

SUNFLOWER NEWS

A newsletter for Hertfordshire domestic abuse, violence against women and girls, homelessness and multiple disadvantage networks.



White Ribbon Day 2025

16 Days of Activism special edition

WELCOME TO THE 16 DAYS OF ACTIVISM 2025- SPECIAL EDITION OF SUNFLOWER NEWS

Every year, people across the world come together to celebrate the international [16 Days of Activism Against Gender-Based Violence](#) campaign, which runs from 25 November (International Day Against Violence Against Women) to the 10 December (International Human Rights Day).

16 Days of Activism calls for an end to gender-based violence, also commonly known as 'Violence against women and girls (VAWG)'. VAWG describes a range of harmful or abusive behaviours that disproportionately affect women and girls, including sexual violence, stalking and harassment, domestic abuse, 'so called' Honour-based abuse and revenge porn. They can affect anyone and have traumatic, long-lasting impacts.

Inside this special edition of Sunflower News, you will find more information about the campaign, resources to help you get involved and the full Hertfordshire DA & VAWG Partnership events calendar:

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If you have any enquires regarding the campaign or event schedule, please contact the organising partner or sunflower.news@hertfordshire.org.uk for general enquires.

PART ONE: Campaign Information:

16 Days of Activism Against Gender-Based Violence (25 Nov – 10 Dec):

In 2025, the international campaign's theme (via UN Women UK) is [#NoExcuseforOnlineAbuse](#). Hertfordshire's Domestic Abuse (DA) and VAWG Partnership take part in the campaign each year and encourage all Partners and residents of Hertfordshire to take part in two key initiatives, Orange the World, and White Ribbon Day.

How can you get involved?

This special edition newsletter includes a huge schedule of events and opportunities happening across Hertfordshire, open to both professionals and the public to get involved in. You can attend an event that is already planned or hold your own awareness event or fundraiser! Alongside the public events, many organisations and workplaces take part by holding internal fundraisers and training, such as:

- The University of Hertfordshire is holding an event for staff and students on 4th December. 'For the 16 Days of Activism Against Gender Based Violence, Hertfordshire University will be hosting an event with the partner agencies in The VAWG sector. This collaboration with specialist services will give the opportunity for students to meet support teams, access tools and receive information to help them navigate DA and SV. There is emphasis on LGBTQ support, disability and mental health support, and our lovely Therapy Dog Poppy will be in attendance!'
- For Baby's Sake charity will pledge to walk 10,000 steps per day for 16 days, aiming to reach 160,000 steps per person by the end of the 16 days. 'Collectively, we hope to reach over 5 million steps across the 16 days'
- SAHWR is holding a variety of in-house events and training for the local sector, alongside facilitating healthy relationship workshops to Yr 5's within four schools in the St Albans area.
- Hertfordshire County Council White Ribbon Steering Committee is holding six events for staff across 16 Days of Activism, including Bystander Intervention training
- Watford Borough Council will be holding an internal White Ribbon Accreditation and new safeguarding policy event, with a cake sale and raffle to raise money for White Ribbon UK, giving staff the opportunity to sign up and make the White Ribbon Promise.
- Hertfordshire Domestic Abuse Helpline will be holding a series of district-based walks, events, poster campaigns and social media posting with an aim to raise awareness of local support available for victims and survivors of domestic abuse, track local engagement and needs through QR codes displayed on campaign posters and align resources and messaging across all districts to ensure consistency, accessibility, and collaboration. 'Together, we're making sure that every resident in Hertfordshire knows where to turn for help and that every borough is part of the same message: support is here, and no one is alone'.

Orange the World

'Orange the World' is Part of the UN UNiTE Campaign to end violence against women by 2030. It encourages public buildings, spaces, organisations, and individuals to use the colour orange to raise awareness of violence against women and girls. The colour orange represents a brighter future, free from violence. 'Orange the World' is encouraged during the whole 16 Days of Activism period (25 November – 10 December).

How can you get involved?

You are encouraged to take part in a variety of ways, such as wearing orange during 16 Days of Activism, lighting up your building or displaying posters and orange balloons in your window. Get creative! Alongside 'Oranging' the world, why not hold an awareness raising workshop or attend an existing partnership event?

Soroptimist's International St. Albans & District (image right) have a great guide to help you get involved in the campaign [HERE](#) (note: on the webpage scroll down to download their INFO Pack PDF)

Look out for buildings across Hertfordshire lighting up 'Orange' and let us know if you will be taking part by contacting sunflower.news@hertfordshire.gov.uk and sending us your photos to be featured in our next newsletter. Look out for:

- Welwyn Hatfield Borough Council will be lighting up the clock tower above the Campus East building in Welwyn Garden City and Coronation Fountain in Parkway Welwyn Garden City
- Hertfordshire County Council will be lighting up County Hall, Hertford- in partnership with Soroptimist's International Hertford & District
- St. Albans Museum & Gallery, Odyssey Cinema & Eric Morecambe Centre Harpenden will be lit up, with support from Soroptimist's International St. Albans & District
- In East Herts, look out for The Corn Exchange & Waytemore Mound in Bishops Stortford lighting up orange, alongside the Ware and Sawbridgeworth Town Councils.



Can you help? Hertsmere Borough Council are collecting donations for SAHWR Domestic Abuse Services.

During 16 Days of Activism, Hertsmere Borough Council will be collection the following items for SAHWR Domestic Abuse Services, who provide safe accommodation for anyone who can not be kept safe within their own home.

- Child & Adult coloring books, pens and pencils
- Arts & Crafts Activities
- Toiletries (all genders and ages)

Please bring any donations to the Civic Offices, Third Floor (Hertsmere) and label items for the attention of the Community Safety Team. For more info, contact Ciara.Kryillou@hertsmere.gov.uk

What is White Ribbon Day?

