



## Violence Against Women and Girl's (VAWG) Training Opportunities

### August-December 2023

N.B. All of these courses are free and open to anyone who works or volunteers in Tower Hamlets or with Tower Hamlets residents in any capacity. For specific whole team training on any or several of the topics, please contact [vawg@towerhamlets.gov.uk](mailto:vawg@towerhamlets.gov.uk) to discuss the options.

All sessions can be found by searching '[VAWG](#)' in the Learning Hub.

### Violence Against Women and Girls (VAWG) Professional Champion Course

Topics
<ul style="list-style-type: none"><li>• Introduction to VAWG</li><li>• Understanding:<ul style="list-style-type: none"><li>○ Domestic Abuse; Stalking &amp; Harassment</li><li>○ Sexual Abuse</li></ul></li><li>• Understanding:<ul style="list-style-type: none"><li>○ Harmful Practices ('Honour' Based Abuse, Forced Marriage, Female Genital Mutilation)</li><li>○ Prostitution as a form of Adult Sexual Exploitation</li></ul></li><li>• Referral pathways and support</li><li>• Risk Assessments and Safety Planning</li><li>• Trauma informed Practice</li><li>• Role of the VAWG Champion</li></ul>

Dates and Applying (you must attend all days of the course to become a VAWG Champion):

Topic	Dates & Time
<b>VAWG Champions Course November</b>  <i>This is a 3-day course taking place online over MS Teams</i>	<b>Day 1: 1st November 09:30-12:30</b> <b>Day 2: 8th November 09:30-12:30</b> <b>Day 3: 15th November 09:30-12:30</b>  <b>Applying: <a href="#">Click here to apply for the November course</a></b>
<b>VAWG Champions Course November-December</b>  <i>This is a 2-day course in person at LBTH Town Hall 160 Whitechapel Road</i>	<b>Day 1: 29th November 10:00-16:00</b> <b>Day 2: 6th December 10:00-16:00</b>  <b>Applying: <a href="#">Click here to apply for the Nov/Dec course</a></b>

**N.B. Applying:** For the '[External Partner's link](#)' - if you complete a form and do not receive confirmation from Learning Hub by the following day, please contact Learning Hub [Learning.Hub@towerhamlets.gov.uk](mailto:Learning.Hub@towerhamlets.gov.uk)

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Topic	Dates & Time
<p><b>Allyship and Misogyny:</b></p> <p>This interactive workshop will help staff understand how misogyny and toxic masculinity are detrimental to all sexes and underpin VAWG. We will explore the importance of allyship and challenge our own bias in a non-judgemental and respectful space. We will discuss how we can make safe spaces for women. The training will cover:</p> <ul style="list-style-type: none"><li>• Misogyny and Toxic masculinity</li><li>• VAWG and Intersectionality</li><li>• Types and experiences of discrimination</li><li>• Internalised misogyny</li><li>• How to be an ally</li><li>• How to challenge discriminatory behaviour to create safe spaces</li></ul>	<p><b>03/10/2023</b> <b>10:00-12:30</b> <b>MS Teams</b></p> <p>05/12/2023 13:30-16:00 LBTH Town Hall 160 Whitechapel Road</p> <p><i>For those who have a Learning Hub log in - please apply via <a href="#">Learning Hub</a></i></p> <p><i>External staff please apply using this <a href="#">External Partner's link</a>.</i></p>
<p><b>Trauma Informed Practice and VAWG:</b></p> <p>An interactive session to explore what trauma is in the context of Violence Against Women and Girls (VAWG), how it affects people differently, what trauma informed practice looks like and how to employ tools to help you work in a trauma informed way. It will address the effects of trauma on professionals, addressing vicarious trauma and strategies for self-care. The training will cover:</p> <ul style="list-style-type: none"><li>• Definitions of trauma</li><li>• Intersectionality</li><li>• Understanding how trauma affects individuals</li><li>• Practical tools of trauma informed practice</li><li>• Responding to VAWG survivors</li><li>• Addressing vicarious trauma and self-care</li></ul>	<p><b>13/09/2023</b> <b>13:30-16:00</b> <b>LBTH Town Hall</b> <b>160 Whitechapel Road</b></p> <p>27/11/2023 10:00-12:30 MS Teams</p> <p><i>For those who have a Learning Hub log in - please apply via <a href="#">Learning Hub</a></i></p> <p><i>External staff please apply using this <a href="#">External Partner's link</a>.</i></p>
<p><b>Violence Against Women &amp; Girls (VAWG) &amp; Non-English Speakers:</b></p> <p>A webinar exploring language barriers and the impact this has on those experiencing a form of VAWG who do not speak English. You will learn from a domestic homicide review case study as well as understand best practice when utilising interpreters.</p> <ul style="list-style-type: none"><li>• Understanding Violence Against Women &amp; Girls (VAWG)</li><li>• Barriers for non-English speakers accessing support</li></ul>	<p>12/09/2023 10:00-12:00 MS Teams</p> <p><b>24/11/2023</b> <b>13:00-15:00</b> <b>LBTH Town Hall</b> <b>160 Whitechapel Road</b></p> <p><i>For those who have a Learning Hub log in - please apply via <a href="#">Learning Hub</a></i></p>

