



CORPORATE PRIORITY: Act to reduce domestic abuse

Workstream 1 – Communication, Marketing & Promotion

#LiveFearFree #Youarenotalone
#BywHebOfn #Nidchiwrunigun
0808 8010 800

Effects of domestic abuse Living in a home where domestic abuse happens can have a serious impact on a child or young person's mental and physical wellbeing, as well as their behaviour. And this can last into adulthood. What's important is to make sure the abuse stops and that children have a safe and stable environment to grow up in.


(<https://www.nspcc.org.uk/what-is-child-abuse/types-of-abuse/domestic-abuse/>)

Living in a home where domestic abuse happens can have a serious impact on a child or young person's mental and physical wellbeing, as well as their behaviour. And this can last into adulthood. What's important is to make sure the abuse stops and that children have a safe and stable environment to grow up in.

We believe that all survivors of domestic abuse should be able to get the support they need to move on from the impact of abuse. We don't just help people who've recently experienced domestic abuse — we're here to support both men and women, weeks, months and years afterwards. We have different services in different parts of the country. We can provide confidential support and information to parents, carers and teachers, as well as supporting children through our service for young people, You & Co. Domestic abuse can have a significant impact on your emotional wellbeing, as well as sometimes affecting other relationships and your ability to live your life as you'd want to.



(<https://www.victimsupport.org.uk/crime-info/types-crime/domestic-abuse>)



| Date | Awareness Day Action | Message | Welsh Version | COMPLETED |
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| 19 November | | Press release to be issued to reach the newspapers deadline for next week | | <input checked="" type="checkbox"/> |
| 23 November | | Create a banner for Visiontime to highlight White Ribbon Day. | | <input checked="" type="checkbox"/> |







| Date | Awareness Day Action | Message | Welsh Version | COMPLETED |
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| 25 November | Diwrnod y Rhuban Gwyn White Ribbon Day | Denbighshire Leisure Ltd to light up their buildings in white in support of women who have been or are being abused | | <div><p><i>Credit: Chris V Evans</i></p></div> |

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| | | <p>Today is White Ribbon Day in which we raise awareness of family violence and especially abuse against women.</p> <p>Going forward, we as a Council have realised how important it is to do our bit to try and lessen the violence that happens against men and women. Watch out for our domestic abuse campaign messages over the next few months.</p> <p>This evening, some of our buildings in Rhyl will be lit up in white as well, thanks to Denbighshire Leisure Ltd Remember, if you are suffering now, please let someone know 0808 8010 800. We also have lots of useful information on our website.</p> <p>Domestic abuse Denbighshire County Council #LiveFearFree #Youarenotalone</p> | <p>Heddiw yw Diwrnod y Rhuban Gwyn lle rydym yn codi ymwybyddiaeth o drais teuluol ac yn enwedig cam-drin yn erbyn menywod.</p> <p>Wrth symud ymlaen, rydym ni fel Cyngor wedi sylweddoli pa mor bwysig yw gwneud ein rhan i geisio lleihau'r trais sy'n digwydd yn erbyn dynion a merched. Cadwch lygad allan am negeseuon ein hymgyrch cam-drin domestig dros y misoedd nesaf.</p> <p>Heno, bydd rhai o'n hadeiladau yn y Rhyl yn cael eu goleuo'n wyn hefyd, gyda diolch i Hamdden Sir Ddinbych Cyf</p> <p>Cofiwch, os ydych yn dioddef nawr, gadewch i rhywun wybod 0808 8010 800. Mae gennym hefyd lawer o wybodaeth ddefnyddiol ar ein gwefan.</p> <p>Cam-drin domestig Cyngor Sir Ddinbych (denbighshire.gov.uk) #BywHebOfn #Nidchiywrnigun</p> | <h2>Denbighshire backs White Ribbon Day</h2> <p>TWO Denbighshire landmarks will be lit up in aid of ending violence against women.</p> <p>Denbighshire County Council is supporting White Ribbon Day, the international day for the eradication of violence against women, by lighting the Rhyl Pavilion and Rhyl Sky Tower in white.</p> <p>Denbighshire Leisure Ltd is lighting up its buildings for Denbighshire County Council in support of White Ribbon Day.</p> <p>Jamie Groves, Managing Director of Denbighshire Leisure Ltd, said: "Supporting Denbighshire County Council in their work against domestic abuse is hugely important to us as a company. We are proud to light up our fantastic facilities for White Ribbon Day and to wholeheartedly provide our support for this life changing campaign."</p> <p>White Ribbon Day is held on Wednesday, November 25, and the landmarks will be lit up as part of the Council's work to raise awareness of and to reduce domestic violence.</p> <p>Cllr Mark Young said ending domestic abuse is one of the Council's priorities in its Corporate Plan.</p> <p><i>Rhyl Journal (25 November)</i></p> |