- White Ribbon UK is working to prevent all forms of male violence against women, including domestic abuse, harassment, and assault. It does this by raising awareness and engaging with men and boys to prevent violence and promote gender equality and diversity through culture change.
- Individuals can make the [White Ribbon Promise](#), 'to never use, excuse or remain silent about men's violence against women', and wear their white ribbons to raise awareness and show solidarity. They can also commit to becoming White Ribbon ambassadors or champions, engaging with others and promoting culture change around the topic of violence against women and girls.
- Organisations can become '[White Ribbon Accredited](#)', meaning they commit to a range of positive actions to promote culture change within their own organisations and local communities. Many Hertfordshire organisations are already White Ribbon Accredited, or working on achieving their accreditation, such as Hertfordshire County Council, Herts Fire & Rescue Service and St. Albans District Council.
- [White Ribbon Day](#) takes place on 25 November every year, raising awareness about the work of White Ribbon and the need for male allyship in ending violence against women and girls. The theme for 2025 is 'We Speak Up'.

This year's theme: We Speak Up

Letting sexism slide puts women and girls at risk. Sexist jokes, catcalling, staring, and comments might seem harmless, but they are serious because they can lead to violence and abuse. This White Ribbon Day 2025, we want more men to use their voices and speak up to create a world where everyone is safe, equal and respected. Every time we ignore something that doesn't feel right, we miss a chance to set a better example.

White Ribbon is shining a spotlight on 16 White Ribbon UK Ambassadors, who are making a real difference in their communities. From a firefighter to an apprentice and a family lawyer, our Ambassadors are united in one thing – they choose to speak up. You can find out more about this year's theme by [visiting our website](#).



How do you speak up for change? Hertfordshire DA & VAWG Partnership want to hear from you!

Get involved by recording your own short 5-10 second video message in portrait mode for White Ribbon Day 2025, starting your video with 'I speak up by...' followed with your own unique example of how you choose to speak up to ensure everyone feels safe, equal and respected. Use the hashtags #WeSpeakUp and #HertsSunflower when you post on social media and share with us at sunflower.news@hertfordshire.org.uk to be featured in a Partnership video compilation.



Resources to support your 16 Days of Activism Campaign:

- [Herts Sunflower Website](#) 16 Days of Activism page and information on how to signpost for support (see page 23 of this newsletter for the local referral pathway poster)
- The theme for this year's campaign is #No Excuse for Online Abuse. For Hertfordshire professionals, you can access free training provided by Refuge on Technology Facilitated Abuse throughout the campaign:

[Hertfordshire Technology-Facilitated Abuse Webinar 2025 - YouTube.](#)

This training is provided by Refuge and covers:

What is Technology Facilitated Abuse (TFA), key risks around stalking and harassment, useful questions to consider when assessing for TFA, safety planning options for harassment via phone/text, and harassment via social media. This video is accessible through the HSCP and HSAB training and resources website [HSAB and HSCP training and resources | Hertfordshire County Council](#), under **Resources**, then **HSCP posters, leaflets, and videos** or directly through the link above.

- **Employers' Initiative against Domestic Abuse (EIDA)** has provided some great resources for workplaces:
 - [EIDA RESOURCE PACK](#). Employers' Initiative against Domestic Abuse (EIDA) encourages all organisations to use their resource pack and share their campaign activities on social media and tag EIDA. Several iconic buildings will be lit up in orange on 25 November to mark the start of their campaign and show solidarity with the cause, initiated by the Lady Mayoress, [We Thrive](#), and [UN Women](#).
 - EIDA will also be running a FREE 'Insight Hour' webinar to support organisations with their 'Communications and Social Media for 16 Days of Activism' on 18 November 13.00-14.00. This webinar will focus on how employers can communicate effectively about domestic abuse, EIDA's Communications lead and some of their leading employer members will share their best tips of raising awareness internally. [Register here](#).
- **Following 16 Days of Activism** if you would like to learn more about **Technology Facilitated Abuse**, Safer Places run a masterclass, with spaces on their next session available 26 February 2026, 10.00 – 16.30, held Online. Link [HERE](#) 'A CPD-accredited short course exploring how technology is used in abuse and how professionals can respond with awareness, risk-sensitivity and support'.

PART TWO: Calendar of Events 2025: Pages 6-17 list the full current schedule of events happening across Hertfordshire over 16 Days of Activism. Please do attend, get involved and put on your own events and fundraisers and let us know what you are up to by emailing sunflower.news@hertfordshire.gov.uk



Date	Time	Event	Organiser	Where	Description	Who can attend and how can they join?
Mon 10 Nov	19.30- 21.00	Online Speaker Event: Hoda Ali, Co-Founder of The Vavengers	Sorooptimist International St Albans & District	Online meeting	To get our campaign off to a powerful start we will hear from the inspirational Hoda M. Ali, Co-founder of The Vavengers.	ALL Welcome Book HERE
Mon 24 Nov	10.00- 12.00	Professional Network Meeting- 16 Days special	IMPAKT	Ernest Gardiner Centre, Pixmore Avenue, Letchworth, SG6 1QZ.	The meeting around the beginning of the campaign.	Professionals only. Book online: Professional Domestic Abuse Support IMPAKT Housing & Support
Mon 24 Nov	18.30- 19.00	Odyssey Cinema 'Orange the World' light up	Sorooptimist International St Albans & District	Odyssey Cinema, St Albans	Join Odyssey Cinema, being lit orange as part of 'Orange the world', from 6.30pm on Mon 24 th , come along to show your support wearing orange. It will stay lit up until Sun 30 Nov.	ALL Welcome No Booking required
Tue 25 Nov	13.15- 14.45	Domestic Abuse Awareness raising walk	Herts Domestic Abuse Helpline & St. Albans District Council	Starts from St. Albans & District Council Civic Centre, St. Peters Street	Awareness raising walk though St Albans town centre in partnership between Herts Domestic Abuse Helpline and St Albans City & District Council (with support from Sorooptimists International St. Albans & District). Circular walk starting from the Civic Centre 1.15 to 2.45pm.	All Welcome No booking required. Contact manager@hertsdomesticabusehelpline.org for more info
Tue 25 Nov	15.15- 17.00	'Orange the World' St Albans	Sorooptimist International St Albans & District	Starts from St. Albans & District Council Civic Centre, St. Peters Street	Conversations, refreshments & networking to start at the Civic Centre- before walking together to launch the lighting up of St. Albans Museum and Gallery as part of 'Orange the World'. #OrangetheWorldHerts Meet at the Civic Centre at 15.15 & please wear orange. Speaker topics include: Survivor sharing lived experience, "Rising Beyond: A Journey of Resilience and Renewal" Rosie Lewis, a senior Independent Domestic Abuse Advocate who will deliver a talk on the 8-stage timeline of events before Domestic	ALL Welcome Book in advance HERE

