

# FAQs

## Who are we?

We're Glow and we're on a mission to address, overcome and end domestic abuse.

## What is the Stalking Advocacy Service?

The service provides support and advice if you're experiencing stalking and harassment in Derby City.

## What are the signs of stalking?

Remember the **FOUR** signs of stalking:

- F ixated
- O bsessed
- U nwanted attention
- R epeated behaviour

If you're experiencing persistent and unwanted attention which makes you feel scared or anxious, then you are a victim of stalking. It's not something you should have to live with, and we're here to help you.

## How are referrals made?

Referrals are made through MARAC and the police. For advice or more information, email [IDVAservice@findtheglow.org.uk](mailto:IDVAservice@findtheglow.org.uk) You can also call **01332 985 111** or visit [findtheglow.org.uk/stalking-and-harassment](http://findtheglow.org.uk/stalking-and-harassment)

## Useful contacts

Domestic Violence Helpline for women:  
**0808 800 0340**

Domestic Violence Helpline for men:  
**0800 9956999**

National Stalking Helpline:  
**Tel: 0808 8020300**

Paladin: National Stalking Advocacy Service:  
**Tel: 02038664107**  
Email: [info@paladinservice.co.uk](mailto:info@paladinservice.co.uk)

SV2 – Supporting Victims of Sexual Violence:  
**Tel: 01773 746 115 (option 1 - 7 days a week, 24 hours per day)**

Derbyshire Domestic Abuse Helpline:  
**Tel: 08000 198 668**

**In an emergency always call 999**

# glow

Are you constantly looking over your shoulder? Do you feel scared every time the phone rings?  
**We can help.**

**Stalking Advocacy  
Service  
(Derby City)**

Glow is part of the Honeycomb Group



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## Stalking can happen to anyone

Stalking is **persistent** and **unwanted** attention from someone you know, or a stranger, that makes you feel pestered and harassed. It can take place over a long period of time, leaving you feeling constantly nervous and afraid. It can happen both in-person and online.

## How we can help

We're here to give you the tools and support you need to move forward towards a life free from stalking, harassment and abuse.

We understand what it's like to be on the receiving end of stalking and we are here to help. As well as helping you move on from the effects of stalking and harassment, we'll also guide and support you through the court process, if this is a path that you want to take.

## How do perpetrators stalk?

- **Through hidden cameras**

Such as ones concealed in TVs, wall sockets, fire and smoke detectors, clocks, plant pots, water bottles, key fobs, mobiles and air fresheners.

- **Through listening devices**

Such as hacking phones or using smart speakers.

- **Tracking devices**

Such as air tags, GPS or hidden phone apps

- **Online**

Via social media, gaming sites or identity theft.

- **In-person**

Following, turning up at places of work or at home, watching and spying.

## Stalking is R E A L

**R**eport - to the police

**E**vidence - any concerns

**A**dvice - reach out to agencies

**L**og - keep a record of incidents

## Things you can do

One of the challenges with stalking is its continuous, repetitive nature that some people might see as a series of 'small incidents.' Helping the police and courts to see the bigger picture can make it much easier to deal with the offender's behaviour.

There are things you can do straightaway if you think you're experiencing stalking and harassment that will support any legal cases:

- **Keep a diary of events**

Write down the date, time, location and details of what happened. It's also a good idea to include information about any other witnesses who can confirm what happened.

- **Keep copies of everything**

Keep copies of letters, texts and emails. Take screenshots of other online messages (for example, on Facebook)