

# A public health approach to violence reduction



May 2019



# Foreword



We know that violence is preventable, our community approach is a promise that by working together we can ensure everyone is able to live their lives free from the threat of violence but in a safe and nurturing environment.

In 2018 the Mayor and I were elected on the promise to deliver a public health approach to tackle violence in Lewisham. We all know that Lewisham is a young, exciting and diverse borough that we are proud to call home. It breaks all of our hearts when we hear about the tragic attacks that have too often left children and young adults losing their lives.

Public health approaches have been shown to be extremely effective around the world in reducing homicides and violence, not least in my home city of Glasgow. At the heart of these successful approaches are the community and genuine collaboration across all sectors to reduce and prevent violence.

This approach lays out the groundwork that puts violence reduction at the heart of Council action. With the establishment of a Violence Reduction Board it will ensure that whether it is in the planning or the public health department decisions are made with violence reduction in mind. However, we recognised that there is only so much the council and indeed the police can do to prevent violence.

This approach also sets out the foundations for a partnership with the community. We will begin with a series of conversations across Lewisham with young people, local community groups, parents, local charities, faith groups and many more to ensure this is a whole community approach. We hope you will join us.

A handwritten signature in black ink, appearing to read 'Joani Reid'.

**Cllr Joani Reid,**  
Cabinet Member for Safer Communities



# Introduction

The World Health Organisation defines violence as “the intentional use of physical force or power, threatened or actual, against oneself, another person, or against a group or community, which either results in or has a high likelihood of resulting in injury, death, psychological harm, developmental impact, or deprivation”.

Violence is preventable. There is a strong relationship between levels of violence and modifiable factors such as concentrated (regional) poverty, income and gender inequality, the harmful use of alcohol and drugs, and the absence of safe, stable, and nurturing relationships between children and parents/adults.

**Youth violence.** Following the World Health Organisation, youth are defined as people between the ages of 10 and 29 years. Youth violence refers to violence occurring between youths, and includes acts that range from bullying and physical fighting, through more severe sexual and physical assault to homicide. Youth violence has a serious, often lifelong, impact on a person’s psychological and social functioning.

According to researchers in 2018, more than half of children and adolescents living in cities have experienced some form of community violence. The violence can also all take place under one roof, or in a given community or neighbourhood and can happen at the same time or at different stages of life. Youth violence has immediate and long term adverse impacts whether the individual was the recipient of the violence or a witness to it.

Recent research has found that psychological trauma during childhood can change a child’s brain. Trauma is known to physically affect the brain and the body which causes anxiety, rage, and the ability to concentrate. They can also have problems remembering, trusting, and forming relationships. Since the brain becomes used to violence it may stay continually in an alert state. Research suggests that youth who are exposed to violence may have emotional, social, and cognitive problems. They may have trouble controlling emotions, paying attention in school, withdraw from friends, or show signs of post-traumatic stress disorder.

It is important for youth exposed to violence to understand how their bodies may react so they can take positive steps to counteract any possible short- and long-term negative effects. By taking immediate steps to mitigate the effects of the trauma they’ve experienced, negative repercussions can be reduced or eliminated. As an initial step, youths need to understand why they may be feeling a certain way and to understand how the violence they have experienced may be causing negative feelings and making them behave differently. Pursuing a greater awareness of their feelings, perceptions, and negative emotions is the first step that should be taken as part of recovering from trauma they have experienced. This is the trauma informed approach adopted in Lewisham.

Youth who have experienced violence benefit from having a close relationship with one or more people. This is important because the trauma victims need to have people who are safe and trustworthy that they can relate and talk to about their experiences.

**Intimate partner violence** refers to behaviour in an intimate relationship that causes physical, sexual or psychological harm, including physical aggression, sexual coercion, and psychological

abuse and controlling behaviours. Intimate partner and sexual violence have serious short- and long-term physical, mental, sexual and health problems for victims and for their children, and include both fatal and non-fatal injuries, depression and post-traumatic stress disorder.

The primary prevention strategy with the best evidence for effectiveness for intimate partner violence is school-based programming for adolescents to prevent violence within dating relationships.

**Elder abuse** is a single or repeated act, or lack of appropriate action, occurring within any relationship where there is an expectation of trust which causes harm or distress to an older person. This type of violence includes physical, sexual, psychological, emotional, financial and material abuse; abandonment; neglect; and serious loss of dignity and respect.

## Factors are complex


Violence cannot be attributed to a single factor. Its causes are complex and occur at different levels.

The first level identifies biological and personal factors that influence how individuals behave and increase their likelihood of becoming a victim or perpetrator of violence: demographic characteristics (age, education, and income), brain trauma, substance abuse, and a history of experiencing, witnessing, or engaging in violent behaviour.

The second level focuses on close relationships, such as those with family and friends. In youth violence, for example, having friends who engage in or encourage violence can increase a young person's risk of being a victim or perpetrator of violence. For intimate partner violence, a consistent marker is marital conflict or discord in the relationship. In elder abuse, important factors are stress due to the nature of the past relationship between the abused person and the care giver.

