



Institute For
Addressing
Strangulation

ANNUAL CONFERENCE

IFAS Conference 2026

Addressing Strangulation in the Violence Against Women
and Girls Strategy

Building a Safer Society for All

Tuesday 8 September 2026

Crowne Plaza Hotel, Birmingham

DELEGATE PACK

About IFAS

The Institute for Addressing Strangulation (IFAS) was established in October 2022, following the introduction of strangulation and suffocation as a standalone offence in the Domestic Abuse Act (2021). Funded by the Home Office and sitting within the Faculty of Forensic & Legal Medicine, IFAS is the UK's centre for expertise on the forensic medical aspects of non-fatal strangulation.

IFAS conducts research, develops clinical guidance and resources, analyses how strangulation is reported and understood, and — with our partners SafeLives — has trained more than 22,000 frontline professionals since 2022. Survivors shape everything we do.

There is no safe way to strangle

**EVIDENCE. LIVED EXPERIENCE. COLLABORATION.
ACTION.**

A word from our Chief Executive



Dear Delegates,

Welcome to the IFAS Annual Conference 2026. Since IFAS was established in 2022, our purpose has been clear: to improve understanding of strangulation, strengthen the response to those affected by it, and turn evidence and lived experience into meaningful change.

This year, we are bringing strangulation firmly into the wider conversation about preventing Violence Against Women and Girls. We know that strangulation does not occur in one setting or affect one part of the system. It is encountered across healthcare, education, policing, criminal justice and frontline support services, and in different contexts of violence and abuse. Understanding those contexts – and how we respond to them – requires all of us.

Throughout today we will hear new research and evidence, examine criminal justice and professional responses, and explore prevention, safeguarding, education and the conversations we need to have with young people, men and boys, and wider society.

But this conference is also about what happens after today. Whatever our role, each of us has an opportunity to recognise risk earlier, challenge the normalisation of strangulation, strengthen the response when it occurs and help prevent harm before it escalates.

IFAS has achieved a great deal in a short time, but there is much more to do. Today is an opportunity to learn from one another, challenge our thinking, share best practice and build the connections needed to turn evidence into action.

Thank you for joining us, and for the work you do to improve responses to strangulation and support those affected by violence and abuse. I hope today leaves you not only better informed, but clearer about the part each of us can play in building a safer society for all.

Bernie Ryan, OBE

Chief Executive, Institute for Addressing Strangulation

A THOUGHT TO CARRY THROUGH THE DAY

"Knowing my story is so important... we can make changes for our children, for our children's children, and all the other women that we don't know."

— Survivor, Reclaiming My Voice

Your conference at a glance

Today brings together professionals from across sectors to explore the different contexts in which strangulation occurs, strengthen our collective understanding of risk and consider how each of us can contribute to better recognition, response and prevention.

Today we will

- Explore the different contexts in which strangulation occurs and what the evidence tells us about risk and harm.
- Connect research and lived experience with policy, practice and prevention.
- Consider the role different professions and systems can play in recognising, responding to and preventing strangulation.
- Share learning and best practice across sectors, identifying what we can take back into our own work.

Practical information

Venue	Crowne Plaza Hotel, Birmingham
Registration	09:00 – 09:30, registration desk outside the Vista Suite
Wi-Fi	Select "IHGWIFI.com", choose the Access Code tab and enter the password BHXCT
Quiet / support space	Meeting Room 3

Accessibility support

Pre-requested accessibility requirements are already arranged with the venue. Please speak to the IFAS team at registration if you need support on the day.

Join the conversation

We encourage you to ask questions, share learning and connect with others throughout the day.

ifas.org.uk/ifas-conference-2026

CONFERENCE HUB

[Sign up to our mailing list](#)

MAILING LIST

Tuesday 8 September 2026

TIME	SESSION	PRESENTER(S)
09:00 – 09:30	Registration	
09:30 – 09:40	IFAS Opening Address	Bernie Ryan, OBE, CEO at IFAS
09:40 – 10:00	Ministerial Address	Satvir Kaur MP, Home Office Minister for Safeguarding and VAWG
10:00 – 10:30	Paying the Cost of Paying Lip Service: It Doesn't Have to be This Way	Professor Cath White, OBE, Medical Director at IFAS
10:30 – 11:00	More Than a Method: Understanding Strangulation as Cultural Coercion in Honour-Based Abuse	Ameera Jamil, Co-founder and Executive Director of Recultured
11:00 – 11:15	Break	
11:15 – 11:40	Recent Developments on NFS Laws and Their Effects on Intimate Partner Homicides	Professor Climent Quintana-Domeque, Professor of Economics, University of Exeter Professor Sonia Oreffice, University of Exeter

