

# MONTHLY NEWSLETTER

OCTOBER 2021



## THE POWER OF CONNECTION



According to research by NHS and Mind, connecting with others is vital to our mental health and feeling isolated can have a hugely detrimental effect on how we feel. In 2018 BBC South Today reported that Brighton ranked as the loneliest hot spot in the UK, having the most internet searches for the word 'lonely' than anywhere in the country (Google Trends). Three years on, recent lockdowns have made the situation even worse and the pandemic has shown us just how vital connecting with others really is.

Nurturing relationships and building new ones takes time but the benefits are well worth the effort. If you, like many others, are feeling lonely, think about joining a group that shares a common interest, going for a coffee with a friend, calling a family member, or even volunteering, which is a great way to meet new people. Interaction with others really matters and can help change our mood and our outlook on life so why not give it a go!

**For more information visit:** <https://www.nhs.uk/mental-health/self-help/guides-tools-and-activities/five-steps-to-mental-wellbeing/>

### New Report Makes Stark Reading

Statistically, stalking, rape, and domestic abuse disproportionately affect women and girls. According to a recent Government report, commissioned in the wake of the **Sarah Everard** case, it has now become an 'epidemic' with many cases closed without charge. The recent **Sabina Nessa** and **Terri Harris** cases highlight the urgent need for schools, health services and the police to work together to educate and manage potential perpetrators with the aim of preventing serious crime.

If you are interested in reading the full inspection report into violence against women and girls click the link below:

<https://www.justiceinspectorates.gov.uk/hmicfrs/news/news-feed/cross-system-approach-needed-to-end-violence-against-women-and-girls/>

Each month's newsletter will inform you about other services in our *Service Spotlight* feature as well as bringing you tech tips and general wellbeing advice.

### Suspect You're Being Tracked?

Tracking someone's vehicle **without their consent** is illegal but not difficult to do and tracking devices can now be bought relatively cheaply. Devices being attached to cars, usually by a magnet, has risen significantly over the last few years and they are now so small they can even be hidden under prams or in bags. So how can you tell?

New devices are about the size of a 10p coin, such as the recently released Apple Air Tag, which is easy to hide and can be tracked all over the world using a huge network of iOS device users. For this reason, it's *always recommended* to take your car to a dealership garage if you have suspicions. They will be familiar with the make and model of your vehicle and will know what shouldn't be there!

For more information about the Apple Air Tag or to read about one woman's alarming experience of being tracked with one go to:

<https://www.buzzfeed.com/alexalitzta/woman-found-airtag-hidden-on-her-car-tiktok>

### Service Spotlight



Revenge Porn  
**Helpline**

**The Revenge Porn Helpline** supports victims of intimate image abuse who live in the UK. Intimate images taken or shared without consent is *image abuse* and since 2015 it has been an offence, often being referred to as Revenge Porn. The Revenge Porn Helpline can help with reporting and removing online content and they have an excellent record of getting abusive content taken down. They can also signpost victims to free legal consultations. The website has lots of useful information about different types of revenge porn, as well as advice on how to collect evidence to give to the police.

Calls are answered by one of three female practitioners and the helpline number is open from 10am to 4pm, Monday to Friday. On Friday's they operate a call-back system. *The service can only help over 18's who live in the UK. Under 18's should call 101, ring Childline or tell a trusted adult.*

Revenge Porn Helpline: 0345 6000 459

Website: <https://revengepornhelpline.org.uk/>