

# Wellbeing: Spotting Domestic Abuse

## Course overview

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Sometimes we see things happening in the relationships of friends and family that doesn't feel right but we might not know if it is actually wrong. This course will help you to spot signs of different types of Domestic Abuse. It will increase your confidence in recognising when your support might be needed and welcomed and how you can help. Sometimes we feel out of our depth and the course will give you information on other support you can suggest to friends or family members.

## What will I study?

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You will be able to:

- Identify signs of Domestic Abuse
- Be more confident in recognising where friends and family members might need support
- Signpost people to safe support
- Understand how technology can play a part in domestic abuse

## Assessment method

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You will participate in discussions, Q&A and receive verbal feedback from the tutor throughout the workshop.

## Entry requirements

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This course is open to all. You will need a solid understanding of English.

## What should I bring with me?

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You will need to provide your chosen method of note-taking such as notepad & pen or tablet.

## Key information

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Where possible this course will take place on site with social distancing measures in place.

## Possible next steps

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Following the successful completion of this course, you will be supported to enrol on to other wellbeing or CPD courses or signposted to another course suitable for you.

## Contact us

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Our friendly staff can give you further advice and support.



email: [adultcollegeenquiries@lbbd.gov.uk](mailto:adultcollegeenquiries@lbbd.gov.uk)



call: 020 8270 4722