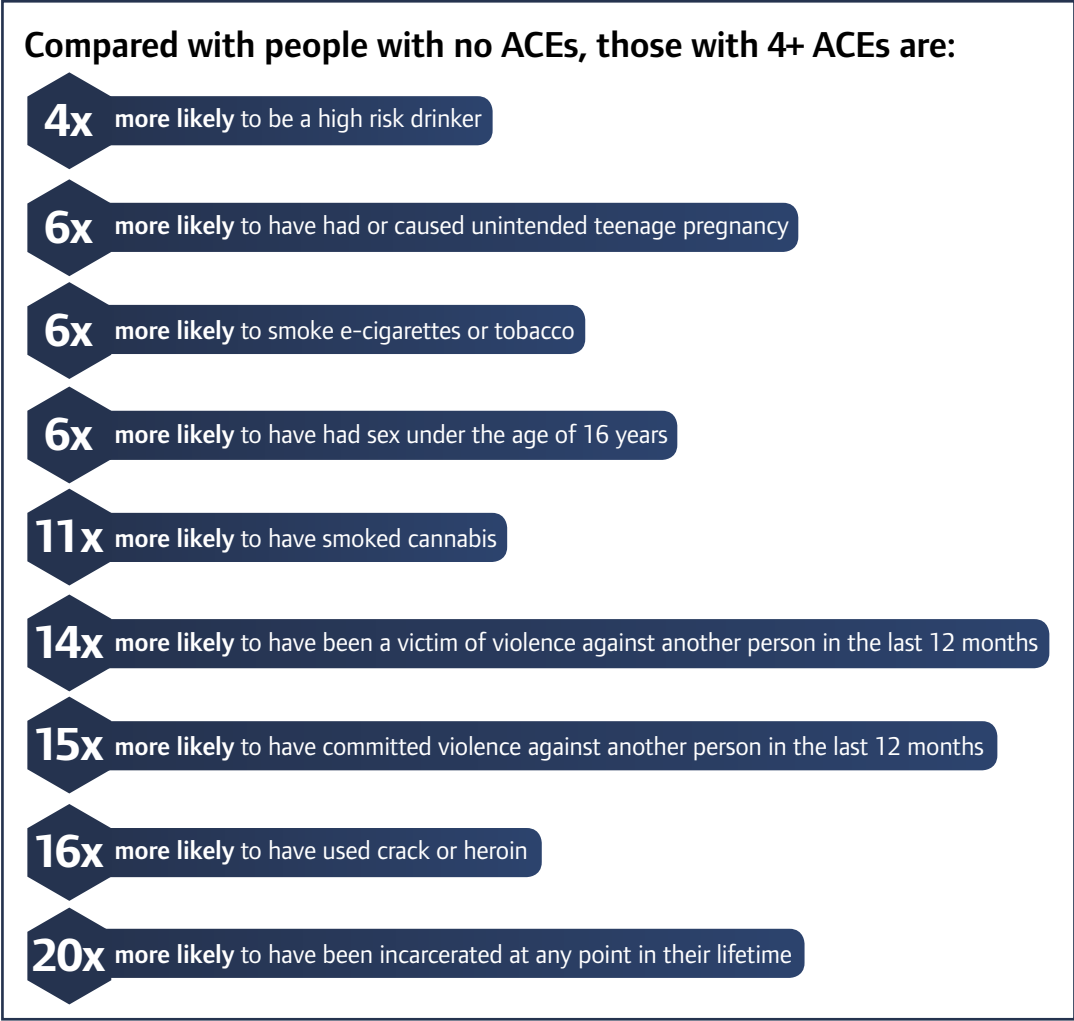
The third level explores the community context – ie. schools, workplaces and neighbourhoods. Risk at this level may be affected by factors such as the existence of a local drug trade, the absence of social networks, and concentrated poverty. All these factors have been shown to be important in several types of violence.

The fourth level looks at the broad societal factors that help to create a climate in which violence is encouraged or inhibited: the responsiveness of the criminal justice system, social and cultural norms regarding gender roles or parent-child relationships, income inequality, the social acceptability of violence, the availability of weapons, and the exposure to violence in mass media etc.



**Our approach  
is to consider  
all aspects of  
violence.**

There is an increasingly large body of research that has shown that adverse childhood experiences (ACEs) are a main driver of violence and crime. ACEs are experiences and events that occur before the age of 18 which have a significant impact on child development. ACEs relate to the unmet needs of adults and then the impacts this has on the child.



Cooper S and Mackie P. 'Polishing the Diamonds' Addressing Adverse Childhood Experiences in Scotland. Edinburgh: Scottish Public Health Network (ScotPHN) May 2106

Addressing ACEs must be a key part of any long-term strategy. People who have experienced multiple ACEs have far higher levels of health-harming behaviours.

## Taking a public health approach

The public health approach is a science-driven, population-based, interdisciplinary, cross sector approach which emphasises primary prevention. Rather than focusing on individuals, the public health approach aims to provide the maximum benefit for the largest number of people, and to extend better care and safety to entire populations. The public health approach is interdisciplinary, drawing upon knowledge from many disciplines including medicine, epidemiology, sociology, psychology, criminology, education and economics. Because all forms of violence are multi-faceted problems, the public health approach emphasises a multi-sectoral response. The public health approach considers that violence, rather than being the result of any single factor, is the outcome of multiple risk factors and causes, interacting at four levels individual, close relationship/family, community and wider society of the social ecological model.