TIME	SESSION	PRESENTER(S)
11:40 – 11:55	Strangulation presence in stranger sexual violence: 20 years of National Crime Agency records	Dr Zoe Callon, Research Manager at IFAS; Lecturer, Bournemouth University
11:55 – 12:30	Reflecting on the Criminal Justice Processes — Panel Discussion	Lotte Young Andrade, Research Officer at IFAS Andrea Griffiths, Deputy Chief Crown Prosecutor Jo Lazzari, District Crown Prosecutor, CPS North West Angie Whittaker, NCVPP / NPCC representative Professor Cath White, OBE, Medical Director at IFAS
12:30 – 12:45	Q+A Session	Professor Climent Quintana-Domeque, Professor Sonia Oreffice, Professor Cath White, Dr Zoe Callon, Lotte Young Andrade
12:45 – 13:45	<i>Lunch</i>	
13:45 – 14:05	Keynote	Jess Asato, MP for Lowestoft and Independent Adviser to DHSC on VAWG
14:05 – 14:50	Workshops — pre-selected	
14:50 – 15:10	Workshop Feedback and Discussion	

TIME	SESSION	PRESENTER(S)
15:10 – 15:30	<i>Break</i>	
15:30 – 16:00	The Power of Storytelling to Engage Young People	Trupti Reddy, Head of Impact & Policy, Tender Nika Noakes, Head of Communications and Engagement at IFAS
16:00 – 16:25	Including Men and Boys in the Conversation	Jamie Bale, Senior Schools Coordinator at Beyond Equality Annie Poland, Head of Policy and Research at ERAW
16:25 – 16:30	Closing Remarks	Bernie Ryan, OBE, CEO at IFAS

Your pre-selected workshop

Three parallel workshops run after the Keynote. Workshops were pre-selected when you booked — please make your way to the room shown for your workshop.

1

Getting the Best Strangulation Forensic Medical Evidence into the Courtroom

The National Crime Agency (NCA)

Professor Cath White, OBE, Medical Director at IFAS

Farah Yusuf, Forensic Physician, St Mary's SARC

ROOM: MEETING ROOM 6

2

Getting the Best Out of Conversations About Strangulation with Young People

Jonny Hunt, Senior Lecturer in Applied Social Sciences — Childhood and Youth Studies, University of Bedfordshire

ROOM: MEETING ROOM 4

3

Getting the Best Safeguarding Response to Strangulation

Emma Robinson, Head of Training and Practice at SafeLives

IFAS Survivor Group Members

ROOM: VISTA SUITE

CONTRIBUTORS

Meet our speakers

Bringing together expertise across research, healthcare, criminal justice, policy, education, prevention, communications and lived experience.

Bernie Ryan, OBE

Chief Executive, IFAS

Session: **Opening Address • Closing Remarks**



Bernie is the Chief Executive Officer for IFAS. Bernie has worked in the VAWG sector most of her career in strategic, educational, policy and influencing roles, nationally and internationally, to improve the response to victim/survivors of VAWG.

Bernie was awarded an OBE in the Queen's New Year Honours 2017 for Services to Victims of Sexual Violence.

Satvir Kaur MP

Home Office Minister for Safeguarding and VAWG

Session: **Ministerial Address**



Satvir Kaur MP was appointed Home Office Minister for Safeguarding and Violence Against Women and Girls, and jointly Minister for Equalities, on 22 July 2026.

Professor Cath White, OBE

Medical Director, IFAS

Session: **Paying the Cost of Paying Lip Service • Panel • Workshop 1**



Professor Catherine White OBE is Medical Director of the Institute for Addressing Strangulation and former Clinical Director of Saint Mary's SARC. Her research helped inform the change in law on non-fatal strangulation in England and Wales, and she was awarded an OBE in 2014 for services to vulnerable people.

Ameera Jamil

Co-founder and Executive Director, Recultured

Session: **More Than a Method: Strangulation as Cultural Coercion**



Ameera Jamil is Co-founder and Executive Director of Recultured, specialising in harmful practices including honour-based abuse, forced marriage and FGM. With 14 years' frontline experience across the voluntary, legal and higher education sectors, her work combines research, professional practice and lived cultural expertise, including exploring strangulation as a mechanism of coercion and control within honour-based abuse.



Professor Climent Quintana-Domeque

Professor of Economics, University of Exeter

Session: **Recent Developments on NFS Laws · Q+A**

Professor Climent Quintana-Domeque is Professor of Economics at the University of Exeter, specialising in health, inequality, domestic abuse and violence against women and girls. His research has informed public policy, including recent legislative change concerning non-fatal strangulation in Jersey and related policy discussions in Scotland.



Professor Sonia Oreffice

University of Exeter

Session: **Recent Developments on NFS Laws · Q+A**

Professor Sonia Oreffice is Professor of Economics and Deputy Director of Research at the University of Exeter. Her research focuses on intimate partner violence, family inequality, gender and health, including recent research evaluating the impact of non-fatal strangulation legislation on intimate partner homicides and informing policy discussions in the UK.



