

TRAINING & CONSULTANCY 2023-24

INTRODUCING THE SUZY LAMPLUGH TRUST

The Suzy Lamplugh Trust is the UK's pioneering personal safety charity and leading stalking authority, established in 1986, following the disappearance of 25-year-old Suzy Lamplugh, an estate agent and lone-worker who went to meet a client to view a property and never returned. Suzy was assumed murdered, never found, and eventually declared deceased after seven years in 1993. The Trust exists so that what happened to Suzy does not happen to anyone else.



and manage risks of abusive, aggressive, and violent behaviours people experience in the context of their everyday work. Over the years we have worked with thousands of organisations across all sectors and trained over 1M people.

We have a long history of working within the Violence Against Women and Girls (VAWG) sector, dealing particularly with harassment and stalking, given that it is believed, and indeed the evidence suggests Suzy may have been targeted by a stalker. We set up the National Stalking Helpline in 2010 for this reason, and the service has helped over 65,000 UK victims since its inception, being the only service of its kind globally. As a VAWG specialist organisation we specialise in stalking training, and work with statutory and non-statutory services, frontline victim support professionals and organisations across all sectors.

We also campaign heavily to raise greater awareness of both personal safety and stalking issues. We demand systematic change where needed, influence public policy, and promote a society in which people are safer and feel safer. Our longest running campaign has been the licensing of the operators and drivers of minicabs and private hire vehicles, which begun in 1998. However, our campaigning and policy work has also been pivotal to changes in legislation and practice nationally – including in the introduction of the Protection from Harassment Act 1997, and the Protection of Freedoms Act 2012, which introduced specific offences for stalking, and the 2020 stalking protection orders.

Our mission is to reduce the risk and prevalence of abuse, aggression, and violence, with a specific focus on harassment and stalking, delivered through our education, campaigning, and support services. Our vision is to eliminate abuse, aggression, and violence, creating a society in which people are safer and feel safer.

We are widely regarded as field expert in lone-working and personal safety training, upskilling workforces, and individuals nationwide on how to assess, mitigate

WHAT IS PERSONAL SAFETY?

HOW WE DEFINE PERSONAL SAFETY

“An individual’s ability to go about their everyday life free from the threat or fear of psychological, emotional or physical harm from others.”

Suzy Lamplugh Trust

The Health and Safety Executive describes workplace violence as “any incident in which a person is abused, threatened or assaulted in circumstances related to their work”¹

Workplace violence and aggression can be physical or psychological and the European Commission defines workplace violence as: “incidents where staff are abused, threatened or assaulted in circumstances related to their work, including commuting to and from work, involving an explicit or implicit challenge to their safety, well-being and health.”²

PRIORITISING SAFETY IN THE WORKPLACE

It is often said that personal safety in the workplace is a matter of common sense; however, our founder Diana Lamplugh frequently said that common sense does not always result in common practice.

In order for personal safety in the workplace to become common practice, it needs to be prioritised across the organisation and championed by strong leadership.

CREATING A SAFER WORKPLACE

It would be impossible to prescribe ‘off the shelf’ solutions for everyone to use in dealing with violence and aggression in the workplace, especially considering the diverse range of situations that could be covered by the term ‘workplace’. For sales staff, the workplace can be the shop floor, the office, or even the countryside; for social workers the workplace is often within other people’s homes; and, increasingly, a worker’s own home may be their main site of work.

In addition, individuals bring their own experiences, views, beliefs, and skills to any given situation. Without a clear organisational approach to personal safety, each worker’s response to a threatening or confrontational situation will vary significantly and can be heavily dependent on individual judgement.

In order to achieve consistent, effective personal safety in the workplace, each employee must know how to identify, assess, reduce, and manage the risk of violence and aggression.

The risk profile and any proposed solutions need to be tackled by both employer and employee. Consideration and care by employers for their employees improves not only the relationship between members of the public and the employees, but also the relationship between the organisation and its staff.



¹Health and Safety Executive ‘Violence at work: A guide for employers’ www.hse.gov.uk/pubns/indg69.pdf

²European Agency for Safety and Health and Work ‘Workplace Violence and Harassment: A European Picture’ <https://osha.europa.eu/en/tools-and-publications/publications/reports/violence-harassment-TERO09010ENC>

PERSONAL SAFETY AND LONE WORKER TRAINING FOR FRONTLINE WORKERS

For 36 years we have been widely regarded as experts in personal safety policy development, training, and consultancy work. Our courses are tailor-made for every organisation we work with, and this in turn helps to realistically address the risk profile of the workforce and reduce incidents, helping to reduce stress-related absence and illness amongst staff, and leading to a happier, more confident, and productive workforce. We work with all sectors and typically train around 10,000 delegates per year.