**The public health approach is an evidence-based and systematic process involving the following four steps:**

- 1** Defining the problem conceptually and numerically, using statistics that accurately describe the nature and scale of violence, the characteristics of those most affected, the geographical distribution of incidents, and the consequences of exposure to such violence.
- 2** Investigating why the problem occurs by determining its causes and correlates, the factors that increase or decrease the risk of its occurrence (risk and protective factors) and the factors that might be modifiable through intervention.
- 3** Exploring ways to prevent the problem by using the above information and designing, monitoring and rigorously assessing the effectiveness of programmes through outcome evaluations.
- 4** Disseminating information on the effectiveness of programmes and increasing the scale of proven effective programmes.

**“We believe that tackling violence requires both strong prevention and strong enforcement measures.”**



## Yearly comparisons between London and Lewisham

- Lewisham has already undertaken much of the work that fits within a public health approach. We will be building on this work to deliver a comprehensive, community led approach. This includes:
- A whole systems approach to tackling actual violence, exposure to violence considering impact within the home and in the public realm.
- Deep dive analysis of peer on peer abuse, county lines, knife crime, domestic abuse, JSNA parenting, JSNA SEN and youth Justice and annual strategic needs assessment that identifies violence as a significant crime causing greatest harm.
- Work on Adverse Childhood Experiences (ACEs) and evidence of critical flags and dynamic events that escalate the likelihood of violence.
- Using an evidence based approach and the trauma informed approach along with restorative approach and unconscious bias is a model that has been used in the Youth Offending Service and in aspects of the voluntary sector and within the trusted adult's model.
- The trauma informed model being considered across a wide range of people through training and improved understanding of how these approaches can change our collective approach to children and families.
- Working with universities to provide evaluation on the model.
- Recognising the interchangeable nature of victims and perpetrators and the relationship this has to services and approaches.
- Tackling the disproportionate number of black young boys who are represented in the criminal justice system at all aspects by challenging our collective responses and prioritising this to bring about change.
- Taking learning from international and national work to continuously improve our collective understanding and approaches.

### **Lewisham is taking a public health approach to reducing violence which means:**

- Understanding the extent of all violence, where and how it happens and who is affected to better inform including youth violence, domestic abuse, and sexual violence.
- Understanding that violence damages physical and emotional health and can have long-lasting negative impacts. It increases individuals' risks of a broad range of health damaging behaviours – including further violence – and reduces their life prospects in terms of education, employment and social and emotional wellbeing.

- ◆ A wide range of factors relating to individuals, their relationships, and the communities and societies in which they live can interact to increase or reduce vulnerability to violence. Issues such as Adverse Childhood Experiences (ACEs) can have significant impacts on families.
- ◆ There are a wide range of strategies that can be used to address risk factors for violence and promote protective factors across all ages. Some can be implemented universally and others are targeted specifically. Using evidence based models will shape impact.
- ◆ Working with the strengths that exist in communities to listen and collaborate on designing solutions together.
- ◆ Dialogue that challenges social norms and aims to prevent violence by making it less socially acceptable.

**The aim is to:**

- ◆ Reduce the impact and level of actual violence across Lewisham.
- ◆ Identify the causes of violence in Lewisham, and act to deliver short and longer term reductions.
- ◆ Listen and work with communities to build on their strengths and deliver solutions together.
- ◆ Create a learning environment for continuous improvement.
- ◆ Impact positively on wider social, economic and health outcomes for our residents.





## Existing work

The work focuses on violence in the home and in the public realm. It includes work focused on domestic abuse, knife crime, youth violence and county lines. It stems across five main domains:

- 1 Universal approach.
- 2 Supporting early childhood development and meeting the needs of adults (parents).
- 3 Identifying protection and safety for those who may need additional support.
- 4 Preventing escalation.
- 5 Enforcement.
- 6 Reducing the effects.

The following illustrates some of the current work.

### 1 Universal approach

**Trusted adult's community champions** who are supported through workshops in key principles and issues regarding violence and are able to support through peer networks in local community areas. These will be expanded across the borough.

The delivery of the **universal schools safety programme (USSP)** to Year 7s across the borough providing support and opportunities for children to explore issues related to bullying, knife crime, healthy relationships, drugs and alcohol and risks online.

**Safe havens** delivered by For Jimmy as a clear support from the business community in enabling a safer streets ethos and adults playing a key role in keeping children safe.

Working with young people in Lewisham schools to help them develop their **own Healthy Relationships** strategy, written by young people.

Through funding secured from the Home Office developing a pilot project for children and young people affected by domestic abuse is being implemented. The pilot is raising awareness through implementing a series of interventions in schools and delivering bespoke therapeutic support services. The pilot is focused on two wards, with learning from the pilot to be shared across the borough.

Actively encouraging the Important role that schools play in keeping children safe and teaching personal, social, emotional skills.

**Responsible retailers' agreements** to safeguard against theft of knives from business premises and no underage sales of knives through test purchasing operations.

Delivery and wide scale awareness of **unconscious bias** and its effect on systems, services interventions and lives of our residents.



## Community champions

Communities across London have seen a rise in serious youth violence and knife crime. This is a concern that we share in Lewisham, and one we are strongly committed to tackling. Exposure to violence has significant, long-lasting effects on our young people, families and the wider community and we want to support the community to better understand these challenges and work collaboratively to help build resilience.

Many people in every community come into contact with young people and their families, and can be affected by these issues. These could vary from teachers and youth workers to faith leaders, sports coaches and local shop keepers and residents. We know that many of these people are worried about young people, have felt the effects of violence in their neighbourhoods, and want to play a more active role in keeping young people safe.