					violence homicide. This timeline has been created by Professor Dr Monkton-Smith.	
Tue 25 Nov	From 10.00	White Ribbon Day Information stand	Watford Women's Centre	Atria Upper Mall (Harlequin), Watford	We will have an information stand in the Atria/Harlequin on White Ribbon Day 25th November 2025 . We'll be in the Upper Mall opposite M&S and Jamaica Blue from 10.00am.	All Welcome No booking required
Tue 25 Nov	10.00-10.45	Bystander Intervention Training, Suzy Lamplugh Trust	St. Albans & Hertsmere DA & VAWG Forum	St. Albans District Council Chamber, Civic Centre, St Peter's Street, St Albans AL1 3JE	To empower participants to become active bystanders – recognising and safely challenging harassment or inappropriate behaviour, without compromising their own personal safety	Professional training: council staff, elected members and partners To book a place email: Rachel.Lovegrove@stalbans.gov.uk
Tue 25 Nov	14.30-16.30	White Ribbon Day event at St Albans Abbey Station	St Albans Abbey Railway Station & West Midlands Railway	St Albans Abbey Train Station	Abbey Line CRP and West Midlands Trains' White Ribbon Day event West Midlands Railway encourages passengers to make the White Ribbon promise. West Midlands Railway passengers will be encouraged to open up about allyship this White Ribbon Day.	All Welcome No booking required.
Tue 25 Nov	12.00	16 Days of Activism- Village Walks	CDA Herts	Flamstead- Starting point: Spotted Dog Pub	This 16 Days of Activism, walk with us and your community, to raise awareness of gender-based violence and take a stand against domestic abuse. The walks are supported by Hertfordshire Domestic Abuse Helpline and Dacorum Borough Council.	All Welcome No booking required. More information here
Tue 25 Nov	09.00 – 11.00	Healthy Hub- VAWG Drop in	Watford Borough Council	Cussans House (In the Conservatory), Croxley View, Watford, WD18 6PJ	The Healthy Hub will be co-hosting events with Watford Women's Centre and Housing Officers to provide information, advice, and support for anyone affected by or wanting to learn more about domestic abuse and VAWG.	All Welcome No booking required.

Tue 25 Nov	Various sessions between 11.00- 15.00	Stay Safe & Secure Online	Croxley Green Library	Croxley Green Library	All day drop-in with cyber & fraud crime prevention experts to answer your questions- to help keep you safe online <i>See flyer below</i>	All Welcome No booking required
Wed 26 Nov	ROUTE 1: 12.00 meet	Domestic Abuse Awareness raising walks	In Partnership between: SADA, Herts Domestic Abuse Helpline , North Herts Council & Stevenage FC Foundation	ROUTE 1: Fairlands Café (Costellos Café), Fairlands Valley Park, Six Hills Way, Stevenage, Hertfordshire SG2 0BL.	ROUTE 1 from 12.00: 16 Days of Action walking campaign, to help raise awareness of Domestic abuse and the support services available. Our meeting point will be the Fairlands Café , we will then take a walk as a group sharing posters and stickers where we can to our finish line. We will be looking to end our walk at the Stevenage Football Ground, Lamex Stadium, Broadhall Way, Stevenage SG2 8RH- where there will be a small SADA stand being managed by one of our survivors. The aim of the walk is to raise awareness in conjunction with all other areas of the county, to work collectively to support the public with access to support services. The walk should not take any longer than 45 minutes depending on walking speeds.	ALL Welcome: Please confirm attendance through: Roxie.chambers@stevenage.gov.uk
Wed 26 Nov	ROUTE 2: 16.30 Meet	Domestic Abuse Awareness raising walks	In Partnership between: SADA, Herts Domestic Abuse Helpline , North Herts Council & Stevenage FC Foundation	ROUTE 2: Stevenage Police Station, Lytton Way, SG1 1HF	ROUTE 2 from 16.30: Departing from the police station, past Asda and up to Stevenage FC stadium. Anyone who cannot make the original walk during the day is welcome to join in the evening alongside Stevenage FC Foundation. The aim of the walk is to raise awareness in conjunction with all other areas of the county, to work collectively to support the public with access to support services. The walk should not take any longer than 45 minutes depending on walking speeds.	ALL Welcome: Please confirm attendance through: Roxie.chambers@stevenage.gov.uk
Wed 26 Nov	16.30- 18.30	'Orange the World' light up of County Hall	Soroptimist's International Hertford & District	Council Chambers, Hertford County Hall, Pegs Lane,	An event led by Soroptimist's International Hertford & District, hosted in partnership with Hertfordshire County Council White Ribbon Steering Group. Join Chairman Cllr Laurence Brass, local activists, Members and	All Welcome Register HERE

