI in April 2024, Darren re-joined the West Area Basic Command Unit with a responsibility for public protection investigations.