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| | Corporate Social Media – LINC – DT – Staff FB Group | Please take some time to listen to Councillor Mark Young, Lead Member for Planning, Public Protection and Safer Communities talk about White Ribbon Day. #LiveFearFree #Youarenotalone https://youtu.be/PDUTrIGCsxc | Dyma Cynghorydd Mark Young, Aelod Arweiniol dros Gynllunio, Diogelu'r Cyhoedd a Chymunedau Diogelach yn siarad am Ddiwrnod y Rhuban Gwyn. #BywHebOfn #Nidchiywrunigun https://youtu.be/GV0BxG27BGE | https://youtu.be/PDUTrIGCsxc |
| | Facebook | Change the FB corporate cover for the day | | <input checked="" type="checkbox"/> |
| 30 November | | Did you know? In the first four weeks of lockdown, 14 women in the UK were shot, stabbed, beaten or burned to death. Domestic Abuse – The Hidden Pandemic https://www.womensaid.org.uk/ | Oeddech chi'n gwybod? Yn y pedair wythnos gyntaf o gloi, cafodd 14 o fenywod yn y DU eu saethu, eu trywanu, eu curo neu eu llosgi i farwolaeth. Cam-drin Domestig – Y Pandemig Cudd | |
| | | <ul style="list-style-type: none"> Cover your tracks online – if you are worried about someone knowing you have visited this website please read the following safety information. How can an abuser discover your internet activities? Exit site button Private browsing Deleting browsing history | https://www.womensaid.org.uk/cover-your-tracks-online/ | |
| DECEMBER | | FOCUS ON CHRISTMAS | | |
| 19 December | | For most of us Christmas is a time of love, happiness and fun, but for many people Christmas can be the most difficult time of the year. Statistics have shown a seasonal surge of domestic violence at Christmas year on year. Factors such as the financial pressure of | I'r rhan fwyaf ohonom mae'r Nadolig yn gyfnod llawn cariad, hapusrwydd a hwyl, ond i lawer o bobl gall y Nadolig fod yr adeg anoddaf o'r flwyddyn. Mae ystadegau wedi dangos ymchwydd tymhorol o drais domestig o flwyddyn i flwyddyn yn ystod y Nadolig. Mae ffactorau fel pwysau ariannol yn cynyddu straen | Scheduled for 6pm |


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| | | <p>Christmas increased stress and anxiety and increased alcohol intake are often reported as causes for incidents of domestic violence.</p> <p>If you or someone you know is experiencing domestic violence, you can go ring the Live Fear Free Helpline on 0808 8010 800</p> <p>Anyone in immediate danger should call 999.</p> | <p>a phryder ac adroddir yn aml bod mwy o alcohol yn achosi achosion o drais domestig.</p> <p>Os ydych chi neu rywun rydych chi'n ei adnabod yn profi trais domestig, gallwch ffonio'r Llinell Gymorth Byw Heb Ofn ar 0808 8010 800</p> <p>Dylai unrhyw un sydd mewn perygl uniongyrchol ffonio 999.</p> | |
| 22 DECEMBER | |  |  | Scheduled for 8pm |
| 25 DECEMBER | | <p>Not everyone will be having a wonderful time today.</p> <p>Thinking of those of you who are trapped in households which are not safe today.</p> <p>If you're the victim of domestic violence, you can ring the Live Fear Free Helpline on 0808 8010 800 now. https://gov.wales/live-fear-free</p> | <p>Nid pawb fydd yn cael amser neis heddiw.</p> <p>Meddwl am y rheini ohonoch sy'n gaeth mewn cartrefi nad ydynt yn ddiogel heddiw.</p> <p>Os ydych chi'n dioddef trais domestig, gallwch ffonio'r Llinell Gymorth Byw Heb Ofn ar 0808 8010 800 nawr. https://llyw.cymru/byw-heb-ofn</p> | Scheduled for 8.30am |