### Approach

As part of the Community Champions programme, we will...

- 1 Identify a place where the community is motivated and keen to engage with the issues of youth violence
- 2 Undertake a scoping exercise to identify professionals, groups and people interested in that area
- 3 Invite interested parties along to workshops, held in a community location

### Workshop 1

- For local people, business owners, parents and identified people who are passionate about putting an end to youth violence

### Workshop 2

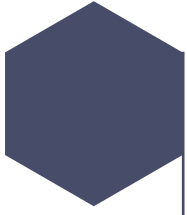
- For professionals and practitioners who work with young people on a daily basis. Such as; teachers, youth workers, police officers and community groups

### Structure of the workshops:

Workshops will provide champions with an understanding of some of the issues we experience in Lewisham and an overview of the Lewisham approach, including;

- An introduction to understanding trauma, including how trauma can impact on a young person's behaviour and decision making processes
- Recognising unconscious biases, how they can affect our judgements, and techniques for challenging them
- Introduction to some of the basic principles of the restorative approach, including using language positively in our relationships and interactions with one another
- An overview of the work of Lewisham's Crime Reduction Team





Workshop participants will also be provided with information on local service provision, useful resources, and advice for signposting to local services.

- ◆ Workshops will be facilitated by members of the Youth Offending and Crime Reduction Team
- ◆ Workshops will take approximately 4 hours and can hold up to 30 participants
- ◆ Local community organisations and experts who work within this area will also be invited to attend to present their programmes

#### Outcomes

- ◆ Young people, parents and community members can talk to Community Champions if they are concerned about violence
- ◆ An increase in community-led initiatives and projects aimed at keeping young people safe and putting an end to violence
- ◆ Improved understanding on the issues and risks around violence
- ◆ Improved awareness of the local service provision available to support young people, families and community members

#### Further Support

Community Champions will have the opportunity to join a network of local people who are passionate about ending violence. The network will facilitate links between local services, experts and volunteers and provide champions with up-to-date information on the local services available.

## 2 Supporting early childhood development and meeting the needs of adults (parents)

**Supportive breastfeeding** will support attachment, attunement and baby bonding throughout the borough.

**Nurse family partnership** provides prenatal health advice and support, child development education, and life coaching for vulnerable first time mothers

**Children's centre** offer including 5 to thrive model. Based on 'building blocks for a healthy brain', and on five key 'activities'; Respond · Cuddle · Relax · Play · Talk

**Parenting support** and advice including programmes such as Core Assets.

**Street doctors;** student medics giving young people skills and confidence to help in an emergency as well as influencing towards positive educational options.

### **3 Identifying protection and safety for those who may need additional support**

**Youth Justice** Interventions using a trauma informed restorative model.

**Functional family therapy** model of intensive support for families.

Range of community based interventions through the **voluntary sector**.

Cooth **online counselling support** for young people.

**Hospital based youth workers** through the voluntary sector to support those injured using a teachable moment method.

**Nonviolence resistance programme** (NVRP) delivered to support models of conflict resolution.

**Health and wellbeing** service for young people including CAHMS provision for mental health.

**Targeted education** in schools through choices and consequences programme and work with individuals by Public Protection staff.

### **4 Preventing escalation**

**Violence Reduction Team** direct support to individuals and families.

Programmes such as **Athena** (supporting victims of Violence Against Women and Girls), the community groups programme to support mothers and children who have experienced domestic abuse are essential.

The **Missing, Exploited and Trafficked** approach. This multi-agency approach identifies the critical risks, harms and vulnerabilities and implements the right safety plans and intervention.

**Pan London Rescue and Response** county lines programme to identify and provide targeted case work for those at risk or involved.

Working with Women's Solace Aid, Southwark and Lambeth Councils, Lewisham Council has developed a Lewisham **domestic abuse perpetrator programme**.

## 5 Enforcement

**Both reactive and proactive policing** to arrest the most dangerous individuals involved in organised criminality.

Use of appropriate measures to **remove knives** from the streets.

Enforcement through **probation services and youth justice** where needed for public protection.

Use of **legal measures** to protect victims from harm such as injunctions/ disruption notices etc.

## 6 Reducing the effects

**The Stop the Violence campaign** helps to deliver violence prevention messages, raise awareness of violence and seeks to change social norms.

### County lines

A young boy had not made contact with his mum for a number of days. Even after several calls from her and his brother there was no contact. A few days later he was arrested in a county area with another boy and a female. He had been arrested for possession with intent to supply drugs. This was the first time he had gone missing.

The young person was found with 250-300 wraps of heroin and cocaine. He was placed in police protection and both boys were treated as victims of human trafficking.

However both boys now have a combined debt of the value of the drugs which they “lost” when arrested. This places them at further risk.

The case was referred to the multi-agency panel and a social worker allocated. The violence reduction team undertook a risk assessment with the police and social care. The risk was deemed high and an emergency housing move was discussed with mum and instigated.

The young person was attending education and a Team Around the Child meeting was held at the school to discuss safety planning. A referral was accepted by the National Referral Mechanism and treated as a victim of modern day slavery.

There was a period where mum was finding it difficult to continue supporting the young person but with close contact with the Violence Reduction Team she was able to raise her concerns and have officers to support her.

Referrals were made to partners for mentoring / and specific county lines support.