Our training helps employees acknowledge and become more aware of the risks they might face in their day-to-day work, giving them the tools to minimise risk through effective assessment and mitigation, so that they become confident in managing their own personal safety. Our training sessions cover legal aspects of lone working, providing your staff with a clear understanding of the rights and responsibilities of both employees and employers. We also help your workforce set boundaries around aggression and violence by understanding the root causes and the psychology behind aggression, and how to manage and de-escalate conflict to avoid incidents. Choosing training with Suzy Lamplugh Trust is a great way of demonstrating your commitment to staff personal safety and wellbeing.

We work with
all sectors and have
trained over
30,000
delegates since
2019



FULL DAY COURSE

All our training courses are tailor-made and developed after conducting thorough needs-analysis to understand the concerns and risks your employees may face as a part of their day-to-day work. We cover legal aspects of lone working, providing your staff with a clear understanding of the rights and responsibilities of both employees and employers.

The workshops are both interactive and practical. They are designed to be thought-provoking and increase retention of knowledge, whilst leading to behavioural change. In feedback received; group activities, peer learning and delegate participation are cited as being the most beneficial and enjoyable parts of the course.

These aspects of the course not only increase delegates' learning and enjoyment, but also provides the trainer with a deeper understanding of delegates' lone working activities, and personal safety risks they may encounter. Workshops are designed to promote participation by delegates to encourage greater peer-learning.

Delegates receive personal safety attendance certificates and personal safety workbooks, which capture all models, guidance, and pledges of the day to refer back to for greater retention of knowledge, and to sustain good practice.

Topics we can cover include:

- **Lone working:** What is it and what is the law relating to lone working
- **Risk assessment:** Including identifying risks related to all aspects of work
- **Tracing systems:** Ensuring staff are traceable in case of an emergency
- **Home visits:** Best practice for staying safe while conducting a home visit
- **Travelling safely:** Tips for safety on various methods of transport
- Conflict management
- Setting boundaries around aggression
- Understanding the causes of aggression
- Recognising the early warning signs of aggression
- De-escalation and diffusion techniques
- Reporting incidents and post incident support

For more information contact our training team on 020 7091 0014 or email training@suzylamplugh.org

HALF DAY COURSE

This course is ideal for staff who need a basic understanding of personal safety at work but are less likely to find themselves in conflict situations. Topics are the same as the full day course, but limited to what can reasonably be delivered in a half-day session. Please note that conflict de-escalation management is not covered in the half-day course.

All our courses are tailored to your organisation's needs. Our trainers use their wealth of knowledge and experience to ensure that the content is fully relevant and relatable to your employee risk profile.

Topics we can cover include:

- Lone working: What is it and what is the law relating to lone working
- Risk assessment: Including identifying risks related to all aspects of work
- Tracing systems: Ensuring staff are traceable in case of an emergency
- Home visits: Best practice for staying safe while conducting a home visit
- Travelling safely: Tips for safety on various methods of transport

Courses are delivered to up to 16 delegates in house, or 20 delegates virtually.



AWARENESS RAISING TALKS

An awareness raising talk is ideal for organisations who wish to provide staff with an awareness of personal safety issues but where the level of risk in their roles does not require in depth training.

Our talks are a good way of getting staff to start thinking about the importance of their own personal safety both in work and outside of work. Talks are tailored to your needs and capped at 50 delegates if delivered virtually, or 100 delegates if delivered face-to-face.

ONLINE PERSONAL SAFETY TRAINING

The Suzy Lamplugh Trust personal safety e-learning course is designed for organisations that require personal safety training for more than 300 employees per year. This 2.5-hour course can be completed in less than half a day, offering flexibility, easy accessibility, and self-paced learning for large organisations that find training their large workforce challenging.

Aligned with all our personal safety training products, the objective behind this e-learning course is to effectively change personal safety habits. Although knowledge is part of the process, application is more important as it leads to creating safe habits, given that knowing something is not the same as doing it.