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| | |  |  | |
| 29 DECEMBER | | <p>Christmas can be a really tough time for people experiencing domestic abuse at home. Even for people who appear to have everything - The house, the kids, the partner. It's a time that a lot of people dread. You might think there's not much you can do to help a friend in such a situation but a hug, albeit virtually at the moment, goes a long way and so does an "Are you ok?". So don't turn a blind eye, try to spot the signs of domestic abuse and provide a comforting shoulder for your friend. Domestic abuse or violence is a crime and should be reported to the police.</p> <p>If you're the victim of domestic violence, you can ring the Live Fear Free Helpline on 0808 8010 800 now. Live Fear Free helpline GOV.WALES Call 999 if it's an emergency or if someone is in immediate danger.</p> | <p>Gall y Nadolig fod yn gyfnod anodd iawn i bobl sy'n profi cam-drin domestig gartref. Hyd yn oed i bobl sy'n ymddangos fel pe bai ganddynt bopeth - y tŷ, y plant, y partner. Mae'n gyfnod y mae llawer yn poeni am. Efallai eich bod yn meddwl nad oes llawer y gallwch ei wneud i helpu ffrind mewn sefyllfa o'r fath ond mae cwtsh, er yn rhithiol ar hyn o bryd, yn mynd ymhell ac hefyd gofyn "Wyt ti'n iawn?". Felly peidiwch â throï llygad dall, ceisiwch adnabod arwyddion cam-drin domestig a rhoi ysgwydd cysurus i'ch ffrind. Mae cam-drin domestig neu drais yn drosedd a dylid rhoi gwybod i'r heddlu.</p> <p>Os ydych chi'n dioddef trais domestig, gallwch ffonio'r Llinell Gymorth Byw Heb Ofn ar 0808 8010 800 nawr. Llinell gymorth Byw Heb Ofn LLYW.CYMRU Ffoniwch 999 os yw'n argyfwng neu os oes rhywun mewn perygl uniongyrchol.</p> | Scheduled for 8pm |


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| 31 DECEMBER | |   <div> <div> Domestic Abuse Myth <p>“ Alcohol and drugs are to blame ”</p> </div> <div> Domestic Abuse Fact <p>Many people are abusive when they are sober. Most people who drink alcohol are not domestic abusers. Blaming drink or drugs is an excuse, a way of denying responsibility.</p> </div> </div> <p>If you or someone you know is affected by Domestic Abuse or Violence, please call the Live Fear Free 24/7 helpline - 0808 80 10 800 or visit www.gov.wales/live-fear-free</p> |   <div> <div> Mythau am Gam-Drin Domestig <p>“ Alcohol a chyffuriau sydd ar fai. ”</p> </div> <div> Ffeithiau am Gam-Drin Domestig <p>Mae llawer o bobl yn gamdriniol pan maent yn sobor. Nid yw'r mwyafrif o bobl sy'n yfed alcohol yn gamdrinwyr domestig. Mae rhoi'r bai ar alcohol neu gyffuriau yn esgus, yn ffordd o wadu cyfrifoldeb.</p> </div> </div> <p>Os ydych chi, neu rywun rydych chi'n ei adnabod, yn cael eich effeithio gan Gam-Drin neu Drais Domestig, yna ffoniwch linell gymorth 24/7 Byw Heb Ofn ar 0808 80 10 800 neu ewch i www.llyw.cymru/byw-heb-ofn</p> | |
| 2021 | | | | |
| JANUARY | | DRY JANUARY | | |
| | Dry January | | | |
| 12 January | | Alcohol Abuse and Domestic Violence When you look at alcohol abuse and domestic violence, it is easy to see that there are connections between the two behaviors. Often the violence in the home is accompanied by excessive drinking of alcohol over a long period. While the drinking is not usually the cause of the violence, it can make the situation more volatile, increasing the severity and frequency of the abusive episodes. While drinking can make the violence worse, it may also become an escape for the abused person, which in turn escalates the cycle of domestic violence even further. This violence | Camddefnyddio Alcohol a Thrais yn y Cartref Pan edrychwch ar gamddefnyddio alcohol a thrais domestig, mae'n hawdd gweld bod cysylltiadau rhwng y ddau ymddygiad. Yn aml, mae'r trais yn y cartref yn cael ei hebrwng gan yfed gormod o alcohol dros gyfnod hir. Er nad yw'r yfed fel arfer yn achosi'r trais, gall wneud y sefyllfa'n fwy cyfnewidiol, gan gynyddu difrifoldeb ac amllder yr episodau cam-drin. Er y gall yfed wneud y trais yn waeth, gall hefyd fod yn ddihangfa i'r person sy'n cael ei gam-drin, sydd yn ei dro yn dwysáu'r cylch trais domestig ymhellach fyth. Gall y trais hwn effeithio ar unrhyw blant sy'n agored i'r sefyllfa mewn sawl ffordd negyddol. |   <p>#BywHebOfn #Nidchiyrrunigun #LiveFearFree #Youarenotalone 0808 8010 800</p> <p>Posted at 8.30pm</p> |