				Hertford, SG14 8DQ	professionals working in partnership to end Violence Against Women & Girls in Hertfordshire. Listen to guest speakers support the light up of County Hall in Orange, to support of the UN 'Orange the World' campaign to end gender-based violence.	
Wed 26 Nov	12.00	16 Days of Activism- Village Walks	CDA Herts	Bovingdon Starting point: The Bell Pub	This 16 Days of Activism, walk with us and your community, to raise awareness of gender-based violence and take a stand against domestic abuse. The walks are supported by Hertfordshire Domestic Abuse Helpline and Dacorum Borough Council.	All Welcome No booking required More information here
Thu 27 Nov	10.00-13.00	16 Days of Activism Faith event	Stevenage Police Station & Church of Jesus Christ of Latter day Saints	Church of Jesus Christ of Latter day Saints in Buckthorn Avenue , Stevenage	16 Days of Activism Faith event, hosted by the Stevenage Police Station Chaplain, with partners from across the district talking about the White Ribbon education programme, including community police team and Herts Fire and Rescue service. Come along to find out more and network with partners from across Stevenage.	All Welcome No booking required
Thu 27 Nov	13.00-14.00	Older People, digital systems & abuse	Safer Places	FREE ONLINE TRAINING	Control in a Connected World: How Technology Shapes Abuse and Safety, 16 Days webinar series Older people, digital systems & abuse – As society becomes increasingly digital, older adults are often left navigating complex systems that weren't designed with them in mind. This webinar explores how the digital shift, across banking, healthcare, communication, and social services, can unintentionally heighten the risks of abuse, neglect, and exclusion among older people <i>See flyer below</i>	Booking is required – spaces are limited – use the link below to book: Reserve your place now
Thu 27 Nov	19.00	WH Women's Safety Walk	Welwyn Hatfield Borough Council	King George Playing Field, Welwyn Garden City	'Walk & Talk' event from 19.00, led by Inspector Amy Sheldon, Herts Constabulary and female PCSOs. Starting with a 20–30-minute walk followed by an opportunity to stay for a chat or continue exercising in a safe environment. The Walk is supported by Hertfordshire Domestic Abuse Helpline	All Welcome No booking required. More information here

Thu 27 Nov	18.30 – 21.30	White Ribbon 5-a-side football tournament	Welwyn Hatfield Borough Council & Stevenage FC Foundation	Gosling Sports Park, Welwyn Garden City	Welwyn Hatfield Borough Council and Stevenage FC Fountain have collaborated to run a 5-a-side football tournament to mark White ribbon Day. Both men and women are invited to play in separate tournaments. There will be presence from local organisations such as Lives not Knives and Red Kite who will be showing their support and providing information on their services. <i>See flyer below</i>	All Welcome. Registration is required to play in a team using the link here . Supporters welcome to just turn up.
Thu 27 Nov	12.00	16 Days of Activism- Village Walks	CDA Herts	Gaddesdons- Starting point: Water Meadows Bridge	This 16 Days of Activism, walk with us and your community, to raise awareness of gender-based violence and take a stand against domestic abuse. The walks are supported by Hertfordshire Domestic Abuse Helpline and Dacorum Borough Council.	All Welcome No booking required. More information here
Thu 27 Nov	14.00- 16.00	‘Orange the World’ Harpenden	Soroptimist International St Albans & District	Eric Morecambe Centre Foyer	Hear from domestic abuse professionals and have your voice heard at this interactive event. There will be refreshments and an opportunity for networking. Please wear orange #OrangetheWorldHerts More info here	ALL Welcome - use the link below to book: HERE
Fri 28 Nov	17.00 – 20.00	Safer after Dark Event	Watford Community Safety Partnership and Watford BID	Charter Place, The Harlequin shopping centre, Watford	Event being run by Watford Town Centre BID, Watford Community Safety Partnership and Police to reassure and support our female residents, employees, and visitors by promoting safety and awareness after dark.	All Welcome. No Booking required. For more information contact Sarah.Turnbull@watford.gov.uk
Fri 28 Nov	19.00- 21.00	Paint & Sip Evening Fundraiser	Juno Counselling	Watford Community Housing Trust, 59 Clarendon Road Watford WD17 1LA	Step-by-step painting guided by local artist Amy Bruning Canvas and all art supplies Complimentary glass of wine or soft drink, light snacks and tea/coffee. Tickets £30 No experience necessary - have fun and help raise funds for Juno Counselling. <i>See flyer below</i>	ALL Welcome Book your place by emailing: admin@junocounselling.co.uk by 17 Nov to secure your place (Limited places)

Fri 28 Nov	12.00	16 Days of Activism- Village Walks	CDA Herts	Kings Langley- Starting point: Saracen's Head Pub	This 16 Days of Activism, walk with us and your community, to raise awareness of gender-based violence and take a stand against domestic abuse. The walks are supported by Hertfordshire Domestic Abuse Helpline and Dacorum Borough Council.	All Welcome No booking required. More information here
Fri 28 Nov	09.00 – 13.00	Healthy Hub- VAWG Drop In	Watford and Three Rivers	Meriden Community Centre, Garsmouth Way , Watford, WD25 9ET	The Healthy Hub will be co-hosting events with Watford Women's Centre and Housing Officers to provide information, advice, and support for anyone affected by or wanting to learn more about domestic abuse and VAWG.	All Welcome – Drop in Session No booking Required
Sat 29 Nov	12.00	16 Days of Activism- Village Walks	CDA Herts	Chipperfield- Starting point: Chipperfield Boot Pub	This 16 Days of Activism, walk with us and your community, to raise awareness of gender-based violence and take a stand against domestic abuse. The walks are supported by Hertfordshire Domestic Abuse Helpline and Dacorum Borough Council.	All Welcome No booking required. More information here
Sat 29 Nov & Sun 30 Nov	09.00- 17.30 10.00- 17.00	Charity Art Exhibition & Fundraiser	Community Learning Partnership	Burston Garden Centre is on the North Orbital Road, St Albans, AL2 2DS.	CLP is a registered charity, specialising in community learning. There will be over 100 works of art being sold to fundraise for CLP, a local charity offering high quality arts and crafts courses for adults and families, empowering local women and girls, providing connection and purpose. <i>See flyer below</i>	ALL Welcome. No need to book
Sun 30 Nov	12.00	16 Days of Activism- Village Walks	CDA Herts	Northchurch- Starting point: Hill Farm Barn Cafe	This 16 Days of Activism, walk with us and your community, to raise awareness of gender-based violence and take a stand against domestic abuse. The walks are supported by Hertfordshire Domestic Abuse Helpline and Dacorum Borough Council.	All Welcome No booking required. For further queries: Contact Rebecca.Levene@cdaherts.org.uk

