

## UPF UK Zoom Conference to Advise on Domestic Violence During Lockdown

Robin Marsh  
April 21, 2020



*Margaret Ali, UPF – UK Director: MC*

Domestic Violence During Lockdown has been a significant problem in the UK and around the world. We convened a Zoom Conference to assemble experts to advise and explain the resources available to victims.

Dr Caroline Makaka: Founder and President of LOANI to Support Victims of Domestic Violence and Abuse. Ladies of All Nations International ([www.loaniglobal.co.uk](http://www.loaniglobal.co.uk) or [loaniglobal@gmail.com](mailto:loaniglobal@gmail.com))

Dr Karen Johnson: An Author and Counsellor. She has been running an organisation called, 'Out of the Corner' for the last seven years for those suffering from domestic violence. She runs courses and has groups that she supports to rebuild lives. Speech found at [youtu.be/3NYMozLVIZQ](https://youtu.be/3NYMozLVIZQ)

Ruth Mutanda: is the Founder and CEO of Ruth for Women an Organisation for Abused Women and Children Brought Up in Abusive Homes. See her speech at [youtu.be/kBGJc3H\\_IA](https://youtu.be/kBGJc3H_IA)

Hina Junejo: Women Empowerment TV Programme Saheli on Sky749 focusing on Domestic Violence. Runs Workshops for Women Victim Empowerment. Speech found at [youtu.be/nuTgEtm7NSU](https://youtu.be/nuTgEtm7NSU)

Harpal Chatwal: Head of Domestic Abuse Services at a Leading Charity. Author of 'The First Slap: A Woman's Journey From Domestic Abuse', and an Accredited Qualified Counsellor. His speech is available at [youtu.be/uxWVbqonzgc](https://youtu.be/uxWVbqonzgc)

Seema Dhanak: Domestic Violence During Lockdown - UPF Zoom Conference She explains that there are full services running for victims of Domestic Violence during the lockdown. She encourages victims to either contact her through LOANI - Ladies of All Nations International ([www.loaniglobal.co.uk](http://www.loaniglobal.co.uk) or [loaniglobal@gmail.com](mailto:loaniglobal@gmail.com)) or to contact Refuge (Refuge Against Domestic Violence - Help for women and children. [www.refuge.org.uk](http://www.refuge.org.uk)) to access available support. Please see her speech at [youtu.be/pmDgdtuFHnk](https://youtu.be/pmDgdtuFHnk)

Marcia Lewinson: Executive Coach, CEO and Founder of the Charity 'Women Acting In Today's Society' (Web: [waitsaction.org](http://waitsaction.org) Tel: 0121 4401443) Please see speech at [youtu.be/sL73RJRb25k](https://youtu.be/sL73RJRb25k)

Chris Green OBE, Founder and President of White Ribbon UK, formerly a member of the Task Force of Council of Europe to End Violence against Women ([whiteribbon.org.uk](http://whiteribbon.org.uk))

## SPOT THE SIGNS – stop the abuse



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Domestic Violence occurs across all social and ethnic groups and takes many forms. Victims are much more likely to confide in someone close to them.

### Be aware of someone who:

- Had stopped socialising
- Is worried about upsetting a partner
- Has little control over money
- Has shown signs of physical harm
- Is constantly being checked up on
- Asks you not to “tell”
- Has low self-esteem
- Has animals in the home who have been harmed
- Has children who appear nervous/withdrawn.

1 in 4 women, 1 in 6 men are victims.

**Could this be YOUR relative, friend, neighbour or co-worker?**

#SpotTheSigns

### NATIONAL HELPLINES

Refuge 0808 2000 247

LGTB – 0800 999 5428

Wales – 0808 80 10 800

Scotland – 0800 027 1234

[chat.womensaid.org.uk/](https://www.womensaid.org.uk/chat)

### LOCAL SERVICES – (area)

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Domestic abuse accounts for 15% of all violent crime. 9 out of 10 deaths are at the hands of a former or current partner. 88% of incidents occur in the home. 2 women die every week. Numbers are rising due to **LOCKDOWN**



Call 999 if you think ANYONE you know is in immediate danger.