



Sevenoaks District  
Community Safety Partnership

Issue 33

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# Community Safety News

## Working together to tackle stalking

Tricia Bernal and Carol Faruqi co-founded the Charity 'Protection Against Stalking' after their daughters, Clare and Rana, were murdered by their ex-boyfriends.

Despite recent legislative changes, stalking remains one of the most underreported crimes. Statistics indicate 1 in 6 women and 1 in 12 men will be subject to stalking at some point in their lives and, even though stalking is involved in 50% of domestic abuse cases, very often the victim has no idea they are being stalked.

On September 27, a conference was held at Sevenoaks District Council for businesses and front line workers to look how stalking causes serious physical, psychological, social and economic harm. Victims' mental health can suffer and up to 40% of cases are estimated to result in physical violence, resulting, on some occasions, in murder. Its impact is felt at home, in the community and at work. We know early intervention saves lives.

Protection Against Stalking seeks to raise awareness and help people better understand stalking and harassment. It seeks to improve the safety of all victims of stalking and harassment and hold perpetrators to account through the Criminal Justice System. We work with all national stalking charities.

### There are five types of stalker:

- **Intimacy seeker** - Fantasies about a relationship
- **Incompetent suitor** - seeks sexual relationship. Is usually a socially inept single male who exhibits in odd behaviour.
- **Rejected** - can fluctuate between rejected and resentful and begins at the end of a relationship. They initially want to reconcile and then can become resentful, often fluctuating between the two. The stalking creates an opportunity for contact and becomes a substitute for the lost relationship.
- **Predator** - preamble to a sexual attack - sadist that gets gratification from intrusive observation and power.
- **Resentful** - passed over for promotion or could have been legitimately discriminated against, but feels he has no power or recourse. Desired by motivation for retribution and sustained by the feeling of power and control.



For more information on PAS and any training requirements contact them at [info@protectionagainststalking.org](mailto:info@protectionagainststalking.org) or visit their website at [www.protectionagainststalking.org](http://www.protectionagainststalking.org)

## Step Forward for Well-Being Coaching

The founder of a newly-launched well-being group for adult survivors of child sexual abuse in Sevenoaks has shared her story to raise awareness.

Beverley Webb started her monthly well-being group to give survivors like herself a voice and to celebrate healing and recovery.

Beverley, an accredited Wellbeing Coach with The Chrysalis Effect addressed an audience of specialist practitioners and recoverers from Myalgic Encephalomyelitis (ME), Chronic Fatigue Syndrome (CFS) and Fibromyalgia, on Saturday 14 October.

As a specialist in coaching survivors of child abuse or trauma she shared her story and also spoke about Adverse Childhood Experiences and the importance of awareness and healing.

The next meeting of the adult survivors group will be on **Thursday 7 November**.

The Chrysalis Effect was founded by Elaine Wilkins who designed the online recovery programme following her own six-year illness with CFS.

The event highlighted the importance of The Chrysalis Effect's combined approach to treat physical and emotional health by addressing eight essential elements to recovery.

These are nutrition, thyroid & adrenals, lifestyle & pace, relationships, emotional health, life purpose, environment and movement. For further information about the Chrysalis Effect please contact [admin@thechrysaliseffect.com](mailto:admin@thechrysaliseffect.com) or view [www.thechrysaliseffect.com](http://www.thechrysaliseffect.com)

If you are interested in more information about the adult survivors group please email [beverley@stepforwardcoaching.online](mailto:beverley@stepforwardcoaching.online)



## Having Your Say

Over the past couple of months, the CSU Team have been meeting with local communities, parish councils and resident groups across the District to address local concerns raised about anti-social behaviour (ASB) and crime. We are working with a number of agencies to help reduce this, including Youth Workers, Kent Fire & Rescue Service, District and County Councillors and Housing Associations.

This has had a positive effect on showing the community what the CSU does and how we can work together to reduce ASB and crime.

If you are suffering with ASB and would like to speak to a member of the CSU, please contact us on 01732 227000 or [community.safety@sevenoaks.gov.uk](mailto:community.safety@sevenoaks.gov.uk)



You can also make reports via our website [www.sevenoaks.gov.uk](http://www.sevenoaks.gov.uk)

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