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| | | <p>can affect any children exposed to the situation in many negative ways. Alcohol abuse combined with domestic violence often results in increased injury to the battered spouse, and everyday drinking is one of the leading risk factors for domestic abuse.</p> <p>If you think your drinking is getting out of control why not try Dry January that challenges you to go alcohol free for the month.</p> <p>https://alcoholchange.org.uk/get-involved/campaigns/dry-january</p> <p>If you or someone you know is experiencing domestic violence, you can go ring the Live Fear Free Helpline on 0808 8010 800</p> <p>Anyone in immediate danger should call 999.</p> <p>#LiveFearFree #Youarenotalone</p> <p>You can also visit the Alcoholics Anonymous website for help and also find your nearest group.</p> <p>https://www.alcoholics-anonymous.org.uk/Home</p> | <p>Mae camddefnyddio alcohol ynghyd â thrais domestig yn aml yn arwain at fwy o anaf i'r partner sy'n cael eu cam-drin, ac yfed bob dydd yw un o'r prif ffactorau risg ar gyfer cam-drin domestig.</p> <p>Os ydych chi'n meddwl bod eich yfed yn mynd allan o reolaeth beth am roi cynnig ar lonawr</p> <p>Sych sy'n eich herio i fynd yn rhydd o alcohol am y mis.</p> <p>https://alcoholchange.org.uk/cymraeg</p> <p>Os ydych chi neu rywun rydych chi'n ei adnabod yn mynd drwy trais domestig, gallwch ffonio'r Llinell Gymorth Byw Heb Ofn ar 0808 8010 800.</p> <p>Dylai unrhyw un sydd mewn perygl uniongyrchol ffonio 999.</p> <p>#BywHebOfn #Nidchiwrunigun</p> <p>Gallwch hefyd ymweld â gwefan Alcoholics Anonymous am help a dod o hyd i'ch grŵp agosaf hefyd.</p> <p>https://www.alcoholics-anonymous.org.uk/Home</p> | |

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| 19 January | |   <div> <div> Domestic Abuse Myth <p>“ Women are more likely to be attacked by strangers than by those who claim to love them ”</p> </div> <div> Domestic Abuse Fact <p>In fact, the opposite is true. Women are far more likely to be assaulted, raped and murdered by men known to them than by strangers.</p> <p>According to Rape Crisis, only around 10% of rapes are committed by men unknown to the victim. Women are far likelier to be attacked by a man they know and trust.</p> </div> </div> <p>If you or someone you know is affected by Domestic Abuse or Violence, please call the Live Fear Free 24/7 helpline - 0808 80 10 800 or visit www.gov.wales/live-fear-free</p> |   <div> <div> Mythau am Gam-Drin Domestig <p>“ Mae merched yn fwy tebygol o gael eu hymosod arnynt gan ddiethriaid na'r unigolion hynny sy'n honni eu bod yn eu caru. ”</p> </div> <div> Ffeithiau am Gam-Drin Domestig <p>Mewn gwirionedd, mae'r gwrthwyneb yn wir. Mae merched yn llawer mwy tebygol o ddioddef ymosodiad, o gael eu treisio neu eu lloruddio gan ddynion y maent yn eu hadnabod na diethriaid.</p> <p>Yn ôl Argyfwng Trais, dim ond oddeutu 10% o achosion o dreisio sy'n cael eu cyflawni gan ddynion sy'n ddiarth i'r dioddefwr. Mae merched yn fwy tebygol o gael eu hymosod arnynt gan ddyn y maent yn ei adnabod ac yn ymddiried ynddo.</p> </div> </div> <p>Os ydych chi, neu rywun rydych chi'n ei adnabod, yn cael eich effeithio gan Gam-Drin neu Drais Domestig, yna ffoniwch llinell gymorth 24/7 Byw Heb Ofn ar 0808 80 10 800 neu ewch i www.llyw.cymru/byw-heb-ofn</p> | Scheduled for 8.10pm Tuesday, 19 January |
| 30 January | | <p>If you are a manager/employer, please have a look at this video. The Live Fear Free helpline is open 24 hours a day, every day, for support and advice. Home shouldn't be a place of fear. Support is available. You can get in touch with Live Fear Free 24/7 on any day:</p> <p>☎ 0808 80 10 800 ➡️ Text 0786 007 7333 ✉ Email info@livefearfreehelpline.wales 💬 Live chat gov.wales/livefearfree</p> <p>Home shouldn't be a place of fear https://youtu.be/KYbdkM3JE5Y</p> | <p>Os ydych yn rheolwr/cyflogwr, yna gwyliwch y fideo yma. Mae llinell gymorth Byw Heb Ofn ar agor ddydd a nos, bob diwrnod o'r wythnos, ar gyfer help a chynghor. Ddylai neb deimlo'n ofnus gartre. Mae help ar gael. Fe alli di gysylltu â Byw Heb Ofn, ddydd a nos, unrhyw ddiwrnod o'r wythnos:</p> <p>☎ 0808 80 10 800 ➡️ Tecst 0786 007 7333 ✉ E-bost gwybodaeth@llinellgymorthbywhebofn.cymru 💬 Sgwrsio byw llyw.cymru/bywhebofn</p> <p>Ddylai neb deimlo'n ofnus gartre https://youtu.be/Z792cYh3ef0</p> | Scheduled for 10am Saturday 30 January |
| FEBRUARY | | SEXUAL ABUSE / VIOLENCE | | |

