

STALKING AWARENESS WEEK 2024

Domestic and Cultural Abuse Newsletter

| APRIL 2024 |

Welcome!

This newsletter is designed to provide bite-size information about guidance and development associated to domestic abuse – for those of you that desire more information – just click the links provided or contact your quadrant based Domestic Abuse Advisors or the Domestic Abuse Practice Lead – neil.shade2@essex.gov.uk

STALKING AWARENESS WEEK 2024: 22nd – 26th April.

The theme of the **2024 Stalking Awareness Week** is “**Join Forces Against Stalking**” because Multi-Agency support, communication and co-operation is essential to ensure people are supported with experiences of stalking.

Stalking is.....

A pattern of fixated and obsessive behaviour which is intrusive and causes fear of violence or engenders alarm and distress in the victim. Stalking behaviour is unwanted, repetitive, and it is almost always carried out (or orchestrated by) one individual towards another. The behaviours can be offline (such as visiting the victim's home or place of work, following the victim, or leaving gifts), or online (such as unwanted social media communication, calls, texts, emails, hacking, and spyware).

The statistics...

- There were **700,236** stalking and harassment offences recorded by the police in 2023 (ONS 2023)
- **91.5%** of victims experienced psychological impacts due to stalking.
- Only **6.6%** of reports of stalking to the police result in a charge by the Crown Prosecution Service. Only **1.4%** of cases each year currently end in the stalker being convicted.

For more info read:

<https://www.suzylamplugh.org/Handlers/Download.ashx?IDMF=1c2de425-3272-4d4f-a913-59c45761dcca>



**For stalking
remember FOUR:**

F – FIXATED

O – OBSESSIVE

U – UNWANTED

R - REPETATIVE

"in the lives of the invisible, the marginal, and the disenfranchised, every move toward safety entails risk and may intensify danger" (Richie 1996)



Stalking:

Stalking is one of the most frequently experienced forms of abuse. It is insidious and terrifying and can escalate to rape and murder. We need to treat stalking with the seriousness it deserves. There are many misconceptions about what stalking is about. It is not romantic. It is about fixation and obsession.

WHO, HOW & WHY:

About **45% of people are being stalked by ex partners** and a further third have had some sort of prior acquaintance with their stalker - Just because you know/knew the stalker does not mean that the situation is your fault – it is still stalking and it is wrong.

Anyone can become a victim of stalking. Research by Dr. Lorraine Sheridan show **ages range from 10 to 73**, they were male and female, were spread across the entire socio-economic spectrum and a large proportion (38%) were professionals.

Stalking can last from 1 month to 43 years. The average was found to be between 6 months and 2 years. The duration of stalking tends to increase as the stalker's emotional investment in the relationship increases. This is one of the reasons ex-intimate stalking is often considered to be the most dangerous

STALKER PROFILES:

Rejected Stalker: Arises in the context of the breakdown of a close relationship. Motivation is either attempting to reconcile the relationship, or exacting revenge for a perceived rejection

Resentful Stalker: Feels as though they have been mistreated or that they are the victim of some form of injustice or humiliation. Motivation for stalking is the desire for revenge or to 'even the score'.

Intimacy Seeking stalker: Comes from a context of loneliness and a lack of a close confidante.

Incompetent Suitor: Stalks in the context of loneliness or lust and targets strangers or acquaintances.

Predatory stalker: arises in the context of deviant sexual practices and interests. Perpetrators are usually male and victims are usually female strangers in whom the stalker develops a sexual interest

Support, guidance and learning:

Safety planning: is an important element of our support to services users who experience stalking – remember there are some great resources such as the apps Brightsky, Hollieguard and Kulpa which can be beneficial to victim/ survivors of stalking. Also identifying supportive networks and empowering survivors to seek support – this support may be from their personal network, Essex Compass 0330 333 7444 www.essexcompass.org.uk; or a specialist organisation such as the National stalking helpline 0808 802 0300.

Specialist agencies:

Suzy Lamplugh trust <https://www.suzylamplugh.org/stalking-help-and-advice> - this site has so many good supports including the 'am I being stalked' tool (this is available in multiple languages too - <https://www.suzylamplugh.org/am-i-being-stalked-tool>)

Paladin also work with survivors experiencing high risk stalking cases and provide trauma informed support – they also provide advice to professionals dealing with cases of stalking - [02038664107](tel:02038664107) - <https://www.paladinservice.co.uk/our-mission>

Alice Ruggles Trust also have some really good resources - <https://alicerugglestrust.org/info-leaflets> - including leaflets, podcasts and links to TV shows/ documentaries about stalking cases.

Learning/ information:

SETDAB have a stalking webpage – to learn about the role of an Independent Stalking Advocacy Advisor and further information see - [Stalking - Southend and Thurrock Domestic Abuse Partnership \(setdab.org\)](https://www.setdab.org)

Protection Against Stalking (PAS) Newsletter – including an overview of protective orders and a healthy relationship indicator - https://www.protectionagainststalking.org/wp-content/uploads/2024/02/PAS_newsletter_dec_2023.pdf

"No one should live in fear. It is not acceptable, not inevitable, and together, we can make it stop"

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