

What is the Hertfordshire Sunflower J9 initiative?

The J9 initiative was developed in memory of Janine Mundy, a mother of two killed by her estranged husband in 2003 while he was on police bail. Started by her family and the local police in Camborne, Cornwall where she lived, the initiative got its name from the way Janine used to sign her text messages 'J9'.

J9 was established with the aim to raise awareness of domestic abuse amongst local businesses and services. By educating and enabling people working in the local and wider community, J9 can provide increased opportunities for people affected by domestic abuse to gain safe, timely help and access to services in confidence.

J9 Community Champions are trained to identify the signs and offer a safe environment to listen and help potential victims. Champions can provide information about options and signpost those affected to the appropriate support services according to their needs and wishes.

How does the Hertfordshire Sunflower J9 initiative and training work?

J9 Community Champions can be anyone working in a local business and/or service that comes into contact with the public, regardless of their role. Champions are provided with half a day's training run by domestic abuse charity, Safer Places. The training will help them to gain an understanding of domestic abuse, how to recognise the signs and how to respond to victims.

At the end of the training, champions will be provided with a J9 pack to take back to their place of work which they can use and make available to anyone seeking help and/or disclosing abuse. This pack contains information on legal and human rights, support services available and contact details for accessing help.

The champion will also be provided with a Hertfordshire J9 Sticker to display on their premises, ideally on a window or door where it will be visible to passers-by.

For businesses and services:

The initiative will enable you and/or your employees to become more aware and help you feel confident to deal with victims of domestic abuse.

By becoming a J9 Community Champion you will be taking a stand against domestic abuse in Hertfordshire; showing you care about the wellbeing of your community and about victims and survivors of this terrible crime.

For the public:

Where the Hertfordshire J9 logo is displayed, it provides victims and survivors with the assurance they can access a safe place where they can seek information and the use of a telephone in confidence.

What is domestic abuse?

Domestic abuse rarely involves a 'one-off' incident. More usually it is a pattern of coercive, forced or controlling behaviour by one person (or group) over another.

Domestic abuse can often escalate from something seemingly small such as name calling, threats, withholding money or controlling where a person goes or who they see right through to incidents of physical or sexual abuse.

Abuse can begin at any stage of a relationship, sometimes continuing after a relationship has ended. Domestic abuse can affect anyone, regardless of gender, class, age, race, religion, disability, sexual orientation or lifestyle.

Domestic abuse can include:

- **verbal abuse**
- **physical abuse**
- **emotional abuse**
- **financial abuse**
- **sexual abuse**

In the UK, domestic abuse is known to affect **1 in 6 men** and **1 in 4 women** during their lifetime. That's **millions of people** each year and it currently claims the lives of **two people** every week. **Only 1 in 5 people** are known to report incidents to the Police.

For more information and to register your interest with the Hertfordshire J9-Sunflower Champions Network, please contact the J9 Champions Network Manager at: championsnetwork@hertsdomesticabusehelpline.org