

Sev Necati Training



CONTENTS

INTRODUCTION

CASE STUDIES

TESTIMONIALS

AWARDS

NEWS

COMMUNITY INVOLVEMENT

SPONSORSHIP

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Sev Necati Training

INTRODUCTION

Welcome to Sev Necati Training

Sev Necati Training opened as an entrepreneur business in Hackney after winning an award on “The New Entrepreneur Scholarship Programme” supported by the University of East London, East London Business Centre, HBV Enterprise and The Princess Trust. Since then she has won several Business of London awards (including Barclays, Shell & Millennium awards), and more recently three awards which she was commended for “Highly Commended for Diversity in Business” in 2009 and 2008 and “Commended for Business Person of the Year 08”.

Training is provided at a high standard with unique specialist knowledge and expertise in the area of Conflict Management, Self-Defence and Self Esteem and Confidence Building. With tailor made packages delivered on-site, accredited training and providing this to diverse communities such as those from black and ethnic minorities and those that are hard to reach.

Training is provided on-site, so we can provide a flexible staff environment for clients, services users, staff, volunteers and management. With a combination of theory and practical application the training is tailored to meet the needs of each individual and organization. The training can be a few hours, half a day, a day, provided over a number of weeks / months and can take place in the day, evening and weekends. This gives a first class service on meeting the needs.

We maintain the highest integrity, providing confidentiality and client sensitivity ensuring that the environment is safe, supportive and the training is fun, interesting, interactive, learning and sometimes life changing for those that leave with valuable life skills that provide a more balanced, knowledgeable and confident person.

Sev Necati Training is original in its concept in that it strikes a balance between providing training to the community and hard to reach groups a professional one providing training to staff, volunteers and management.

Sev Necati Training bringing positive change to you and your business.

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CASE STUDIES

All names of our clients have to be changed for client confidentiality purposes.

A young man called Steve has been having problems with anger. His family have asked him to get help because it has become an issue for the whole family.

Steve lives in one of the most deprived areas where guns, gangs and violence is a big problem. Steve uses anger as a way of protecting himself from this lifestyle.

After experiencing one of our training courses:

One young man who took part told me the following week that someone had attempted to mug him that weekend and he had immediately thought about all the things he learned in your session which really helped him – this is testament to how valuable sessions like yours are to young people.

A young girl called Lucy is being bullied at school. She is having nightmares and seeing monsters.

After experiencing our therapeutic sessions:

After five therapeutic sessions Lucy is no longer being bullied or seeing monsters. She is able to sleep well at night once again.

Lucy says: "I don't get bullied anymore he wants to be my friend and the angel looks after me at night".

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TESTIMONIALS

What they say about Sev Necati Training!

"I have been meaning to email you for some time with regards to congratulating you on the self protection courses you provide for the vulnerable women on London's Boroughs.

You and your staff, welcomed all the women, provided refreshments, helped those who were unable to do so, complete their application, and medical forms and put them at ease.

You, provided a good training session, making it entertaining for the nervous amongst us , and the course incorporated the age group, which I believe to be from approx 16 - 60.

All the women who partook appeared open and honest, even in front of me, being a police constable, after the initial look on their faces. As a group we were able to move on from my employment to many discussions, on women and how they are given the tools to protect themselves against the current violent culture that we are experiencing on a daily basis.

The audience participated and you were able to deal with the negative attitudes of a particular repeat victim, in a very professional manner. The practical was made to be enjoyed with the underlying message it would send to culprits that women can defend themselves, with their hands, legs and the kitchen sink called 'a women's hand bag'. The practical, I hope empowered women and I hope they took it all on board and can use it, as and when necessary.

On return to work I discussed this with my Sergeant and informed him that I enjoyed the day and would recommend it to anyone. "

PC268 Jacqui COTTER

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TESTIMONIALS

“I am writing this letter to thank Sev Necati for delivering two excellent sessions to my year 6 class on personal safety.

The children were full of praise and knowledge after the teaching and I would highly recommend the training for any other primary schools who may be interested.

Thank you once again for delivering the training at our school.”

Jemma Zighed Year 6 Teacher

“Let me begin by thanking you for facilitating this workshop, the session was both fun and informative, whilst also addressing some serious under-lying issues that affect young women today, both in Hackney and nationally. I would like to acknowledge your high standard of teaching and professionalism, and your genuine passion for keeping young women safe.