The family moved to a temporary housing, the young person has transferred to an education provision in that area and the Violence Reduction Team continue to support the family. The young person has also engaged with mentoring through a local boxing provider.

## Building on existing work – next steps

Lewisham is committed to delivering a public health approach to serious violence. We believe that with the right approach we can reduce violence, exposure to violence and the negative impacts this has on our children, families and communities. Considering the wider health and wellbeing outcomes as well as direct reductions in violence is the future focus.

See Appendix for models and approaches which have evidence based impacts. There is clear evidence that indicates tackling ACEs will have wider scale impacts and reductions in:



Building on the work already in place the following actions will be undertaken:

There will be the following key strands of work that form the approach:

- Community Conversations
- Review of Services and Provision e.g. Early Help Review, YOS, VRT
- Homicide and Serious Violence Cases Review and learning
- A Strategic Needs Assessment and Performance Framework
- Evidence working group
- Supporting workforce resilience and creating trauma informed restorative aware organisations
- Youth Panel
- Creation of a Violence Reduction Board

### Disproportionality

Throughout the work understanding and taking action regarding **disproportionality** will be a focus. The Safer Lewisham Partnership set out to answer the following question: How do we understand and ensure negative bias is reflected upon and protected against?

A number of reports have evidenced the disproportionate impact on aspects of our community through the criminal justice system. It is clear that the language used to describe issues, individuals and agencies needs to be objective and unbiased to ensure that fairness and equality is at the heart of approaches by all. Social cohesion and integration are at the heart of tackling discrimination with open and regular community conversations being crucial

Locally the work of the Stop and Search community scrutiny group is invaluable. Working together, and seeking opportunities to learn from communities about their experiences will lead to improving our collective understanding and approaches.

In 2017, across London the demographics of victims for both knife crime and knife crime with injury are very similar: 80% were male; 50% under the age of 25 and 50% identified as BAME. The proportion of BAME knife crime victims has increased from 44% in 2008 to 50% in 2017.

The disproportionality for knife crime homicides is just as stark. In 2017, male African-Caribbean knife victims aged below 25 made up 41% of London knife homicides, despite making up just 1.4% of London's population. Therefore, any public health approach in London and Lewisham must seek to address these inequalities.

## Community Conversations

The commitment to have a shared approach to reducing violence requires a shift in the relationship between the public agencies and the local communities. Building on the strengths and assets within the community will help to work together and co-design and co-produce the solutions. Having greater citizen participation will help shape the collective response and a wide scale culture change in tackling this issue.

- ◆ A strength based dialogue model will have a number of outcomes.
- ◆ Increase understanding of the factors causing violence and how the community wishes to address that violence
- ◆ Networks of engaged and involved local people seeking to become involved in ongoing community conversations/ delivering support / linking to the trusted adults community hubs/ and activity in their community
- ◆ Recruitment of trusted adult Community Champions, Youth Champions and community advocates
- ◆ A network of active citizens who may be able to lead and support community initiatives
- ◆ A greater synergy of community based and third sector programmes and initiatives aimed at reducing serious violence

The collective conversations will continue through key voluntary sector organisations and continue for the short, medium and long term.



### Community conversations

Communities across London have seen a rise in serious violent crime, including knife and gang crime, since 2016. This is an issue we share in Lewisham and one we are strongly committed to tackling.

In Lewisham we recognise the significant, long-lasting effects that exposure to violence can have on our children and young people, families and the wider community. We are committed to supporting the community to understand the issues, build resilience, and to work in partnership to develop solutions.

### Approach

We recognise that tackling the issues around serious violence cannot be achieved through a single intervention or led by a single agency. We are committed to having a shared approach, involving local communities and public agencies across the borough in the solution.

By building on the knowledge, expertise and assets within the community, we will be able to co-design and co-produce solutions together. Having greater citizen participation will embed a wide scale culture change, where the responsibility and motivation to tackle the issue is widely recognised and shared.

### **Requirements**

Traditional community engagement techniques usually facilitate a question and answer, “you said, we did” approach. In Lewisham we want to begin ongoing conversations, where a wide range of perspectives are heard and people are encouraged to deliberate and find solutions.

This will require many ongoing conversations with a range of people and groups and should build upon existing structures, passionate community networks and groups already operating across Lewisham.

Tackling violent crime and getting to the root causes of violence is an urgent issue. However, we also need a sustainable way of understanding the changing nature of the issues and the impact of interventions. It is important that community leads are up-skilled in effective community conversation methods to ensure the approach can be used for years to come in a variety of settings and a culture of community participation is sustained.

Overall, the approach is hoped to;

- Improve understanding of the root causes of violence
- Enable communities to discuss the issues and formulate actionable solutions to address violence
- Embed ongoing, sustainable community conversation mechanisms
- Encourage social-support networks, whereby local people develop confidence and resilience and feel motivated to be part of the response
- Motivate local people to actively deliver solutions, such as through delivering activities in their community, e.g. volunteering, mentoring, peer support etc.
- Create greater synergy of community based and third sector programmes, with the shared aim of reducing serious violence

The conversations will inform the development of a Community Strategy that will outline a collective, borough-wide approach to tackling violence.