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<ul style="list-style-type: none"><li>• Domestic Homicide Review (DHR) case learning</li><li>• Using interpreters best practice</li><li>• Resources</li></ul>	<p><i>External staff please apply using this <a href="#">External Partner's link</a>.</i></p>
<p><b>Harmful practices: 'Honour' based Violence and Forced Marriage:</b></p> <p>An interactive session for a better understanding about the dynamics of so-called honour-based abuse, how to recognise and respond to risk of forced marriage and where they overlap with other forms of Violence Against Women and Girls (VAWG).</p> <ul style="list-style-type: none"><li>• Have an improved understanding of 'honour' based abuse and forced marriage</li><li>• Have confidence in identifying the risk factors/indicators and develop safety planning tools</li><li>• Understand Forced Marriage legislation and protection orders</li><li>• To understand the range of options available in the borough and to identify appropriate referral pathways</li></ul>	<p><b>04/10/2023</b> <b>09:30-12:00</b> <b>MS Teams</b></p> <p>05/12/2023 09:30-12:00 LBTH Town Hall 160 Whitechapel Road</p> <p><i>For those who have a Learning Hub log in - please apply via <a href="#">Learning Hub</a></i></p> <p><i>External staff please apply using this <a href="#">External Partner's link</a>.</i></p>
<p><b>Sexual Abuse Awareness:</b></p> <p>This session was developed with specialists <a href="#">the Havens</a> on their procedures and the <a href="#">Survivors Gateway</a> on providing telephone support to survivors. It will cover:</p> <ul style="list-style-type: none"><li>• The prevalence of sexual abuse nationally and locally</li><li>• Definitions and dynamics of sexual abuse and consent</li><li>• Impacts of sexual abuse</li><li>• Myths and stereotypes around sexual abuse</li><li>• Enabling and responding to disclosures</li><li>• To understand the range of options available in the borough and to identify appropriate referral pathways</li></ul>	<p>24/10/2023 13:00-15:30 MS Teams</p> <p><i>For those who have a Learning Hub log in - please apply via <a href="#">Learning Hub</a></i></p> <p><i>External staff please apply using this <a href="#">External Partner's link</a>.</i></p>
<p><b>Female Genital Mutilation Awareness:</b></p> <p>A session developed with local organisation <a href="#">Sister Circle</a> to provide:</p> <ul style="list-style-type: none"><li>• An improved understanding of Female Genital Mutilation (FGM)</li><li>• Increased awareness in recognising the risk factors/indicators</li><li>• An awareness of FGM protection orders</li></ul>	<p><b>12/09/2023</b> <b>14:00-16:00</b> <b>MS Teams</b></p> <p>24/11/2023 10:00-12:00 Tower Hamlets Town Hall 160 Whitechapel Road</p>

