

A white speech bubble shape on an orange background containing the text "Bank Workers Charity".

**Bank
Workers
Charity**

Domestic abuse

Heena Kang
Wellbeing Manager

We exist to support the **health and wellbeing** of current and former bank employees, and their families.

**Bank
Workers
Charity**

Independent

We're entirely independent of the banks

About us

Advice and support

We provide information, advice and support

Free and Confidential

Our services are free and confidential

**Physical and
mental wellbeing**

We help support
your physical and
mental wellbeing

Relationships

We provide couples
counselling and
family therapy

**Health and
Wellbeing**

Grants

We can
provide financial
support

Carers

We support carers
and people living
with disabilities

Legal Advice

We provide access
to a legal advice
service

“an **incident** or **pattern** of incidents of controlling, coercive, threatening, degrading and violent behaviour, including sexual violence...

...in the majority of cases by a **partner** or **ex-partner**, but also by a **family member** or **carer**.”

Women's Aid

Domestic abuse

Coercive control

Limit what someone can do. Make someone do things they do not want to do.

Economic abuse

Controlling finances, and resources like food, transport, housing and employment.

More than one abuser

Domestic abuse can be perpetrated by more than one person, it can be multiple family members.

In the workplace

Bank
Workers
Charity

Volume of
personal
calls/texts

Keeping
receipts for
spending

Wanting to stay
at work
all the time

Frequently late
or needing to
leave work early

Social
withdrawal

Changes to
appearance

Very tired

Making errors
at work

Domestic abuse

2.5

Male victims are 2.5 times less likely than females, to tell anyone about the domestic abuse.

(Mankind)

30%

Approximately 30% of domestic abuse begins during pregnancy.

(Safe Lives)

95%

95% of women who experience domestic abuse report experiencing economic abuse.

(Surviving Economic Abuse)

Misconceptions

**Bank
Workers
Charity**

**Why don't you
just leave**

**It can happen to
anyone**

Support at work



Check for a **domestic abuse policy**



Provide support over the **long term**



Give **time, space** and **flexibility**



Be led by the employee



Agree a **safety plan**



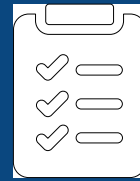
Signpost to specialised support

Bank Workers Charity

Bank
Workers
Charity



Financial grants



Practical support



Mental wellbeing



Family support

Support

Bank
Workers
Charity

24-hour National Domestic Abuse Helpline

<https://www.nationaldahelpline.org.uk/>

Men's Advice Line

<https://mensadvice.org.uk/>

Galop Helpline

<https://galop.org.uk/get-help/helplines/>

Find a local service

<https://www.womensaid.org.uk/womens-aid-directory//>

Supporting the banking community past and present



0800 0234 834



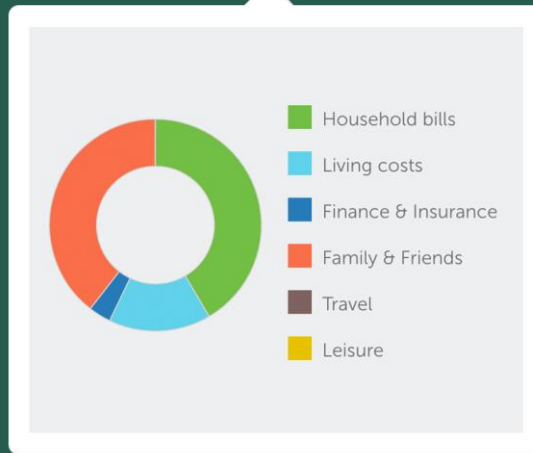
<https://www.bwcharity.org.uk/contact-us>



heena.kang@bwcharity.org.uk

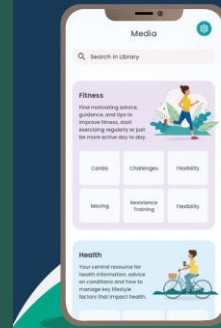
How we can help – self service

Budget Planner



<https://www.bwcharity.org.uk/budget-planner>

PAM Wellbeing app

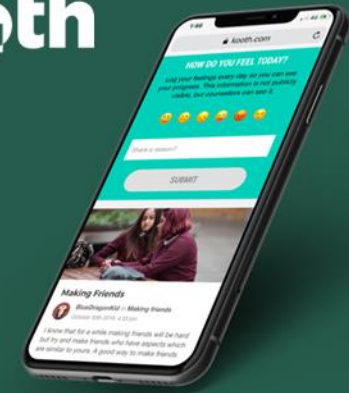


PAM Assist Wellbeing App:
Digital support at your fingertips

<https://www.bwcharity.org.uk/pam-wellbeing>

Kooth

kooth



<https://www.kooth.com/bwc>

www.bwcharity.org.uk

Keep in touch

Bank
Workers
Charity

Scan the QR code to
sign up to our
wellbeing email



Connect with us on:



@bwcharity



bwcharity



Bank Workers Charity