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| 6 February | Six Nations | <p>Reports of domestic abuse are expected to increase during the Six Nations tournament which starts this weekend.</p> <p>It is a known fact that during key sporting events there will be an increase in reports of domestic abuse. Cases of domestic violence rise significantly when men and women drink more during sporting events, and this year, people will be mostly stuck in their own homes, possibly unable to escape the abuse. Household isolation instructions as a result of coronavirus do not apply if you need to leave your home to escape domestic abuse.</p> <p>If you're the victim of domestic violence, you can ring the Live Fear Free Helpline on 0808 8010 800 now or visit the website https://gov.wales/live-fear-free. If you feel that you are in immediate danger, then please ring North Wales Police on 999.</p> <p>Having had too much to drink is never an excuse for domestic violence or abuse.</p> | <p>Disgwylir i adroddiadau o gam-drin domestig gynyddu yn ystod twrnament y Chwe Gwlad sy'n dechrau'r penwythnos hwn.</p> <p>Mae'n ffaith y bydd cynnydd mewn adroddiadau o gam-drin domestig yn ystod digwyddiadau chwaraeon allweddol. Mae achosion o drais domestig yn codi'n sylweddol pan fydd dynion a menywod yn yfed mwy yn ystod digwyddiadau chwaraeon, ac eleni, bydd pobl yn aros yn eu cartrefi eu hunain yn bennaf, o bosibl yn methu â dianc rhag y cam-drin.</p> <p>Nid yw cyfarwyddiadau ynysu cartrefi o ganlyniad i coronafeirws yn berthnasol os oes angen i chi adael eich cartref i ddianc rhag cam-drin domestig.</p> <p>Os ydych chi'n dioddef trais domestig, gallwch ffonio'r Llinell Gymorth Byw Heb Ofn ar 0808 8010 800 nawr neu ewch i wefan https://llyw.cymru/byw-heb-ofn. Os ydych yn teimlo eich bod mewn perygl uniongyrchol, ffoniwch Heddlu Gogledd Cymru ar 999.</p> <p>Nid yw cael gormod i'w yfed byth yn esgus dros drais neu gam-drin domestig.</p> |  <p>Scheduled for 10am Saturday 6 February</p> |
| 20 February | | <p>If you're the victim of domestic violence, you can ring the Live Fear Free Helpline on 0808 8010 800 now or visit the website https://gov.wales/live-fear-free. If you feel that you are in immediate danger, then please ring North Wales Police on 999. If you need to talk to anyone, please tell your manager if</p> | <p>Os ydych chi'n dioddef trais domestig, gallwch ffonio'r Llinell Gymorth Byw Heb Ofn ar 0808 8010 800 nawr neu ewch i wefan https://llyw.cymru/byw-heb-ofn. Os ydych yn teimlo eich bod mewn perygl uniongyrchol, ffoniwch Heddlu Gogledd Cymru ar 999.</p> <p>Nid yw cael gormod i'w yfed byth yn esgus dros drais neu gam-drin domestig.</p> | <p>Scheduled for 2.30pm Saturday 20 February</p> |