Mon 01 Dec	09.30- 12.30	'Never going to beat you' film screening with The Traveller Movement	Hertsmere Borough Council & The Traveller Movement	REEL Cinema, Borehamwood, 84 Shenley Road, Borehamwood, Hertfordshire, WD6 1EH	The Traveller Movement's "Never Going to Beat You" training is a vital resource for professionals and service providers working with Gypsy, Roma, and Traveller communities. The training includes the screening of the film "Never Going to Beat You," which is based on true life experiences of 18 Gypsy and Irish Traveller women, and follows the story of 17-year old Moira La Bas. The film aims to raise awareness of domestic violence and the specific barriers faced by women from these communities. The training is co-delivered by Irish Traveller Survivors of domestic abuse and is designed to ground learning outcomes in lived experience. The training last 2.5 hours and includes a viewing of the film. 9.30am arrival for a 10am start until 12.30pm	***This training is specifically for professionals who deliver services in Hertsmere*** Book your place here If you require any further information please do not hesitate to contact Ciara.Kyrillou@hertsmere.gov.uk.
Mon 01 Dec	12.00	16 Days of Activism- Village Walks	CDA Herts	Markyate- Starting point: Nook Cafe	This 16 Days of Activism, walk with us and your community, to raise awareness of gender-based violence and take a stand against domestic abuse. The walks are supported by Hertfordshire Domestic Abuse Helpline and Dacorum Borough Council.	All Welcome No booking required. More information here
Mon 01 Dec	13.00- 14.00	Money, power & control: economic abuse in a digital age	Safer Places	FREE ONLINE TRAINING	Control in a Connected World: How Technology Shapes Abuse and Safety, 16 Days webinar series Money, power & control: economic abuse in a digital age - As finances move increasingly online, digital tools have become both a lifeline and a weapon. This webinar examines how technology can be misused to reinforce economic control, limit independence, and deepen the financial impact of abuse. <i>See flyer below</i>	Booking is required – spaces are limited – use the link below to book: Reserve your place now –
Tue 02 Dec	10.00 – 11.30 (09.45 Arrival)	Centre for Domestic Abuse - Means and Merits Legal Training	St. Albans & Hertsmere DA & VAWG Forum	Council Chamber, Hertsmere Borough Council, Civic Offices, Elstree Way, Borehamwood,	In person 'Means and Merits' training delivered by Centre for Domestic Abuse , as social enterprise dedicated to assisting individuals affected by domestic abuse or made vulnerable by the breakdown of a relationship. The training us set up to support professionals in understanding what legal support is	Professional training. Booking is required. Book your place here If you require any further information, please do contact

				Hertfordshire WD6 1WA	available for victims of domestic abuse, covering topics such as Satisfying the emergency criteria for court intervention, types of orders available, Police intervention requirement - legal aid barriers and assessing means of a victim among other areas.	Ciara.Kyrillou@hertsmere.gov.uk
Tue 02 Dec	12.00	16 Days of Activism- Village Walks	CDA Herts	Bourne End- Starting point: Three Horseshoes Pub	This 16 Days of Activism, walk with us and your community, to raise awareness of gender-based violence and take a stand against domestic abuse. The walks are supported by Hertfordshire Domestic Abuse Helpline and Dacorum Borough Council.	All Welcome No booking required. More information here
Wed 03 Dec	Session One: 11.00-12.00 Session Two: 13.00-15.00	SAHWR Specialist Domestic Abuse Service Training	Hertsmere Borough Council & SAHWR	In person: Civic Offices, Elstree Way, Borehamwood, WD6 1WA	Session one (11.00-12.00): General domestic abuse awareness training Session two (13.00-15.00): Domestic Abuse – Effects of domestic abuse and the impact on adults and children As part of White Ribbon Day 2025 and the 16 Days of Activism we are hosting domestic abuse awareness sessions for council staff, elected members and partners. These sessions delivered by SAHWR will help to raise awareness of domestic abuse and how to spot the signs, the referral pathways and Clare's Law the Domestic Violence Disclosure Scheme. Session one is a general introduction, and session two will provide a more in-depth look at the effects of domestic abuse and the impact it can have on adults and children.	Professional training: council staff, elected members and partners Book your place here . Spaces are limited If you require any further information, please contact Ciara.Kyrillou@hertsmere.gov.uk
Wed 03 Dec	10.00-15.00	Mind Arts, Craft & Cake for 16 Days	Mind Hertfordshire Network	Watford Wellbeing Centre, 501 St Albans Road, Watford, Hertfordshire WD24 7RZ	Join Mind Hertfordshire Network for their Mind Arts, Craft and Cake Day, drop by to enjoy some art and cake, with supportive professionals on hand if you would like to talk to someone. <i>See flyer below</i>	All Welcome – Drop In No booking required