The course offers:

1. **Awareness:** Learners understand WHY these safety measures are important.
2. **Knowledge/Skills:** Learners learn HOW to master their new knowledge and skills.
3. **Application:** Learners focus on HOW to apply what they have learned to their everyday job.

Learning tasks are also used to test what each delegate has understood **within the context of their job role and personal safety risks**, rather than simply testing that they can recall the **content** within each module. Each **learning task** completed by learners provides evidence of the knowledge gained, and how they plan to apply this to their day job.

As part of the package, we train a selected cohort of employees to become the personal safety ambassadors or champions in the workplace, and they can measure and evaluate the personal safety knowledge, skills, and awareness of employees, how they plan and implement risk avoidance strategies, and what they do to keep themselves and colleagues safe. All employees who successfully complete the program are certified by the Trust and receive a PDF workbook containing key models and guidance. Completion reports are also available for employers.



POLICY WRITING

One of the most important steps in reducing personal safety incidents and achieving sustainable good practice in the workplace is through ensuring employees are empowered to effectively manage risks that can lead to harm. This is best achieved through guidance that enables employees to recognise exactly where to draw the line and when to say no, knowing that their decisions will be supported by senior managers. This can only be attained through an up to date and relevant personal safety policy.

If you do not have a lone working or personal safety policy, or if your current policy is due an update, the Trust can help to review and amend an existing policy or create a new policy. This service will leave you with an approved set of guidelines that is updated or created in consultation with employees, to promote staff engagement and buy-in. The process takes a thorough look at the employee risk profile through a series of focus groups, considers incident types, evaluates current protocols in place to protect the workforce against incidents of abuse, aggression, and violence, and determines gaps in good practice. This foundation is then used to write the policy.

“We attended the Train-the-Trainer course in early 2019 and have now provided 6 training sessions and have a further 2 booked with a commitment to regular update/ refreshers every year. The wealth of training materials and suggestions have been so helpful and more importantly, the confidence our trainer gave us on the course has meant we have the confidence to give it a go”.

Charity

Course: Open Access Train-the-Trainer.

OPEN ACCESS TRAIN-THE-TRAINER COURSE

Our personal safety Train-the-Trainer course is a cost-effective alternative to personal safety workshops for organisations that have large employee numbers. This will embed the knowledge within the organisation for best practice and greater sustainability, creating significant return on investment. These personal safety champions will also own all protocol and policy related key performance indicators.

The Train-the-Trainer course will provide delegates with the knowledge, skills and confidence needed to plan and deliver high quality bespoke personal safety and conflict management training sessions to a variety of staff roles. Courses can be delivered in bite size sessions such as early morning or lunch time learning, as well as half-day and full-day sessions to accommodate busy teams. This course accommodates delegates representing a range of organisations, and delegate numbers are limited to eight. All delegates are assessed on their presentation style and receive written feedback.

Delegates receive personal safety attendance certificates valid for three years, as well as personal safety workbooks, which capture all models, guidance, and pledges of the day to refer to for effective retainment of knowledge. These workbooks can also be ordered for colleagues the trainers go on to train.

By the end of the course delegates will:

- Understand employee and employer responsibilities
- Understand how to identify and mitigate risks in the workplace
- Be able to create a plan for personal safety
- Know how to help staff to understand and recognise triggers of aggressive behaviour
- Understand stages of conflict and how to help others to avoid, reduce and manage their own safety during the course of their work
- Learn different techniques enabling you to engage and motivate staff to comply with personal safety policies and procedures
- Have had the chance to receive feedback from the training provider on their training delivery

At the end of the course delegates will be provided with all the tools they need to start delivering their own sessions immediately including:

- Lesson plans and learning outcomes
- Sample slides
- A training manual with all of the personal safety and conflict management guidance
- Information booklets packed with useful tips

The content of this course reflects the knowledge and skills units within the Managing Workplace Violence National Occupational Standards (NOS), and is delivered by top conflict management specialists and teacher training experts. Courses are run throughout the year in London and Sheffield.

Small group sizes provide delegates the opportunity for active participation and group discussion.



IN-HOUSE TRAIN-THE-TRAINER COURSE

Large organisations that wish to create more than six internal Personal Safety Champions often find an in-house Train-the-Trainer course is a more cost-effective way of achieving this. We tailor this course to your organisation's requirements and can deliver to groups of up to 8, 10 or 12 delegates at your desired location.