### **Outcomes**

- An initial community conversation facilitated by the lead organisation alongside Lewisham’s Mayor and Cabinet member for Community Safety
- Training of 30 community members in an effective community conversation approach
- Further conversations across the borough led by those trained
- Collation of key information / feedback / solutions to be gathered from each session by the lead organisation. Information will be analysed to support the 3/5/10 year community strategy to reduce violence.
- Proactively contribute and work alongside Lewisham Council officers on the development of a 3/5/10 year Community Strategy
- Improved trust and confidence in public sector services and communities
- Increased joint understanding and working to reduce violence across the borough.
- Increased community participation in delivering solutions



### **Receive Reviews of services and provision e.g. Early Help Review, Youth Offending , Violence Reduction Team, exclusions, VAWG, mental health and CAHMS etc .**

Sharing and learning from reviews will enhance our collective understanding and response. As part of this review process there will be a focus on how can we put violence reduction at the heart of council decision making. Building on the work of Reimagining Services for children and families which took place across the borough in 2018, it is important to embed violence reduction into all areas of the Council's actions and that this is a shared priority across the organisation and its partners.

There is a review of VAWG provision to understand how effectively the service is meeting the needs of victims. This includes engaging with service users and learning from other boroughs across London.

There will be a review into Early Help services. Early Help services work with children, young people and families to provide support where needed. Given the large body of evidence over the link between childhood and complex trauma and violence, Early Help services are a vital part of any violence reduction approach.

There will be review of a range of children and adult services which will help to understand impact on reduction violence.

### **Evidence working group**

At the heart of any preventative approach to violent crime must be detailed understanding and interrogation of all local data. It is only with an understanding of what is happening in an area, will we be able to design effective interventions. Working to support evidence based practice in the approach can help to show impact.

### **Homicide and Serious Violence Cases Review and learning**

The Mayor of Lewisham recently announced a Homicide and Serious Violence Case Review, looking at cases from 2017 – 2018. A tendering process will begin early in 2019 for Lewisham. The review will aim to identify key themes and seek to learn and provide an environment for continued improvement and learning.

### **A Strategic Needs Assessment and Performance Framework**

Creating a performance framework to assess the Council's and partnerships' work is vital in measuring the success of interventions. Embedding a process that evaluates the work in reducing violence will help assess what works and what doesn't. It will include both quantitative and qualitative assessments.

Annually the Partnership undertakes a Strategic Needs Assessment and this will be completed in April 19. This builds on the work of the Safer Lewisham Partnership and provides wide scale focus and agreement to prioritise violence reduction. There will additionally be a JSNA (Joint Strategic Needs Assessment) undertaken in respect of violence.

## **Supporting workforce resilience and creating trauma informed restorative aware organisations**

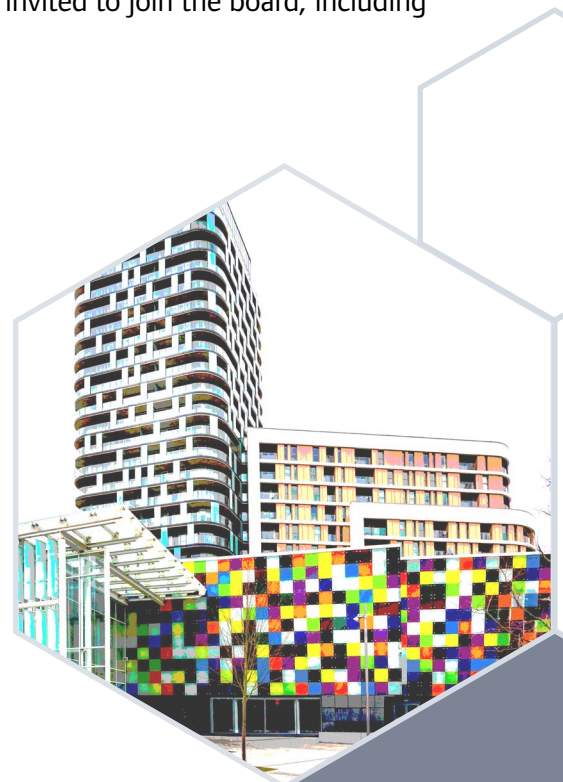
Our most valuable resource are our staff. Creating an agreed philosophy, language and approach supported by workforce development is essential for this approach to be sustainable. Bringing about widescale awareness of the significant impacts cumulative ACEs can have on children and families and generations to come will help to identify early on and act, prevent ACEs through promoting early attachment, building resilience and community capacity, as well as providing the right support to families. Developing a common framework of routine enquiry for ACEs across all services will improve information, advice, access, and interventions.

## **Youth advisory panel**

The voice of the child is important in understanding the issues from children's perspectives and building on their experiences and insights in co-designing solutions. Hearing life journeys and insights of those who have accessed services helps to critically evaluate their effectiveness. Co-producing the solutions is an essential element of a sustained and long term approach.