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| | | <p>you're suffering at all. Honestly, telling one person will help you.</p> <p>ARE YOU SUFFERING DOMESTIC ABUSE? If you are a victim of domestic abuse, be sure to tell someone. Say something to your friend, colleague, or manager if you are suffering at all. Saying something to one person will help you – honestly it will.</p> <p>If anyone out there would like to share their stories (anonymously of course) as to how you are coping with domestic abuse, or if you have left the situation you were in, how you did that, then please get in touch with me or Felicity Chandler in HR. Sharing your story may help one of your colleagues.</p> <p>If you're the victim of domestic abuse, you can ring the Live Fear Free Helpline on 0808 8010 800 now or visit the website https://gov.wales/live-fear-free. If you feel that you are in immediate danger, then please ring North Wales Police on 999.</p> | <p>YDYCH CHI'N DIODDEF TRAIS DOMESTIC? Os ydych yn dioddef o drais domestic, cofiwch ddweud wrth rhywun. Dywedwch rhywbeth i'ch ffrind, cydweithiwr, neu eich rheolwr os ydych yn dioddef o gwbl. Mi fydd dweud rhywbeth wrth un person yn eich helpu – wir yr.</p> <p>Os hoffai unrhyw un rannu eu straeon (yn ddienw wrth gwrs) ar sut yr ydych yn ymdopi â thrais domestig, neu os ydych wedi gadael y sefyllfa yr oeddech ynddi hi, sut y gwnaethoch hynny, yna cysylltwch â fi neu Fliss Chandler yn Adnoddau Dynol. Gall rhannu eich stori helpu un o'ch cydweithwyr.</p> <p>Os ydych chi'n dioddef trais domestig, gallwch ffonio'r Llinell Gymorth Byw Heb Ofn ar 0808 8010 800 nawr neu ewch i wefan https://llyw.cymru/byw-heb-ofn. Os ydych yn teimlo eich bod mewn perygl uniongyrchol, ffoniwch Heddlu Gogledd Cymru ar 999.</p> |  <p>The infographic is titled 'Domestic Abuse Myth' and 'Domestic Abuse Fact'. The 'Myth' section states: 'All couples argue – it's not domestic abuse, it's just a normal relationship'. The 'Fact' section states: 'Abuse and disagreement are not the same things. Different opinions are normal in healthy relationships. Abuse is not a disagreement – it is the use of physical, sexual, emotional or psychological violence or threats in order to control another person's thinking, opinions, emotions and behaviour. When abuse is involved, there is no discussion between equals. There is fear of saying or doing the 'wrong' thing.' At the bottom, it says: 'If you or someone you know is affected by Domestic Abuse or Violence, please call the Live Fear Free 24/7 helpline – 0808 80 10 800 or visit www.gov.wales/live-fear-free'.</p> <p>Shared internally only on Friday 19 February</p> |

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| MARCH | | 'NO MORE' CAMPAIGN | | |
| 13 March | | Shared Live Fear Free message on our corporate channels |  | |
| | | Ask all of SLT to take a photo with their No More sign, post online. Maybe if we signpost and advocate for a few different national campaigns it will keep interest, and people can choose which sites they educate themselves further with as not everyone will 'gel' with each site. | | |
| | MYTH BYST | It can happen to anyone – myth bust that only those with mental health issues, those in poverty etc. abuse others/are subject to abuse. Release fortnightly/monthly myth busting graphics, or a Myth-busting Month with daily information. | | |