Wed 03 Dec	12.00	16 Days of Activism- Village Walks	CDA Herts	Leverstock Green- Starting point: Blackwater Wood car park	This 16 Days of Activism, walk with us and your community, to raise awareness of gender-based violence and take a stand against domestic abuse. The walks are supported by Hertfordshire Domestic Abuse Helpline and Dacorum Borough Council.	All Welcome No booking required. More information here
Wed 03 Dec	11.00- 14.00	SADA Networking Session – for 16 Days of Activism	SADA- Survivors against domestic abuse	Stevenage Borough Council Office	We're delighted to invite you to join us for an engaging networking event at Stevenage Borough Council. This is a fantastic opportunity to connect with like-minded professionals, share ideas, and build meaningful partnerships in a supportive and collaborative setting. The session will highlight the vital importance of safe accommodation for those who have experienced domestic abuse. As part of the programme, we will be sharing powerful personal testimonies through a short film. <i>See Flyer below</i>	Professional networking event Registration required- book here
Thu 04 Dec	12.00	16 Days of Activism- Village Walks	CDA Herts	Kimpton- Starting point: The Boot pub	This 16 Days of Activism, walk with us and your community, to raise awareness of gender-based violence and take a stand against domestic abuse. The walks are supported by Hertfordshire Domestic Abuse Helpline and Dacorum Borough Council.	All Welcome No booking required. More information here
Fri 05 Dec	12.00	16 Days of Activism- Village Walks	CDA Herts	Long Marston- Starting point: Old Church Tower	This 16 Days of Activism, walk with us and your community, to raise awareness of gender-based violence and take a stand against domestic abuse. The walks are supported by Hertfordshire Domestic Abuse Helpline and Dacorum Borough Council.	All Welcome No booking required. More information here
Fri 05 Dec	09.00 – 13.00	Healthy Hub- VAWG Drop in	Watford and Three Rivers DA & VAWG Forum	Meriden Community Centre, Garsmouth Way Watford, WD25 9ET	The Healthy Hub will be co-hosting events with Watford Women's Centre and Housing Officers to provide information, advice, and support for anyone affected by or wanting to learn more about domestic abuse and VAWG.	All Welcome – Drop in Session No booking Required

Fri 05 Dec	13.00	Fundraising Walk & Coffee	Future Living Hertford & Hertfordshire Domestic Abuse Helpline	Starting from Hartham Leisure Centre, Hartham Ln, Hertford SG14 1QR	Starting from Hartham Leisure Centre, take part in this walk with us and your community, to show your support for 16 Days of Activism, to raise awareness of gender-based violence and take a stand against domestic abuse. The walk with finish off at Future Living Hertford, for a coffee and chat. The walks are supported by Hertfordshire Domestic Abuse Helpline.	All Welcome No booking required For further queries please contact info@futurelivinghertford.co.uk
Sat 06 Dec	12.00	16 Days of Activism- Village Walks	CDA Herts	Redbourn- Starting point: Cricketers Pub	This 16 Days of Activism, walk with us and your community, to raise awareness of gender-based violence and take a stand against domestic abuse. The walks are supported by Hertfordshire Domestic Abuse Helpline and Dacorum Borough Council.	All Welcome No booking required. More information here
Sun 07 Dec	Contact organiser	Women FC Inspires- 16 Days of Activism game and support	Hertfordshire Domestic Abuse Helpline and Watford FC Women	Kings Langley	Watford Inspires programme and Hertfordshire Domestic Abuse are working with a local secondary school in the lead up to the 'Watford FC women of the game week', where a match will be played in Kings Langley, with resources displayed to promote the 16 Days of Activism and local helpline support service.	Contact manager@hertsdomesticabusehelpline.org to find out more
Sun 07 Dec	12.00	16 Days of Activism- Village Walks	CDA Herts	Aldnbury- Starting point: Church Farm Cafe	This 16 Days of Activism, walk with us and your community, to raise awareness of gender-based violence and take a stand against domestic abuse. The walks are supported by Hertfordshire Domestic Abuse Helpline and Dacorum Borough Council.	All Welcome No booking required. More information here
Mon 08 Dec	Contact provider	Art & Soul Day	Dacorum Borough Council	Contact provider	Dacorum Art & Soul Day: A space to make, heal and reconnect through a variety of workshops, talks and holistic healing at a safe venue for victims and survivors of VAWG and domestic abuse. The day will be facilitated by 'Child of' and Druglink , funded by Dacorum Borough Council.	This is a safe and supportive event free and open to all those with lived experience of domestic abuse and VAWG in Dacorum. Please promote to anyone that may be eligible, contact clairemccartan@druglink.ltd.uk for more

Mon 08 Dec	13.30- 15.30	VAWG support stand	East Herts and Broxbourne DA and VAWG Forum	Jackson Square Shopping Centre, Bishop's Stortford	An advice and information stand will be present in Jackson Square Shopping Centre, Bishop's Stortford	All Welcome No booking required
Mon 08 Dec	12.00	16 Days of Activism- Village Walks	CDA Herts	Potten End- Starting point: Potten End Village hall	This 16 Days of Activism, walk with us and your community, to raise awareness of gender- based violence and take a stand against domestic abuse. The walks are supported by Hertfordshire Domestic Abuse Helpline and Dacorum Borough Council.	All Welcome No booking required. More information here
Mon 08 Dec	Session One: 11.00- 12.00 Session Two: 13.00- 15.00	SAHWR Specialist Domestic Abuse Service Training	Hertsmere Borough Council	The sessions will take place at the Civic Offices, Elstree Way, Borehamwood, WD6 1WA	Session one (11.00-12.00): General domestic abuse awareness training Session two (13.00-15.00): Domestic Abuse – Effects of domestic abuse and the impact on adults and children As part of White Ribbon Day 2025 and the 16 Days of Activism we are hosting domestic abuse awareness sessions for council staff, elected members and partners. These sessions delivered by SAHWR will help to raise awareness of domestic abuse and how to spot the signs, the referral pathways and Clare's Law the Domestic Violence Disclosure Scheme. Session one is a general introduction, and session two will provide a more in-depth look at the effects of domestic abuse and the impact it can have on adults and children.	Professional training: council staff, elected members and partners If you would like to attend one of the sessions please book your place here . If you require any further information, please contact: Ciara.Kyrillou@herts mere.gov.uk
Tue 09 Dec	11.00 – 14.00	Stop Carrying Everything - Set Down the Suitcase, for 16 Days of Activism	Watford Women's Centre And Present Mind Wellness Pathways CIC	The Player's Lounge at Watford FC	"Stop Carrying Everything - Set Down the Suitcase" Join us for three hours dedicated to rest, boundaries, and supportive self-care - a space to recharge and focus on you to: Find Clarity: Anchor your thoughts and quiet your mind. Play & Create: Enjoy a relaxed creative activity. Ground Yourself: Learn powerful exercises to interrupt stress. Make a Pledge: Leave with a concrete promise that you make just for yourself.	Women Only Event Booking Required – Limited Spaces Book Here