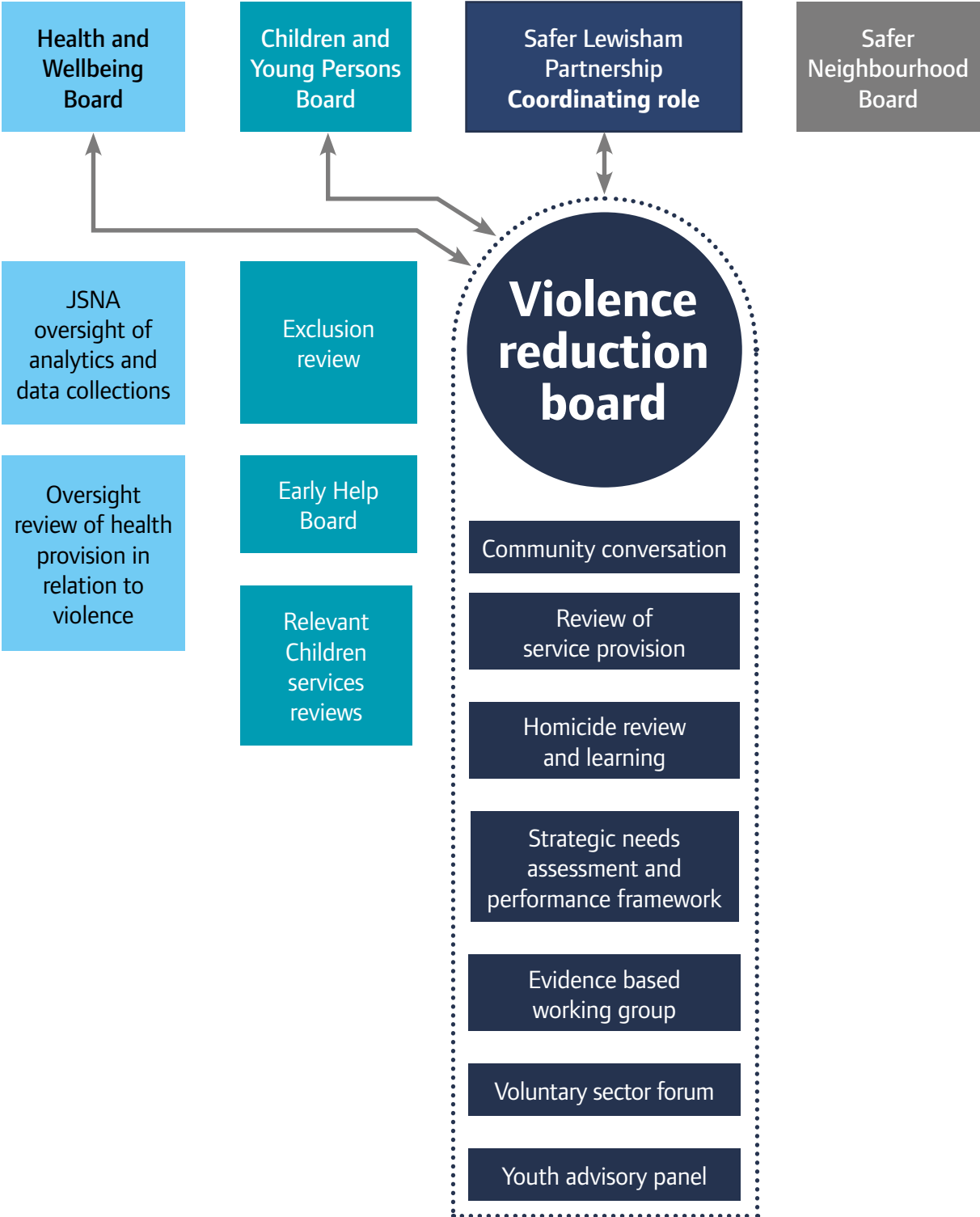
## **Creation of a Violence Reduction Board**

The Borough's Public Health approach to reducing violence will be a co-production between the council, the community and key partners. A governance structure will be needed to oversee the development of this work and the development and implementation of a strategy. It is initially proposed that a Lewisham Violence Board (VRB) will be formed, which will consist of a small number (6-10) of relevant councillors and senior officers in the council. This Board will ensure and prioritise so that violence reduction will be at the heart of the Council's work. It is suggested that the Cabinet Members for Safer Communities will Chair the VRB. The Cabinet Members for School Performance and Children's Services, and Health & Adult Social Care would also join the VRB. Additionally, the 3 relevant Executive Directors would also join, as well as the Chief Executive. Other senior officers from across the organisation would also be invited to join the board, including the head of public protection and safety.



The Safer Lewisham partnership (SLP) will play a coordinating role and the work of the VRB will directly feed into this whilst working with boards and committees such as, but not limited to the Health & Wellbeing Board, the Children and Young People’s Board, both children and adults safeguarding arrangements and the Safer Neighbourhoods Board.

**The Boards role will be to support a learning environment for continuous improvement and to critically seek an evidence based practice, review and provide insights to bring about change.**




## Action at all levels

Lewisham is committed to tackling and reducing the impact of violence on our communities, linking into strategies and plans that are in place such as the Violence Against Women and Girls (VAWG) Plan 18-21, knife crime action plan 18/19, the Safer Lewisham Annual Plan 19/20 and Building Stronger Communities programme.

Working with colleagues in other London boroughs on this agenda to share practice and findings will help to build the evidence base and opportunities for collaborative working. Doing more together helps to bring about greater change and impact.

Working with the **London Mayor's Office for Policing and Crime (MOPAC)** is essential to ensure that Lewisham is learning from and feeding into the work of the Violence Reduction Unit for London. This focus on London is essential as our communities are affected by what occurs across London. Accessing resources for Lewisham community and voluntary sector groups, partners and the Council will be a priority where available.