Delegates receive personal safety attendance certificates valid for three years, as well as personal safety workbooks, which capture all models, guidance, and pledges of the day to refer back to for more effective retainment of knowledge. These workbooks can also be ordered for colleagues the trainers go on to train.

WHAT IS STALKING?

Stalking is “a pattern of fixated and obsessive behaviour which is intrusive and causes fear of violence or creates alarm and distress in the victim”.

It differs from harassment in that a perpetrator of stalking will be obsessed with or have a fixation on the individual they are targeting. As the leading stalking authority in the UK, the Suzy Lamplugh Trust provides a range of training packages suitable for police forces, prison and probation services, frontline victim support advocates, as well as HR and Health and Safety business partners, or other operational stakeholders and frontline professionals who often deal with reports of harassment and stalking, and are charged with supporting the victim.

In the context of the workplace, stalking is a serious personal safety issue, which can create serious risks for victims and their co-workers. Some stalkers are colleagues or clients of the victim, others are individuals who are unrelated to the workplace, but contact the victim there because of ease of access, or to cause them further distress. Research has shown that:

- Though not exclusive to women, stalking behaviours were present in the history of 94% of femicides.
- Stalking is a form of gender-based violence, and in the UK, 1 in 5 women and 1 in 10 men amongst us will be stalked in their lifetime. Therefore, stalking is not exclusive to celebrities.
- Stalking behaviours vary, from unwanted flowers, gifts, texts, and emails, to threats, following, breaking and entering, criminal damage, sexual assault, and murder.
- Stalking puts 21 people around the victim at risk of harm, including immediate family, friends, children, and colleagues.
- Of those cases where individuals are not stalked by colleagues, “nearly half of all stalkers will present at their victim’s workplace”.
- 50% of stalking victims have “curtailed or ceased work because of being stalked” due to post-traumatic stress disorder, anxiety, and depression.



The National Stalking Helpline has supported over **64,000** victims since its launch in 2010

STALKING TRAINING OPTIONS

Our range of training and consultancy services will enable staff to have a better understanding of stalking; upskill them to follow best practice in supporting victims, and ultimately help to improve safety and minimise the impact of stalking. We have structured our interventions so they can be combined in a way which most suits the organisation.

1. UMBRELLA EVENT

This umbrella event is an awareness raising talk for those who do not need in depth training and is suitable for general organisations as well as statutory and non-statutory personnel. It will give a large number of delegates a basic introduction to stalking and underpin the approach to tackling stalking, with the one-hour talk being less detailed than the three-hour talk. These sessions help to embed knowledge of the importance of stalking as a crime and will include an overview of stalking services available both locally and nationally, referral mechanisms, and contact details, emphasising the importance of recognising stalking and engaging a specialist for support.

This training would cover the following topics:

- Definition of stalking
- Recognising stalking behaviours
- Introduction to the impact of stalking
- Introduction to stalker typologies
- Understanding the need for specialists
- Top tips for victims
- Stalking Protection Orders

2. INTRODUCTION TO STALKING

Our one-day introduction to stalking course is for those who do not have a in depth knowledge of stalking. This is suitable for the general public as well as statutory, non-statutory and frontline services. It will give attendees an introduction to stalking behaviours, the impact on victims and their support-needs, stalker typologies, and a brief outline of safety planning. This course is not designed for professionals who are supporting victims, but as an initial insight into this serious and complex crime for those with little or no knowledge of the subject matter.

This can be delivered as a face-to-face course, virtually on Teams or Zoom, or via our eLearning portal.

Learning outcomes – attendees will:

- Be introduced to the variety of stalking behaviours and recognise the complexity of this crime, including the difference between stalking and harassment
- Discuss the huge range of impacts of stalking on victims and begin to consider the support they may require
- Consider the different perpetrator typologies and how their motivation, behaviours, and levels of risk vary
- Look at top tips for safety, reporting, and initial steps for victims

3. BESPOKE TRAINING FOR STALKING SPECIALISTS

Our one or two-day stalking awareness courses are tailored to your organisation and provide delegates with opportunities to ask questions as well as discuss real life examples. The two-day course enables delegates to explore more specialist areas in detail. The content is aimed at organisations that work directly with victims of stalking, including domestic abuse support services and police forces. These interactive workshops are suitable for 12 delegates.

For more information including learning outcomes and prices, please contact us.