Tue 09 Dec	10.00- 11.00	East Herts Council 16 Days of Activism awareness raising talk	East Herts District Council with support from Future Living Hertford	Online	A session at East Herts Council about how to support a friend/colleague who is a victim of domestic abuse, which is co-delivered by a survivor who shares their story from Future Living Hertford. This will also be live streamed via EHDC YouTube so anyone can attend.	All Welcome Live stream on Youtube using this LINK
Tue 09 Dec	12.00	16 Days of Activism- Village Walks	CDA Herts	Frithsden- Starting point: Alford Arms pub	This 16 Days of Activism, walk with us and your community, to raise awareness of gender-based violence and take a stand against domestic abuse. The walks are supported by Hertfordshire Domestic Abuse Helpline and Dacorum Borough Council.	All Welcome No booking required. More information here
Wed 10 Dec	13.00- 15.00	Dacorum DA & VAWG Forum Networking event	Dacorum DA & VAWG Forum, led by Dacorum Borough Council and I am Cherished	South Hill Centre, Hemel Hempstead	Local awareness raising and Networking event organised by Dacorum Domestic Abuse & VAWG Forum, bringing together local services for Human Rights Day. 'Let's come together, share resources, and support each other in this important cause. Mark your calendars and be a part of this impactful event! '	Professionals event Registration required HERE
Wed 10 Dec	14.00- 15.30	Centre for Domestic Abuse - Means and Merits Legal Training	Three Rivers District Council and Watford Borough Council	Penn Chamber, Three Rivers District Council, Northway, Rickmansworth, WD3 1RL	In person 'Means and Merits' training delivered by Centre for Domestic Abuse , as social enterprise dedicated to assisting individuals affected by domestic abuse or made vulnerable by the breakdown of a relationship. The training is set up to support professionals in understanding what legal support is available for victims of domestic abuse, covering topics such as Satisfying the emergency criteria for court intervention, types of orders available, Police intervention requirement - legal aid barriers and assessing means of a victim among other areas. Note: This session is exclusively for professionals and is open to all council staff, domestic abuse service providers and Watford and Three Rivers DA and VAWG members only.	Booking required HERE We kindly ask that you use your official organisational email address when registering.
Wed 10 Dec	13.00- 14.00	AI, deepfakes & abuse: A new threat	Safer Places	FREE ONLINE TRAINING	Control in a Connected World: How Technology Shapes Abuse and Safety, 16 Days webinar series	All Welcome Booking is required – spaces limited

					AI, deepfakes and abuse, a new threat – Artificial intelligence is reshaping our digital world, and with it, the tactics of abuse and coercion. This forward-looking webinar unpacks how emerging technologies like deepfakes, voice cloning, and automated surveillance are being weaponized to harm, manipulate, and control victims. <i>See flyer below</i>	Reserve your place now –
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EVENT FLYERS:





White Ribbon Day

Watford Women's Centre will be at the Atria Upper Mall, Watford on Tuesday 25th November from 10am.

Come and join us to find out about the support available in Hertfordshire throughout the year.

"We Speak Up"

**HARLEQUIN
WATFORD**

**25TH
NOV**



ORANGE THE WORLD ST ALBANS

**Campaign Launch 25 Nov St Albans Civic Centre,
Council Chamber 3pm – 5pm**

**STOP
VIOLENCE
AGAINST
WOMEN**



Conversations,
refreshments, networking
plus photos afterwards at
the "orange" lights of the
Museum and Gallery.
Please wear **orange**.

**25 Nov is the International
Day for the Elimination of
Violence against women –
also known as
"White Ribbon Day"**

There will also be a circular walk from the Civic Centre 1.15 to 2.45pm
with the Herts Domestic Abuse Helpline.

See the website for more information:

<https://sigbi.org/st-albans/otwstalbans25>

Booking is Essential

<https://www.eventbrite.com/e/1680165764029>



#OrangetheWorldHerts - 25 Nov-10 Dec
16 days of activism to end gender-based violence
Take action - #CallitOut

*Soroptimist International St Albans & District thank St Albans City and
District Council White Ribbon Steering Group for hosting the event.
There is no charge to attend and any donations made when booking will
go to organisations supporting victims of domestic abuse.*





FREE event
No tickets
or booking
required

- Password & 2-step verification
- Phishing and social engineering
- Phone, email, text scams and other top tips

Talks at Croxley Green Library Tues on 25th Nov

11:00-12:00 - Cybercrime & Fraud Prevention - Herts Police
12:15-13:15 - Scams & Victim Support - Beacon/Victim Care
13:30-14:30 - Rogue Traders & Scams - Trading Standards
14:45-15:00 - Fraud against the Council - HCC SAFS

Cyber
Aware

ActionFraud
National Fraud & Cyber Crime Helpline
0300 123 4049

Prevention First

beacon

SAFS
Hertfordshire Anti-Fraud Service



www.hertfordshire.gov.uk/libraries Further details 0300 123 4049

ORANGE THE WORLD HARPENDEN

Thu 27 Nov Eric Morecambe Centre Foyer 2pm – 4pm



Hear from domestic abuse professionals and have your voice heard at this interactive event.

There will be refreshments and an opportunity for networking.

Please wear orange!