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- The range of options available for women in the borough and to identify appropriate referral pathways

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**External staff please apply using this [External Partner's link](#).**

### **Young People and Violence against Women and Girls:**

An interactive session looking at the specific experience of VAWG for young people. It aims to help you:

- Understand the different forms of gender-based violence that affect young people
- To explore the barriers to disclosing abuse young people face
- To develop skills in appropriately responding to disclosures and supporting young people
- To understand the range of services in the borough and identify appropriate referrals within the borough

**21/08/2023  
13:00-15:30  
MS Teams**

17/10/2023  
13:00-15:30  
Tower Hamlets Town Hall  
160 Whitechapel Road

**For those who have a Learning Hub log in - please apply via [Learning Hub](#)**

**External staff please apply using this [External Partner's link](#).**

### **Violence Against Women & Girls (VAWG) & Online Safety:**

A session looking at the overlap of VAWG and online spaces and consider measures to increase safety online:

- To increase delegates' knowledge on how technology is used to carry out Violence Against Women and Girls (VAWG)
- To gain an understanding of online abuse and its impact on adults and young people
- To learn about resources that can support practitioners' work with their clients

**13/09/2023  
09:30-12:00  
LBTH Town Hall  
160 Whitechapel Road**

07/11/2023  
10:00-12:30  
MS Teams

**For those who have a Learning Hub log in - please apply via [Learning Hub](#)**

**External staff please apply using this [External Partner's link](#).**

### **Introduction to Survival Sex:**

This training session has been developed with LBTH VAWG and local organisation [Beyond the Streets](#).

- To understand LBTH's stance of prostitution as a form of Violence Against Women and Girls (VAWG)

**20/09/2023  
10:00-12:00  
LBTH Town Hall  
160 Whitechapel Road**

07/12/2023  
14:00-16:00

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<ul style="list-style-type: none"><li>• To explore selling sex in the context of survival and as a form of adult sexual exploitation.</li><li>• To develop an understanding of the barriers to accessing support faced by women involved in selling sex.</li><li>• To understand risk, impacts and learn about how women can be supported.</li><li>• To understand the range of options available for women in the borough and to identify appropriate referral pathways.</li></ul>	<p>MS Teams</p> <p><b><i>For those who have a Learning Hub log in - please apply via <a href="#">Learning Hub</a></i></b></p> <p><b><i>External staff please apply using this <a href="#">External Partner's link</a>.</i></b></p>
<p><b>LGBTQ+ Experiences of Domestic Abuse:</b></p> <p>A one-off training being delivered by external organisation <a href="#">Stonewall Housing</a>, the leading national charity supporting lesbian, gay, bisexual, trans and queer (LGBTQ+) people of all ages who live in the UK and are experiencing homelessness or living in an unsafe environment.</p> <p>This session will:</p> <ul style="list-style-type: none"><li>• Develop participants' knowledge about the LGBTQ+ community, including LGBTQ+ terminology and history</li><li>• Increase participants' understanding of LGBTQ+ experiences of domestic abuse, through an intersectional lens</li><li>• Raise participants' awareness of the dynamics associated with LGBTQ+ domestic abuse</li><li>• Increase participants' confidence and provide participants with practical tools with regards to meeting the needs of LGBTQ+ people who are using their services.</li></ul>	<p>28/11/2023 10:00-17:00 Online via Zoom</p> <p><b><i>For those who have a Learning Hub log in - please apply via <a href="#">Learning Hub</a></i></b></p> <p><b><i>External staff please apply using this <a href="#">External Partner's link</a>.</i></b></p>

All sessions can be found by searching '[VAWG](#)' in the Learning Hub.

Any queries or requests for specific whole team training, please contact:

[amy-kate.garwood2@towerhamlets.gov.uk](mailto:amy-kate.garwood2@towerhamlets.gov.uk) or [vawg@towerhamlets.gov.uk](mailto:vawg@towerhamlets.gov.uk)

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