

Domestic Violence Units

“I am very pleased to share my experiences of working with Sev Necati, and also experiencing her 10 week self defence course in Wembley Youth Centre in November 2015. I work as the Violence against women and girls prevention worker at Advance advocacy services. The self defence course was commissioned by Advance as a part of the Wembley Stadium Trust small grant project.

Sev was professional, open to partnership working and organised with course material, resources and sessions planning. The participants were very engaged and the overall feedback was very positive. Sev Necati's course design and delivery is unique with its balanced approach to self defence techniques and tools to build mental strength and self esteem. The course is well rounded in building the participant's awareness to risks, understanding the context of power and control that gives rise to violence against women and girls and encouraging girls to unleash their physical strength to defend and protect themselves against harm.

I was very impressed to see the girls gaining confidence as the weeks went by and how Sev took care to realise the potential of each individual participant and pushed them to challenge themselves a little more each time. They emerged feeling confident and stronger.

I highly recommend Sev Necati's self defence courses and feel it is very relevant for a wide range of people and the course is adaptable to the needs to different groups.”

Violence against women and girls prevention worker at Advance

“Sev Necati worked to deliver personal safety training courses for women as part of the Tower Hamlets Warrior Women Training Programme.

The programme provided holistic personal safety training for women, including discussion based learning about issues such as domestic violence and sexual assault. Sev worked on increasing the self-esteem and confidence of these women in personal safety, she taught them their rights as well as practical basic self defence techniques. Sev worked with groups of 8-13 women, from diverse backgrounds. Sev demonstrated a thorough knowledge of the techniques used and her teaching methods were well received by participants.

The project was the winner of the Increasing Safety award at the Mayor's Domestic Violence awards. The project is included in the Domestic Violence 2007 Annual report, category one: for increasing the safe choices for women and children, including self-defence and empowerment work. All women that attended this course said in their evaluations how they had felt more confident after the training, how unaware they were of their rights and how they felt empowered after the training.”

Mayram Rouf, Community Outreach and Education Officer

“Sev delivered an excellent training session to our group of women. The training was provided to everyone at the appropriate levels.

We defiantly have more awareness and understanding about personal safety.”

Meral Halkaei, DV Outreach Worker, Derman