I would support and recommend that this work is offered extensively to young people, young women specifically; and would be delighted to offer this training to other young women using Hackney Youth Service.

Overall, the young women found the session very empowering; they were made aware of potential risks and dangers that they may encounter on a daily basis. And they benefited from discovering new techniques of making themselves visible and how to conduct themselves in an assertive and confident manner in order to minimize dangerous or potentially risky situations. They were informed of their legal rights in regards to self-defence and assault specifically, which was very enlightening for many of them.

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TESTIMONIALS

As well as this, they had the opportunity to engage in and practice physical techniques to protect themselves in a threatening situation. The young women really enjoyed the session, found it very useful, and, as a result, feel more confident. Some comments from the young women demonstrate their enjoyment, *“I enjoyed it very much and I intend to attend more lessons”*. Another young woman described the class as *“really really really good help and information – Fun!”*

Thank you again for your energy and effort, and please contact me again if you are able to secure further funding for this well-deserved and much needed service.”

Ciara McDonnell

Young Women’s Worker

“At St Martins Housing Association; a support service for homeless and vulnerable young people aged 16-25. I contacted Ms Necati following an incident earlier this year where one of our tenants was assaulted; the aim being to raise self esteem amongst the young people we work with and to give them the resources to defend themselves should they get into a potentially dangerous situation.

The young people who attended the workshops said that they enjoyed them and got a lot from the sessions; Ms Necati was engaging and clear, speaking to the young people on a level they could understand and facilitating some interesting discussions between the participants.

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TESTIMONIALS

The workshop was well balanced between information (the legal side of defending yourself against attack) and participation, where the young people could talk through their experiences and have a go at practical self defence moves. These are young people who barely sit still for 45 minutes for a keywork session, so the fact that Ms Necati engaged them for 4 hours was a credit to her inclusive attitude and direct style of presentation.

I fully recommend the Personal Safety course as I believe it has been valuable in helping our vulnerable young people feel safer.”

Jess Pamphlett Project Worker

“Thank you for delivering the recent personal safety training session for young people at Stoke Newington School with the Exchange Project. On the whole, the young people seemed to engage well with the majority providing feedback that they enjoyed the workshop, particularly the practical sections.

The workshop highlighted that although only a small percentage of the young people were themselves victims of crime, many of them knew of friends or family who had been directly affected. This seemed to heighten their awareness of victimization and highlighted the need for your session. The feedback forms also seemed to indicate some positive outcomes from the workshop session, such as improved confidence and self-esteem.”

Stephanie McGreevy

Exchange project manager

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TRAINING AWARDS



Above Left: Highly Commended for Best Business in Diversity 2009

Above Right: Archant North & West London Business Awards 2008: 'Commended for Business Person of the Year' & 'Highly Commend for Diversity in Business'

Left: Barclays Trading Places 2008

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NEWS

Sometimes we ask ourselves why do some men become criminals and how do they choose their victims: Stated in the words of a famous criminologist, “When men first come into contact with crime, they abhor it. If they remain in contact with crime for a time, they become accustomed to it, and endure it. If they remain in contact with it long enough, they finally embrace it, and become influenced by it.”

Bearing this in mind why do they choose certain individuals as victims. There is no one right or wrong answer to this. Criminals however like to pick on individuals that they think are easy targets. These may be individuals known to them or strangers. Most attacks against women or perpetrated by others most likely known to them. Thinking about this, what can women do to stay safe.

Things to think about:

1. Before going out on a night out make sure you have told someone you trust where you are going and with whom. When you may be likely to come back home.
2. Do your best to go with a group of other women \ men that you trust. You should always have one person in the group that looks out for you and you look out for them.
3. If you are going to be drinking pre-arrange how you will be getting back home. Black cabs can be hailed off the street but under NO CIRCUMSTANCES get into an unlicensed taxi and \ or cab off the street. This is illegal. Taxis must be pre-booked.
4. Do your best to drink less alcohol and drink more water during your night out. Do your best to stick to the same drink, try and not mix your drinks and always make sure you have your drink with you. If you leave your drink unattended then DO NOT drink it. This is one of the ways drug rape can happen.