4. STALKING PROTECTION ORDER (SPO) TRAINING

Stalking Protection Orders (SPO's) came into force on 20th January 2020 and are used to protect victims of stalking by giving police powers to apply for a protection order as soon as stalking behaviours have been identified. The order can prohibit the stalker from engaging in specific behaviours and mandate their involvement in appropriate interventions. The course will upskill delegates on how SPOs can help address the dangers and mitigate risks perpetrators pose to their victims whilst further investigation is conducted.

It is suitable for services working with victims including advocacy and domestic violence services, as well as statutory services such as the Police and Social Care. Attendees are capped at 12 – 15 delegates per course, which can be delivered face-to-face, virtually on Teams or Zoom, or via our eLearning modules.

For more information including learning outcomes and prices, please contact us.

5. LIFELINE TRAINING

Our Specialist Stalking Training is a training course designed specifically for all ranks of police. It is designed to be delivered over 2 half days, leaving time in between for the delegates to digest the content. It was written by DC Dave Thomason, a stalking specialist within the Cheshire Multi-Agency Stalking Intervention Programme (MASIP), and created and delivered by subject experts at the Suzy Lamplugh Trust. There are also two virtual options available in a shorter format amended according to the rank of officer at hand (first responders vs investigators). This training sets a course for an erroneous investigation which fails to manage the risk for the victim and aims to address the gap that currently exists in police responses to stalking cases.

This course can be delivered face-to-face, virtually on Teams or Zoom, or via our eLearning portal.

For more information including learning outcomes and prices, please contact us.

6. ADVOCACY TRAINING

The Stalking Advocacy Caseworker Training course is aimed at professionals working with victims of stalking to enhance their advocacy and safety planning skills. It provides attendees with information on stalking behaviours, the impact and support needs of victims, stalker typologies, navigating the criminal justice system, civil remedies and safety planning. The course has been developed in conjunction with independent consultants, offering significant expertise and experience working in the Violence Against Women and Girls Sector. The course takes place across seven days with a mix of virtual and classroom-based delivery. The assessments will take place in person and will be supported by staff who have the relevant training and experience to make such assessments.

Stalking advocacy training focuses on the practical application of stalking advocacy skills, supporting stalking victims, and advocating on their behalf to navigate the criminal justice process and other statutory bodies such as housing and social services.

7. PATHS (PSYCHOLOGICAL ADVOCACY TOWARDS HEALING FROM STALKING)



This training is suitable for staff who already have a robust knowledge of gender-based crime and who are already skilled in supporting victims; meaning they do not have to attend stalking awareness workshops prior to attending these sessions. It is recommended for any professional who will be working as an advocate for stalking victims, plus management who will be supporting them. It is also suitable for professionals such as senior domestic abuse professionals wishing to expand their skills. Attendees will need to be working in a relevant advocacy role supporting those affected by stalking within the UK. This includes:

- Independent Domestic Abuse Advocates (IDVAs)
- Domestic Abuse Caseworkers
- Refuge caseworkers
- Independent Sexual Violence Advocates (ISVA)
- Independent Gender-based Violence Advocates (IGVAs)
- Police and probation
- Housing officers and social workers
- Health practitioners

Stalking has clinically significant and detrimental impacts on psychological health. A Suzy Lamplugh Trust study conducted in conjunction with the National Stalking Consortium (2019) found that 91% of stalking victims reported suffering from mental health problems following their experiences, but only 29% were able to access counselling services.

As a result, Suzy Lamplugh Trust has developed a program called PATHS (Psychological Advocacy Towards Healing after Stalking) together with Dr Roxane Agnew-Davies, a clinical psychologist, and a specialist in trauma work, for stalking advocates to be upskilled with techniques and strategies to psychologically support people who are experiencing, or who are survivors of stalking.

The training draws on experience of working with victims of stalking, as well as on national and international clinical and research literature.

This is an intensive course, taking place over 16 days, with a strong focus on practical work and feedback to facilitate skill acquisition. It is experientially grounded, working with the personal issues and challenges that participants bring to the programme.

This training is for those who either have experience working as a stalking advocate, are a certified Independent Stalking Advocate Caseworker (ISAC), or those who have completed our OCN accredited stalking advocacy course.

At the successful completion of the course and all assessments, the PATHS training leads to an OCN-London qualification. The assessments include:

- Daily coaching during practical exercises
- Mid-course written evaluation
- Practical exercise with feedback
- End of course written evaluation and practical with feedback
- Supervision of a live session and monthly supervision over 6 months following the end of the course.