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| | | Highlight the abuse that occurs when sporting fixtures are on such as the 6 Nations Rugby | | |
| APRIL | | ABUSE OF OLDER PEOPLE | | |
| 1 – 30 April | Stress Awareness Month | During Stress Awareness Month, healthcare professionals and health promotion experts across the country will join forces to increase public awareness about the causes and cures for our modern stress epidemic. Take a look at our web pages for more information about stress in the workplace. | | |
| | MYTH BYST | It can happen to anyone – myth bust that only those with mental health issues, those in poverty etc. abuse others/are subject to abuse. Release fortnightly/monthly myth busting graphics, or a Myth-busting Month with daily information. | | |
| MAY | | CHILDREN EXPERIENCING ABUSE / ABUSIVE PARENTS | | |
| | | <ul style="list-style-type: none"> http://thehideout.org.uk/ https://www.nspcc.org.uk/ | | |
| 3 – 9 May | Children's Book Week | Every year, we encourage schools and libraries to inspire children everywhere to love reading for fun. | Ask Bethan in Library Services of any recommendations of books for both children and adults that deal with Domestic Violence/Abuse | |
| 10 – 16 May | Mental Health Awareness Week | <p>Mental Health Awareness Week is all about raising awareness and promoting better mental health. Take a look at our dedicated web page for more information on mental health in the workplace.</p> <p>This year's theme is 'Nature and Environment'</p> | | |

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| | | mentalhealth.org.uk/mhaw | | |
| | MYTH BYST | It can happen to anyone – myth bust that only those with mental health issues, those in poverty etc. abuse others/are subject to abuse. Release fortnightly/monthly myth busting graphics, or a Myth-busting Month with daily information. | | |
| JUNE | | MEN EXPERIENCING ABUSE | | |
| | | <ul style="list-style-type: none"> • https://mensadvice.org.uk/ • https://www.mankind.org.uk/ • http://www.dynwales.org/ • https://www.respect.uk.net/pages/29-helplines | | |
| June | Men's Health Week | Led by the Men's Health Forum, the purpose of Men's Health Week is to raise awareness of preventable health issues and encourage men and boys to seek professional advice for health-related problems. | | |
| | | Highlight the abuse that may occur during Euros (June and July) | | |
| June 2021 | Carers Week | Carers Week is an annual campaign to raise awareness of caring by highlighting the challenges that carers face and recognise the contribution they make to families and communities throughout the UK. Look at our web page about supporting carers in the workplace. | | |
| JULY | | FINANCIAL / ECONOMIC ABUSE | | |
| | MYTH BYST | It can happen to anyone – myth bust that only those with mental health issues, those in poverty etc. abuse others/are subject to | | |

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| | | abuse. Release fortnightly/monthly myth busting graphics, or a Myth-busting Month with daily information. | | |
| AUGUST | | LGBTQ+ ABUSE | | |
| | | <ul style="list-style-type: none"> http://www.galop.org.uk/domesticabuse/ http://www.dynwales.org/ | | |
| | MYTH BYST | It can happen to anyone – myth bust that only those with mental health issues, those in poverty etc. abuse others/are subject to abuse. Release fortnightly/monthly myth busting graphics, or a Myth-busting Month with daily information. | | |
| SEPTEMBER | | EMOTIONAL ABUSE | | |
| | MYTH BYST | It can happen to anyone – myth bust that only those with mental health issues, those in poverty etc. abuse others/are subject to abuse. Release fortnightly/monthly myth busting graphics, or a Myth-busting Month with daily information. | | |
| OCTOBER | | BAME SUPPORT | | |
| | | <ul style="list-style-type: none"> https://bawso.org.uk/ | | |
| 9 October | Hello Yellow | At a time when it's needed most, come together for #HelloYellow to support young people's mental health on World Mental Health Day. | | |
| 10 September | World Suicide Prevention Day | World Suicide Prevention Day promotes worldwide commitment and action to prevent suicides. | | |

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| 10 October | World Mental Health Day | World Mental Health Day raises public awareness about mental health issues. See our web pages dedicated to mental health in the workplace. | | |
| 5 October | Libraries Week | | | |
| | MYTH BYST | It can happen to anyone – myth bust that only those with mental health issues, those in poverty etc. abuse others/are subject to abuse. Release fortnightly/monthly myth busting graphics, or a Myth-busting Month with daily information. | | |
| 12 to 16 October | National Work Life Week | National Work Life Week aims to get both employers and their employees talking about wellbeing at work and work life balance. It's an opportunity for employers to show their employees, and potential candidates, how their organisation is striving for a family friendly and flexible working culture. | | |
| NOVEMBER | | WHITE RIBBON CAMPAIGN | | |
| 1 to 30 November | Movember Men's Health Awareness Month | Each year, Movember is responsible for thousands of mustaches on men's faces in the UK and around the world. The aim of Movember is to raise vital funds and awareness for men's health, specifically prostate cancer. You may also want to take a look at our additional guidance for employers on supporting employees with long-term health conditions returning to and continuing in work. | | |
| 2 to 6 November | International Stress Awareness Week | International Stress Awareness Day aims to develop greater understanding of stress and offer individuals and organisations access to | | |

