



# VAWG – self defense classes

Empowerment through self-defence classes



# VAWG – Self Defence Classes

**Aim** – Empower women through self-confidence & knowledge on how to pre-empt any potential situations through pre-defence and if a situation does arise the skills and knowledge of how to defend themselves.

- We have already successfully run self-defence classes in conjunction with Missenden and Amersham & Villages Community Boards.
- To date over 200 women trained.
- Initial classes were for 16+, however we dropped the age to 12+ to help capture a wider age demographic.
- Ages ranging from 12 with our oldest being 85.

# Format for Self-Defence Classes

Introduction – explain elements of self-defence for example:

- *Self-awareness especially when out and about surroundings*
- *Travel Safety*
- *Parking safely*

Practical moves

- *Distance control of a potential conflict*
- *Distance “action” when we need to be proactive or once conflict has started*
- *Close range control of a potential conflict*
- *Close range “action” when we need to be proactive in a conflict situation*
- *Grappling skills – attack and defence including groundwork*
- *Exit strategies to remove ourselves from the situation*
- *Being vocal to gain confidence & alert others of your danger*

Costs - £15 p/person minimum 24 (includes 2 instructors & equipment)

Run classes to under 16's

Absolutely fantastic/amazing/great. Really helpful tips. Simple and effective examples. Demos and instructions really practical. Well worth attending. Thank you

Please run in schools

Hope the initiative continues and expands

To practice defensive moves and shouting is a good idea, wouldn't normally be vocal and kick, felt good to try

Thank you for informative session. Also great fun and empowering

Liked how some parts are optional, and helped me feel safe and more confident. Everyone was very helpful and friendly

Thank you. Really enjoyed session as lots of advice is things I wouldn't have thought about in situations

Run a weekly course

# Costings

- Costs - £15 p/person
- Minimum charge of £360 per class
- Account for approximately £100 for hall hire
- Our time is free
- Community safety provide free goody bags to all participants

## Any Questions?

# Protecting our community

Crime prevention, modern slavery, domestic abuse, antisocial behaviour , street wardens, serious violence



70 Hotel Watch members.



Active Bidco in High Wycombe. 4 Shop Watch schemes currently running in Bucks.



279 businesses signed up.



140 licensed premises signed up.

# The Safe Place Scheme

## What is a Safe Place?

A business that has signed up to the scheme will provide a temporary safe haven to a vulnerable person who might find themselves in a difficult situation when they are out and about.



The Safe Place scheme can help you if you feel lost, scared or confused when you're out in your local community.

## How do you identify a Safe Place?

Businesses who are part of the scheme will display the safe place sticker in their window.

This means that a vulnerable person can go in & ask for help.



## How to find a Safe Place?

Most towns and villages across Buckinghamshire have a safe place.

**Further information and a list of all locations can be found here:**

[www.familyinfo.buckinghamshire.gov.uk/advice-and-support/family-safety/safe-places-scheme/](http://www.familyinfo.buckinghamshire.gov.uk/advice-and-support/family-safety/safe-places-scheme/)