For more information including learning outcomes and prices, please contact us.

SUZY'S CHARTER FOR WORKPLACE SAFETY

WHAT IS SUZY'S CHARTER?

Suzy's Charter provides a personal safety framework that can help organisations become fully compliant with excellent personal safety policy and protocols. Personal safety of employees in the workplace can only be effectively and sustainably achieved when employers and staff work together and fulfil their responsibilities. For 33 years, Suzy Lamplugh Trust's mission has been to ensure people are safer and feel safer. We strive to ensure what happened to Suzy Lamplugh, who disappeared without trace in the course of her work, does not happen to anyone else. We have trained over 100,000 people across the public, private and voluntary sectors on personal safety over the last three decades.

WHY BECOME SUZY'S CHARTER COMPLIANT

The objective of *Suzy's Charter for Workplace Safety* is to mitigate the prevalence and increase in aggression and violence against workers. We have brought together employers, employees, the unions and the police, to achieve a solution-oriented approach to tackling aggression and violence in the workplace. We want to work across all sectors to combat aggression and violence, leading to a more productive and confident workforce. This will help to minimise the risk of physical, psychological and emotional harm to staff; as well as corporate litigation, negative publicity, loss of talent, loss of reputation and increased insurance costs to employers.

HOW DO ORGANISATIONS BECOME "SUZY'S CHARTER COMPLIANT"?



1. CHARTER NEEDS ANALYSIS

Our commercial team will arrange a "Charter Needs Analysis" call with relevant stakeholders in your organisation to gather information and determine how best to support you in implementing the Charter.

2. PROPOSAL: ACTION PLAN AND DELIVERABLES

We will evaluate your current personal safety framework, including policies and protocols, provide a proposal that will include timeframe for successful implementation, an action plan and deliverables, to ensure your organisation is compliant within 12 months.*

3. EMBEDDING CHAMPIONS

The process also entails designating internal charter champions, who can own the key performance indicators for effective implementation and sustainability outcomes.

4. ANNUAL LICENSE RENEWAL

Every 12 months we will carry out a review to ensure your organisation remains compliant with the standards in the charter. This will include annual focus groups with management and staff.

* This may be less depending on whether steps in the Charter have already been met by your organisation.

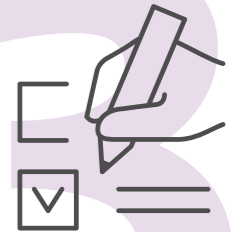
EMBED A WORK-PLACE PERSONAL SAFETY CULTURE



IMPLEMENT ROBUST RISK ASSESSMENTS



PROVIDE ROBUST REPORTING PROCEDURES



PROVIDE PERSONAL SAFETY TRAINING



IMPLEMENT A TRACING SYSTEM



HAVE A SYSTEM IN PLACE TO COVERTLY RAISE THE ALARM



OFFER STAFF A PERSONAL SAFETY ALARM IF NECESSARY



REGULARLY CONSULT ON & REVIEW SAFETY POLICIES & PROCEDURES WITH EMPLOYEES



For advice on any aspect of the charter and its implementation please contact Suzy Lamplugh Trust:
info@suzylamplugh.org 020 7091 0014 www.suzylamplugh.org

A WORD FROM OUR DELEGATES

“ For me, the Training Consultant gave a clear reminder that my safety isn’t just the responsibility of the business, it is down to me to ensure my own safety. As a result of this and some good practice shared by others have put some essentials in place such as, sharing my next of kin details with a member of my team and an extended colleague”

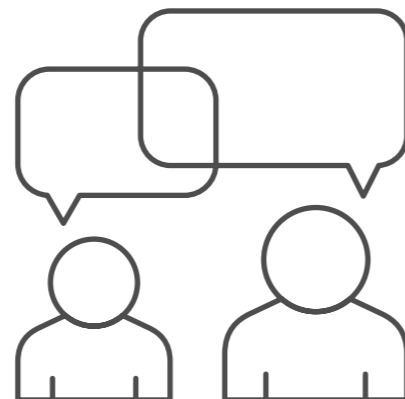
**Infrastructure
Course: Full Day Course**

“ The Training Consultant was a brilliant presenter, engaged with everyone, struck the right note of seriousness with humour and whilst obviously some stories are difficult to hear, it didn’t put people off doing their jobs (which is always a risk!). We were really delighted with the course and will be making changes to our policies to keep staff safe.”

