

You don't have to put up with hate.



Nottinghamshire Police take hate crime and hate incidents seriously.

Report it:
Emergencies - call 999
Non-emergencies - call 101
Online - www.report-it.org.uk



What can you do if you are a victim of hate or are witnessing a hate incident?

No one should have to experience hate, be it based on their race, religion, disability, sexual orientation, gender or any other aspect of their identity.

In an emergency, i.e. if you feel that you are in danger, always call 999 and ask for the police.

There are other ways to report a hate crime or incident, from contacting police via phone on 101 or using the online reporting facility True Vision:

www.report-it.org.uk. You can report the incident anonymously. The police will record any crime as a hate crime where the victim or any other person perceives that it was motivated by hostility or prejudice towards their identity.

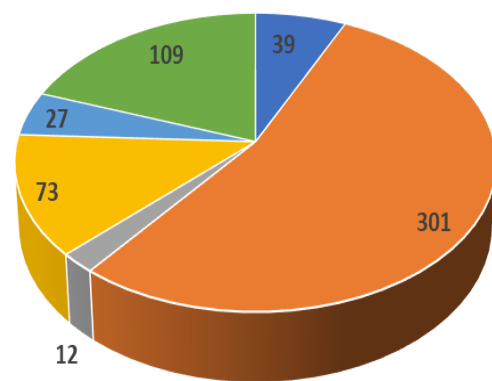
Remember, you can ask for help even if you do not feel confident to report the incident to police or other agencies – just call our support line on 0800 304 7575.

HATE CRIME AWARENESS

Hate Crime Awareness Week took place in October and we attended many events, showing support for various campaigns and raising awareness of our service which regularly supports victims of hate incidents and crimes.

Our partner organisations and Community Points do fantastic work to support people who experience hate crime and we urge you to check out the organisations mentioned in this newsletter.

Since January 2021 we received 561 Hate Crime referrals, the majority of which have been reported to police by the victim.



- Disability
- Race
- Religion
- Sexual Orientation
- Transgender
- Other

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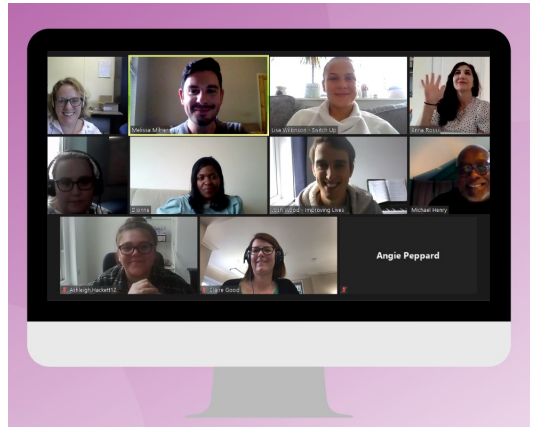


Free Phone: 0800 304 7575
www.nottsvictimcare.org.uk
admin@nottsvictimcare.org.uk
[@NottsVictimCARE](https://www.facebook.com/NottsVictimCARE)

Community Points Conference— during Hate Crime Awareness Week



Our latest Community Point Conference focused on Hate Crime and the brilliant work our partner organisations are doing across Nottinghamshire to tackle hate crime and support victims and bystanders to feel empowered. We had keynote speakers from CommunitiesInc, Nottingham Mencap, Fearless Youth Association, Centre Place, plus our caseworker Ashleigh detailed the support we can offer. Drop us an email on admin@nottsvictimcare.org.uk to find out more about our Community Points Programme, how to join and the work we do.



Our partners at CommunitiesInc created fantastic 'Bystander Intervention' resources, including training sessions, check out more on supporting victims of hate as a bystander on <https://standbyme.uk/>

Misogyny

- Hatred of, contempt for, or prejudice against women or girls.

[mɪˈsɒdʒɪni/]

Stand by Her

Safe ways to help victims of hate in public:

Learn more at [www.standbyme.uk/](https://standbyme.uk/)

See
Observe the situation and pay attention to details.

Report
Report to the police. In case of an emergency, call 999.

Support
Check-in with the victim.

Our Caseworker Ashleigh recently supported a victim of a misogynistic hate crime.

The incident, which started as 'cat calling' at the service-user and her friend, escalated after they did not respond, with the men shouting abuse and even threatening them with rape. Their behaviours escalated further when they threw hot food at her. The victims got help from bystanders, who supported and reassured them, offered first aid and ensured they got safely in their taxi.

Following her report to the police, we got in touch with the victim. The service-user said she was grateful to have somebody listen to her and felt reassured that she was not overreacting for reporting the incident. Ashleigh acknowledged her feelings, explored her coping mechanisms and further clarified that the anxiety and panic attacks she was experiencing were not unusual, as recovery can take different forms for everyone.

Service-user thanked Ashleigh for listening to her and acknowledging her feelings, as well as providing her with a safe space to talk about it freely. She also feels reassured that these types of behaviours are not right and will not be tolerated. Lastly, she explained she was really grateful to the people who supported her during the incident and intervened. She is now supporting her friend to reach out to us for support.

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