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NEWS

5. Taking drugs is illegal. However if you do then do not buy drugs from someone you have just met. Most of the time drug dealers at clubs / bars are selling to the massive and are not selling you what you think you may be buying. They can easily combine it with chemicals that will be very harmful to you and your body, which could mean you have a very bad reaction.
6. Be sensible in your approach. If you are talking to a stranger for the first time then do not give him personal details about yourself like where you live. Do not make yourself vulnerable.
7. Being confident and assertive can assist you from staying out of danger. This is reflected in your body language and demeanor. Becoming drunk and very loud can sometimes draw the wrong people towards you.
8. If a fight breaks out / and or other trouble then remove yourself very quickly from the venue and call the police for help.
9. Do not carry large sums of money, credit cards and other valuables with you. Do not leave your bag un-attended. Just bring what you need for the night. Put some money safely on you away from the money you will be spending on your night out. So if unfortunately if you are a victim of crime and your money / cards are stolen you have some money to get home with.
10. When paying for anything by credit / debit card make sure the machine is brought to you and you see what is being done. If anyone ever takes your card away / and or behind a bar they may be cloning your card.
11. If you are being harassed by anyone then let the management / and or security know. If they are not helpful and you feel scared and do not want to leave the venue because you think you may be followed then call the police.

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NEWS

12. When you leave the venue make sure you have planned prior how you are getting home. Know when your last train / tube and buses are running. Many routes in London run a good night service but after a certain time you may have to wait a very long time. Do not fall asleep when you are alone.
13. Do not take short cuts through alleys and / or parks or other areas, which are unfamiliar to you. Always stick to well lit areas, with other people and walk towards the flow of traffic.
14. Have your keys out and ready in your hands to get into your front door.
15. If you feel very scared and you are on your own then run, get to somewhere safe and call the police.
16. Do not talk on your mobile phone when you get off London Transport and think this is going to save you from being attacked, it just makes you more vulnerable as you cannot see and / or hear what's going on around you.
17. Walk confidently, know how you are getting home, call / text someone when you get home so they know you are home safe (even if you are driving) so if either of you don't call within a certain time then the other knows to check up on you.
18. Drink sensibly and be aware of what you are doing and saying and you will have a more enjoyable time.

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TRAINING COMMUNITY INVOLVEMENT



We constantly seek funding in order to provide FREE training to the community.

We have to date run a large number of training courses and reached over 500 children, young people and women in our communities that have benefited from our FREE training. This training has been invaluable to those that have benefited as some are hard to reach, repeat victims, and whose first language is not English.

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TRAINING COMMUNITY INVOLVEMENT

We are seeking sponsorship, funding and partnership work to be able to further
Enhance the lives of children, young people, women and vulnerable groups in
Some of the most deprived areas of London. Please support us.



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SPONSORSHIP

HOW YOU CAN HELP

Would you like to contribute towards training courses for women and young people who have suffered abuse and trauma? Would you like to benefit from having an association with us and our partners?

We are seeking sponsors from various sources, including the public and private sector, who would like to discuss the opportunity to have their brand, information and interests displayed.

Sponsorship can include directly funding training courses, specific communities, individuals or groups of people that are most economically deprived.

Help us, help everyone

Picking up the pieces of violence and the affect it has on individuals, women, children and the community is estimated that is cost £800m per annum. This figure is more likely to be higher then estimated. It is estimated that an average of £30,000 is spent on each individual annually, in this situation. The strain is not only felt by the individuals, but also by the NHS, the Mental Health Service, the Police, Social Services, Schools and all the other organisations that are set up to provide support.

We all pay the price in the end, with anti-social behavior, drug crime and increased violent crime taking its toll. The most costly violent crime is now estimated to be rape, which has increased significantly since 2000. Violent crime and emotional and physical impacts of crime account for a large fraction of the total cost of crime against individuals and households.

Domestic violence

Many of the women we work with are victims of domestic violence. British Council Safety (BCS) interviews in 2007/08 indicated that victims of domestic violence were most likely to experience repeat victimization. With 45 per cent of victims being victimised more than once. Repeat victimisation accounts for 73 per cent of all incidents of domestic violence as measured by the BCS. Over one in four (27%) victims of domestic violence were victimised three or more times. On average there will be 35 assaults before a victim calls the police. On average, two women are killed a week.

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The total current burden cost of crime against individuals and households in 2003/04 was around £36.2bn – we need the support of people and organisations like yourselves. How would it make you feel if you helped reduce the burden to society, your communities, and individuals and vulnerable groups of people?

We would also like to hear from you if you are interested in volunteering your time and giving your expertise, knowledge and skills. If you can help in anyway, for example, come along and give a talk or assist in the practical training, then please contact us.

Thank You.

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