**Charity
Course: Full Day Course**

“It was really informative; it makes you really think twice before entering a certain situation. After the talk I have really taken on the advice given such as wearing comfortable shoes, not carrying too many bags and being vigilant and always assessing situations no matter how small.”

**Housing
Course: Awareness Raising Talk**



“Excellent course. Very informative and enjoyable. I have short attention span, and yet I easily held my attention.”

**Property Management
Course: Full Day Course**

“Very informative day, great trainer and I will take a lot away from this”

**Charity
Course: Open Access Stalking Awareness Training Course**

“The most noticeable thing for me has been to hear people discussing how they address personal safety in their roles, one of our managers has taken immediate action to ensure that her whole team are getting lone worker devices issued. Showing that personal safety, to some extent, is the individual’s ‘choice’ has really encouraged team members to think about why it should be important to them as individuals, and ultimately the council will benefit from this raised awareness.”

Councils

“I knew very little and now understand how serious this crime is. It was a very interesting and very educational training session.”

**National Health Service
Course: Open Access Stalking Awareness Training Course**

“Excellent trainer with empathy shown to us all.”

**Construction
Course: Full Day Course**

GET INVOLVED

As with any charity, Suzy Lamplugh Trust relies on volunteers and donations in order to operate effectively and efficiently. To this end, we have a number of packages which individuals and companies can sign up to support the Trust to build our work, reaching even more people year on year.

“I ran for Suzy Lamplugh Trust because I wanted to take on a personal challenge and do something for a good cause. The Suzy Lamplugh Trust are a fantastic charity that do amazing work. They were so supportive throughout.”



INDIVIDUALS:

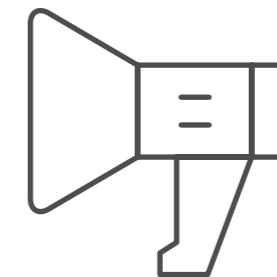
Your support can make a huge difference to our work and there are many ways to get involved:

Volunteering

We have a number of volunteer roles available to suit all skills and expertise. These include: marketing, law, social media content development, finance, fundraising, business development and more.

Awareness Raising

We are always working to raise greater awareness of our work through different channels. Therefore, by re-posting, re-tweeting or re-sharing our content on your social media channels or amongst your friends and family, you could make a huge difference to the numbers of people we support.



Challenge Events

Ever fancied running and/or riding a bike, undertaking an incredible distance for charity? If so, you can choose your event and raise money for the Suzy Lamplugh Trust. Contact us for more information.

Fundraising

Donating any amount on a monthly basis could make a huge difference to the work of the Trust and would allow us to make a significant difference to those we support, please visit our website for details. Another way to fund-raise is by setting up a one-off fundraising page for birthdays or weddings via Just Giving or directly on Facebook. If you would like to know more about where your money would go, please don't hesitate to get in touch with us.

If you would like to know more about ways we could work together, please get in touch: feedback@suzylamplugh.org or check out our social media channels @Life_Life_Safe (Twitter and Instagram) or Suzy Lamplugh Trust (Facebook)

COMPANIES:

At Suzy Lamplugh Trust, we create bespoke packages for all our corporate partners to ensure mutual benefit and gain. All our corporate partners have a dedicated section on our website and we are also keen to share success stories of our partnerships, raising awareness of the work we do together. Some of the ways in which we can work together to create a safer world for all is:

Employee Giving

This involves the engagement of company employees to raise funds for the Trust, be it through events, payroll giving or one off donations

Company Giving

This involves a company giving either a one-off or annual donation to the Trust to support one of our services.

Pro Bono Support

If your company would like to provide Suzy Lamplugh Trust with Pro Bono support whether that be in marketing, legal support or other skills, we would love to hear from you.

Sponsorship

Many of our products and services reach thousands of employees across all sectors, as well as regular members of the public. Companies can sponsor specific products to generate greater brand awareness and if this is of interest to you, please contact us for more information.

Other

We are keen to learn from you about what you think would be the best ways we can work together to create a safer world for everyone.



020 7091 0014



/suzyamplughtrust



training@suzyamplugh.org



live_life_safe



suzyamplugh.org



@live_life_safe