Working at a **national level** to influence policy and bring about wholesale change is something we will continue to do working with colleagues in the Ministry of Justice, Home Office, National Crime Agency, and Department of Education. Lewisham is constantly learning from its approach to date and is keen to ensure that this is fed into national learning to help increase greater understanding about violence.



**Together we can bring about change for all and reduce the harmful impacts of violence: the safety and wellbeing of our communities are our highest priority. The violence can be stopped.**

## Appendix – models and approaches emerging so far

Models	Definition	Link
Contextual safeguarding	Founded on the idea that young people’s behaviours, levels of vulnerability and resilience I informed by the social/public, as well as private, contexts. Consequently interventions to support resilience and build protective factors should take place across these spaces.	<a href="http://www.beds.ac.uk/ic/current-projects/contextual-safeguarding-programme">www.beds.ac.uk/ic/current-projects/contextual-safeguarding-programme</a>
Nurture	Built on recognition that not all children have their needs met at home to the same degree of others, and that this can be addressed. Built on 6 principles 1 Children’s learning is understood developmentally 2. The classroom offers a safe base 3. The importance of nurture for the development of wellbeing 4. Language is a vital means of communication 5. All behaviour is communication 6. The importance of transition in children’s lives	<a href="http://dspl3.co.uk/wp-content/uploads/2015/05/THE_SIX_PRINCIPLES_OF_NURTURE_GROUPS.pdf">http://dspl3.co.uk/wp-content/uploads/2015/05/THE_SIX_PRINCIPLES_OF_NURTURE_GROUPS.pdf</a>
5 to thrive	Based on ‘building blocks for a healthy brain’, drawn from research into attachment and attunement to support positive feedback processes. Based on five key ‘activities’ Respond · Cuddle · Relax · Play · Talk	<a href="https://fivetothrive.org.uk/approach/">https://fivetothrive.org.uk/approach/</a>
Adverse Childhood Experiences (ACEs)	A language and evidence base to better understand and codify the impact of trauma, protective factors and stress responses and associated physical and mental health impacts. When a child experiences strong, frequent, and/or prolonged adversity – such as physical or emotional abuse, neglect, caregiver substance abuse or mental illness, exposure to violence, and/or the accumulated burdens of family economic hardship – without adequate adult support and protective factors, a toxic stress response can occur.  The evidence around ACEs is that over time this can disrupt the development of their brain architecture and other organ systems, and increase the risk of disease and cognitive impairment. This drives a focus on interrupting these changes by providing safe, stable, nurturing environments, while helping children build social-emotional skills and resilience.	<a href="http://www.cdc.gov/violenceprevention/childabuseandneglect/acestudy/index.html">www.cdc.gov/violenceprevention/childabuseandneglect/acestudy/index.html</a>

Trauma-informed	<p>A recognition that trauma impacts on individuals' development and responses, shaping basic responses of fight or flight and making consequential thinking challenging. A trauma-informed approach includes an understanding of trauma and an awareness of the impact it can have across settings, services, and populations. It involves four key elements:</p> <ul style="list-style-type: none"> <li>• realising the prevalence of trauma;</li> <li>• recognising how trauma affects all individuals involved with the program, organisation, or system, including its own workforce;</li> <li>• responding by putting this knowledge into practice</li> <li>• resisting re-traumatisation.</li> </ul>	<a href="http://www.nctsn.org/trauma-informed-care">www.nctsn.org/trauma-informed-care</a>
Restorative approaches	<p>Restorative approaches recognise that language impacts on a person's 'self-purpose', and when blaming or shaming does not provide a platform to find positivity and move forward. A restorative response to an incident of conflict involves asking the following questions:</p> <ul style="list-style-type: none"> <li>• What happened?</li> <li>• What were you thinking and feeling at the time?</li> <li>• What do you think and how do you feel now</li> <li>• Who has been affected by this?</li> <li>• What's needed to put things right?</li> <li>• How can we make sure this doesn't happen again?</li> </ul>	<a href="https://alexvermeer.com/why-your-mindset-important/">https://alexvermeer.com/why-your-mindset-important/</a>
Growth Mindset	<p>Founded on the belief that your basic qualities are things you can cultivate through effort, and everyone can change and grow through application and experience. Based on research with children on the positive outcomes of feedback on effort and process over natural gifts, and widely used in educational context.</p>	<a href="https://alexvermeer.com/why-your-mindset-important/">https://alexvermeer.com/why-your-mindset-important/</a>
Attachment Theory	<p>Psychological model attempting to describe the dynamics of long-term and short-term interpersonal relationships in terms of attachments with care givers and behavioural indications around experiences. Underpins a number of approaches including for example Nurture and 5 to thrive, but direct usage is known to be difficult outside of professionals highly trained in that area.</p>	<a href="http://www.psychologistworld.com/developmental/attachment-theory">www.psychologistworld.com/developmental/attachment-theory</a>
Thriving places	<p>An intensive neighbourhood approach adopted by Glasgow Community Planning Partnerships' which targets specific areas of the City which have been identified as needing further support to tackle complicated local issues. The Thriving Places approach centres on partners working collaboratively with one another and with local communities to make better use of existing resources and assets in order to form an approach which is specific to each individual community's issues. It is an asset-based approach which builds on the capacity, skills and strengths in a community, with organisations working in partnership with residents to plan and deliver services.</p>	<a href="http://www.glasgowcpp.org.uk/thrivingplaces">www.glasgowcpp.org.uk/thrivingplaces</a>