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| | | proven coping strategies and sources of help. See our web page for more information about stress in the workplace. | | |
| | MYTH BYST | It can happen to anyone – myth bust that only those with mental health issues, those in poverty etc. abuse others/are subject to abuse. Release fortnightly/monthly myth busting graphics, or a Myth-busting Month with daily information. | | |
| 16 to 20 November | Anti-Bullying Week | This Anti-Bullying Week the theme is "Respect". Take a look at our web pages for more information about tackling bullying, and read our case study to see how London Ambulance Service have tackled bullying and harassment. | | |
| 16 to 22 November | Alcohol Awareness Week | The aim of Alcohol Awareness Week is to get people to think about alcohol – how it affects us as individuals, families, communities and society as a whole. | | |
| 25 November | White Ribbon Day | White Ribbon Day is also known as the International Day for the Eradication of Violence against Women, and is an annual day to raise awareness of family violence. The day is run by the White Ribbon Campaign | | |
| 25 November to 10 December | 16 Days of Action Against Domestic Violence | The 16 Days of action against domestic violence campaign is a time to take action to end violence against women and girls around the world. | | |
| DECEMBER | | FOCUS ON LEAD UP TO CHRISTMAS | | |
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| | MYTH BYST | It can happen to anyone – myth bust that only those with mental health issues, those in | | |

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| | | poverty etc. abuse others/are subject to abuse. Release fortnightly/monthly myth busting graphics, or a Myth-busting Month with daily information. | | |
| | | | | |
| 30 November | | Did you know? In the first four weeks of lockdown, 14 women in the UK were shot, stabbed, beaten or burned to death. Domestic Abuse – The Hidden Pandemic https://www.womensaid.org.uk/ | Oeddech chi'n gwybod? Yn y pedair wythnos gyntaf o gloi, cafodd 14 o fenywod yn y DU eu saethu, eu trywanu, eu curo neu eu llosgi i farwolaeth. Cam-drin Domestig – Y Pandemig Cudd | |
| | | <ul style="list-style-type: none"> • Cover your tracks online – if you are worried about someone knowing you have visited this website please read the following safety information. • How can an abuser discover your internet activities? • Exit site button • Private browsing • Deleting browsing history | https://www.womensaid.org.uk/cover-your-tracks-online/ | |
| | | <p>How Does Alcohol Abuse Increase Domestic Violence?</p> <p>Alcohol abuse increases domestic violence in several ways.</p> <p>Violent men are three times more likely to abuse alcohol or drugs.</p> <p>Additionally, chronic long-term alcohol abuse creates stress by way of financial pressure, behavior changes, and lowered social standing in the family unit. Not only is there increased</p> | | |

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| | | <p>strain, but alcohol limits the control the drinker has on their behavior and may substantially reduce the ability to cope with stress.</p> <p>When someone drinks heavily, the desire to drink sometimes is all they think about, and if the sober spouse attempts to stop the drinking, they may spark a violent episode. Alcohol abuse and domestic violence, a mixture of loosed cuffs and terror, are an unhappy mix.</p> | | |
| | | <p>Women Who Abuse Alcohol, More Likely Abused Themselves</p> <p>The National Institutes of Health, National Library of Medicine says women who abuse alcohol are more likely to have a history of physical and emotional abuse going back to childhood than non-alcoholic women.</p> <p>This correlation is underscored by statistics that prove abused women are fifteen times more likely to become chronic drinkers than women who are not involved in the combination of alcohol abuse and domestic violence.</p> <p>Conversely, women without abusive partners at the time they start abusing alcohol have a</p> | | |

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| | | higher chance of falling foul of domestic violence. | | |
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| | | <p>The Effects of Alcohol Abuse and Domestic Violence on a Child Research has concluded that risk for domestic violence increases when both spouses drink.</p> <p>In one study, over half the defendants accused of killing their partner had been drinking at the time the murder occurred.</p> <p>Men who are frequent batterers will blame the alcohol abuse to excuse their actions, or they blame their spouse's drinking and their need to control a drunk spouse.</p> <p>Between twenty-five and fifty percent of all domestic incidents begin with drinking.</p> | | |