Booking is Essential

<https://www.eventbrite.com/e/1680277117089>

More info: <https://sigbi.org/st-albans/orange25>



#OrangetheWorldHerts - 25 Nov-10 Dec
16 days of activism to end gender-based violence
Take action - #CallitOut

Soroptimist International St Albans & District thank Harpenden Town Council and the EMC for hosting the event. There is no charge to attend and any donations made when booking will go to organisations supporting victims of domestic abuse.

Soroptimist International
St Albans & District

STANDING UP
for Women and Girls



16 days webinars

November 25th - December 10th 2025

Control in a Connected World: How Technology Shapes Abuse and Safety

Join us for three free webinars during the 16 days tackling Violence Against Women and Girls

Thursday 27th November 1pm - 2pm

Older people, digital systems & abuse

Discover how the digital shift can increase older adults' vulnerability to abuse and exclusion. This webinar empowers professionals to recognise risks and promote safer, more inclusive digital participation.

Monday 1st December 1pm - 2pm

Money, power & control: economic abuse in a digital age

Uncover the ways abusers exploit online banking and digital platforms to exert economic control. This session equips practitioners to identify digital economic abuse and strengthen safety planning for survivors

Wednesday 10th December 1pm - 2pm

AI, deepfakes & abuse: A new threat.

Explore how emerging AI technologies and deepfakes are transforming the landscape of abuse and coercion. Join us to understand these evolving threats and learn strategies to safeguard those at risk.

**Book via Eventbrite - Safer Places
Professional Training and Development**

 sptraining@saferplaces.co.uk

 [Saferplaces.co.uk/training](https://www.saferplaces.co.uk/training)



White Ribbon 5 a-side football tournament

in partnership with Stevenage Football Foundation

Fun tournaments for male and female teams

- Gosling Sports Park - 3G pitches
- Thursday 27 November
- 6.30pm to 9.30pm

SCAN ME



All men can **#ChangeTheStory** to end violence
against women and girls.



**WELWYN
HATFIELD**



WHITE RIBBON
.ORG.UK



You are invited to a

PAINT & SIP EVENING

*In support of
Juno Counselling*

**Friday 28th November
7-9pm**

Watford Community Housing Trust,
59 Clarendon Road
Watford WD17 1LA

Tickets are £30 and include:

- Step-by-step painting guided by local artist Amy Bruning
- Canvas and all art supplies
- Complimentary glass of wine or soft drink, light snacks and tea/coffee

No experience necessary – have fun and help raise funds for Juno Counselling

Email: admin@junocounselling.co.uk
by 17th November to secure your place
Places are limited!

www.junocounselling.co.uk



CLP Charity Art exhibition

**SATURDAY 29TH NOVEMBER 2025 9AM TO 5.30PM
SUNDAY 30TH NOVEMBER 2025 10AM TO 5PM
AT BURSTON GARDEN CENTRE**

Burston Garden centre are kindly hosting this exhibition of works created by many talented artists, who attend Community Learning Partnership's courses.

All art will be available for sale. Proceeds will help CLP, registered charity number 1155750, to continue to provide valuable support and connection locally.

Arts, Crafts and Cake Day

16 Days of Activism for Prevention of
Violence against Women and Girls



3rd December from 10am - 3pm

Watford Wellbeing Centre, 501 St Albans Road,
Watford, Hertfordshire WD24 7RZ

Drop in - No booking required!



Join Our **SADA** Networking Session



You are invited to our networking session to show support for the 16 Days of Activism. We will be showcasing the work that SADA does to provide safe accommodation to victims of domestic abuse.

 **Wednesday 3 December**

 **11am - 2pm**

Please RSPV to
SADA@stevenage.gov.uk



Stevenage
BOROUGH COUNCIL

If you or someone you know is experiencing domestic abuse...

If there is an immediate need to flee for safety



Contact the Safe Accommodation Service
Run by Safer Places

03301 025811 (24-hour emergency line)
info@saferplaces.co.uk
[Online referral form](#)

Safer Places will assess the situation and, if appropriate, arrange safe accommodation for you and any other at-risk individuals (e.g. children).

If there is NOT an immediate need to flee for safety, but you would still like to receive support from a service



Call the Domestic Abuse Support Hub (DASH)
Run by Hertfordshire Beacon

0300 002 0008 (Monday-Friday, 09:00-17:00)

The Domestic Abuse Support Hub is for anyone who is or has been subjected to domestic abuse in Hertfordshire. It will connect you to the support you need in your local area.

When you call the number above, a member of the Hertfordshire Beacon team will talk with you about your situation and needs, and refer you directly into the best service.

If you just want to talk to someone



08 088 088 088

(Mon-Fri: 09:00-21:00, Sat-Sun: 09:00-16:00)
Kim@mailpurple.org

It's an anonymous and confidential listening, support and signposting service for anyone who is or has been affected by domestic abuse. The helpline cannot directly refer you into support services (for this, call Hertfordshire Beacon).

If you want to do your own research



Visit the Herts Sunflower Website

Run by the Hertfordshire Domestic Abuse & Violence Against Women and Girls Partnership
www.hertssunflower.org

It's your first stop for information and advice about domestic abuse, and to find out about groups that can help you.

www.hertssunflower.org

These referral pathways are for local businesses and the public. Professionals should use the DASH risk assessment model and refer according to risk.

SUNFLOWER NEWS SUBMISSIONS

Please email all submissions, distribution list requests, feedback and AOB to sunflower.news@hertfordshire.gov.uk

Submissions will be copied and pasted directly into the newsletter (we do not write up, proof-read or edit them). Authors are responsible for ensuring that their content is formally written, containing all relevant information and attention to detail. Submissions received in an inappropriate or incomplete format are not guaranteed to be included.

The next Sunflower News will be published on Tuesday 02 December 2025.

The deadline for inclusion in the next Sunflower News is **5pm, Friday 28 November 2025.**

Sunflower news is collated and distributed by the Hertfordshire County Council Strategic Partnerships team on behalf of the Hertfordshire Domestic Abuse, Violence Against Women and Girls, Homelessness and Multiple Disadvantage networks.

