

11 questions that help identify risk in stalking:

1. Are you very frightened?
2. Has the person harassed/stalked you or someone else before?
3. Has the person ever destroyed or vandalised your property?
4. Does the person visit your home/work more than 3 times per week?
5. Has the person loitered around your home/work?
6. Has the person made any threats of sexual or physical violence against you?
7. Has the person stalked/harassed any third party since the harassment began?
8. Has the person acted violently towards other people?
9. Has the person persuaded other people to help him/her?
10. Is the person known to be abusing drugs/alcohol?
11. Is the person known to have been violent in the past?

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National Stalking Advocacy Service



If you are in danger or wish to report a crime:

Gloucestershire Police

Emergency phone: **999**

Non-emergency phone: **101**

For advice and support:

National Stalking Helpline

For advice and support, the National Stalking Helpline will make referrals to local support, including the Gloucestershire Stalking Advocacy Service (GSAS)

Phone: 0808 802 0300

Website: www.stalkinghelpline.org

Email: advice@stalkinghelpline.org

Victim Support Gloucestershire

For referral to support for victims of non-domestic abuse related stalking at standard or medium risk.

Email: Referralgloucester@victimsupport.org.uk

Local victim care team: 0808 281 0112

Out of hours Support line: 08 08 16 89 111

Gloucestershire Domestic Abuse Support Service (GDASS)

For advice, referral and IDVA service for stalking cases linked to domestic abuse

Website: www.gdass.org.uk

Email: support@gdass.org.uk

Helpdesk line: 0845 602 9035

Professionals line: 01452 726561

Paladin

National Stalking Advocacy Service

For advice and referral.

Phone line: 020 3866 4107

Email: info@paladinservice.co.uk

Website: www.paladinservice.co.uk/

More information is available at
www.glostakeastand.com

Stalking advice leaflet



Are you...

Having trouble with an ex partner?

Scared of someone who won't leave you alone?

Being hassled by someone who won't take no for an answer?

Worried someone's got an unhealthy obsession with you?

Frightened someone wants to hurt you?

Stalking is a crime. It's defined as "A pattern of unwanted fixated and obsessive behaviour involving the intrusive following, contacting or monitoring of the victim causing fear of violence and serious alarm or distress."

Stalking has a devastating impact on victims and it can also lead to violence – including rape and murder.

People can be stalked by an

- Ex-Partner
- Family
- Friends
- Colleagues
- Acquaintance
- Strangers

Stalking can seem trivial at first. It can involve:

- Phoning
- Texting
- Making threats
- Following you
- Sending you unwanted 'gifts'
- Tracking you
- Pestering you online
- Any other behaviour that is unwanted by you

Anyone can be a victim of stalking



20 year old Gloucester hairdresser Hollie Gazzard was stalked by her ex-boyfriend who couldn't accept the relationship was over. He stole from her, texted her, threatened her and her family and just 4 days after she'd finished with him he stabbed her to death.



Professionals can also be at risk of stalking:

Dr Eleanor Aston is a Cheltenham GP who has been stalked by a former patient for almost 10 years. It began with flowers and cards but he developed a fixation with Dr Aston that continued despite restraining orders and him being sent to prison. Dr Aston says 'stalking has impacted every area of my life.'

Anyone can be affected by stalking; men as well as women. Anyone can be a stalker; friends, acquaintances, neighbours, colleagues, clients, customers etc. Stalking happens in various situations and stalkers are motivated for different reasons. Some stalkers may have a grievance or want revenge, some want a relationship (whether you want one or not) some may want to hurt their victim.

*David has been stalked by his girlfriend's ex-partner. He says "I wouldn't wish stalking on anybody. I have lost everything. The intimidation and bullying I have faced – being followed to and from work, being watched, my family being threatened – it's been horrendous. I've had to move house because it's the only way I can feel safe again."

Tara* joined an online dating site to meet new people. She began 'chatting' to a man who was friends with a couple of her friends on social media. She asked her friends what he was like but they admitted they didn't actually know him, so Tara changed her mind about the date. He then bombarded her with texts and calls, he found out where she was working and started to follow her. Tara says, "It all happened so quickly. When he told me the name of the street I was in, I was terrified. Someone should be able to change their mind about going on a date without having to put up with this sort of abuse."

*Names changed

Gloucestershire is committed to taking Stalking seriously. If you are concerned about stalking, please report to the police and seek advice and support from the National Stalking Helpline on 0808 802 0300 who will refer you to local specialist support.