



#NOEXCUSE

25TH NOVEMBER - 10TH DECEMBER 2025

The 16 Days of Activism against Gender Based Violence is an annual international campaign that begins on 25 November, the International Day for the Elimination of Violence against Women, and runs until 10 December, Human Rights Day

We have developed a suite of learning events during the 16 days, via Microsoft Teams

DATE	TIME	SUBJECT	FACILITATOR
Tuesday 25 th November	0930-1015	What is Violence Against Women and Girls and what are we doing about it?	DI Mike Taylor
Tuesday 25 th November	1300-1400	Her Name Was Chloe Holland	Sharon Holland
Wednesday 26 th November	1230-1330	Introductory webinar looking at technology facilitated abuse (TFA)	Refuge
Thursday 27 th November	1100-1200	Suicide Alertness and the link to Domestic Abuse	Every Life Matters
Friday 28 th November	0930-1000	An introduction to Domestic Abuse Awareness	Ali Goodfellow
Friday 28 th November	1300-1400	Essential Insights into Honour Based Abuse and Forced Marriage	Karma Nirvana
Monday 1 st December	1100-1200	Working with LGBTQIA+ (Lesbian, Gay, Bisexual, Queer, Intersex and Asexual) people affected by Domestic Violence and Abuse	Luke Martin
Monday 1 st December	1300-1400	Awareness Session – Domestic Abuse & Children (Westmorland & Furness)	Ali Goodfellow
Tuesday 2 nd December	1100-1200	Domestic Abuse and Substance Use: Risks and Response	Recovery Steps Cumbria
Tuesday 2 nd December	1300-1400	Awareness session: Reducing the risk of domestic abuse for disabled young adults.	Ann Craft Trust
Wednesday 3 rd December	0900-1000	The link between Domestic Abuse and Sexual Abuse	Safety Net
Wednesday 3 rd December	1300-1400	Trauma Informed Language	Trauma Informed Lancashire

Thursday 4 th December	1100- 1200	Domestic Abuse in Later Life	Hourglass
Friday 5 th December	0930 – 1030	Controlling and Coercive Behaviour and the use of the Power and Control Wheel	Mary-Claire Telford
Friday 5 th December	1300- 1400	What is DARVO? Deny, Attack, Reverse Victim Offender	Victim Support
Friday 5 th December	1300- 1400	Awareness Session- Non-Fatal Strangulation & Non-Fatal Suffocation	TBC
Monday 8 th December	1300- 1400	Online Misogyny	Richard Quinn
Tuesday 9 th December	1300- 1400	Stalking and Harassment Awareness	Cumbria Constabulary
Wednesday 10 th December	1300- 1400	Learning from DARDs	Ali Goodfellow & Mary-Claire Telford

If you would like to book a place on one of these training sessions, please use this [FORM](#)

If you have any questions or queries, please don't hesitate to get in touch on either alison.goodfellow@westmorlandandfurness.gov.uk or mary-claire.telford@cumberland.gov.uk