Dr Zoe Callon

Research Manager, IFAS; Lecturer, Bournemouth University

Session: **Strangulation in stranger sexual violence · Q+A**

Dr Zoe Callon is a Lecturer at Bournemouth University and former Research Manager at IFAS. With a PhD in Forensic Psychology and previous experience as a Crime Analyst, her research spans sexual violence, human trafficking, police culture and the reporting of strangulation.



Angie Whittaker

NCVPP / NPCC representative

Session: **Criminal Justice Processes — Panel Discussion**

Andrea Griffiths is a Deputy Chief Crown Prosecutor with the Crown Prosecution Service, with over 24 years' experience in criminal law and public prosecution. She provides strategic leadership for Crown Court casework across the CPS North West Area and is the Area lead for Honour-Based Abuse.



Jess Asato MP

MP for Lowestoft; Independent Adviser to DHSC on VAWG

Session: **Keynote**

Jess Asato MP is the Member of Parliament for Lowestoft and VAWG Adviser to the Department of Health and Social Care. She previously held senior policy roles at Barnardo's and SafeLives and successfully campaigned for a ban on strangulation in online pornography in the Crime and Policing Act 2026.

Jonny Hunt

Senior Lecturer in Applied Social Sciences, University of Bedfordshire



Session: **Getting the Best Out of Conversations About Strangulation with Young People**

Jonny Hunt is a Senior Lecturer in Childhood and Youth Studies at the University of Bedfordshire and an independent Relationships and Sex Education (RSE) Consultant. With over 20 years' experience working with children, young people and professionals, he specialises in inclusive, rights-based RSE and is co-developing the Re-imagining RSE project with Dr Emily Setty.

Trupti Reddy

Head of Impact & Policy, Tender

Session: **The Power of Storytelling to Engage Young People**



Trupti is Director of Impact & Policy at Tender Education and Arts, a charity working to preventing violence against women and girls through drama-based educational programmes. Her role encompasses both research and evaluation and public affairs, using Tender's evidence and working with sector partners to promote the adoption of evidence-based preventative approaches to preventing VAWG.



Nika Noakes

Head of Communications and Engagement, IFAS

Session: **The Power of Storytelling to Engage Young People**

Niharika (Nika) Noakes is Head of Communications & Engagement at the Institute for Addressing Strangulation (IFAS), leading strategic communications, public engagement and stakeholder relationships. With over a decade of experience across the charity, health and public sectors, she specialises in translating evidence into accessible communications that influence policy, strengthen practice and improve public understanding.



Jamie Bale

Coordinator, Beyond Equality

Session: **Including Men and Boys in the Conversation**

Jamie Bale is Schools Coordinator at Beyond Equality, where he works directly with young people to challenge gender-based violence and VAWG and broaden perspectives on masculinities. His background spans project management, participatory arts and collaborative approaches to social change.



Annie Poland

Head of Policy and Research, EVAW

Session: **Including Men and Boys in the Conversation**

Annie Poland is Head of Policy and Research at the End Violence Against Women Coalition (EVAW), with 15 years' experience across the VAWG sector. Her work spans frontline support, prevention, research, campaigning and policy, including work to address online harms and image-based sexual abuse.

Emma Robinsonson

Head of Policy and Research, ERAW

Session: **Getting the Best Safeguarding Response to Strangulation**



Emma is Head of Training and Practice at SafeLives, the UK-wide charity dedicated to ending domestic abuse. She has more than 20 years' experience working across domestic abuse and sexual violence in both the charity and public sectors. Emma is passionate about tackling inequality and injustice and improving responses and outcomes for victims and survivors. At SafeLives, she leads work supporting professionals to deliver effective, survivor-centred responses to domestic abuse..

Dame Nicole Jacobs

Domestic Abuse Commissioner for England and Wales

Session: **Keynote**



Dame Nicole Jacobs is the Domestic Abuse Commissioner for England and Wales and was appointed as the first Commissioner in 2019. With nearly 30 years' experience in domestic abuse services, policy and intervention, she champions the voices of victims and survivors and works to improve the national response to domestic abuse.

Dr. Farah Yousef

Senior Forensic Physician, Manchester University NHS Foundation Trust

Session: **Getting the Best Strangulation Forensic Medical Evidence into the Courtroom**

Farah has delivered frontline medical care for 39 years and has worked for nearly 20 years as a forensic physician at St Mary's Sexual Assault Referral Centre (SARC) in Manchester, examining patients following rape, sexual assault and non-fatal strangulation. She delivers training in sexual offences medicine in the UK and internationally, is an Examiner for the Faculty of Forensic and Legal Medicine (FFLM) and acts as an expert witness in cases referred by the National Crime Agency's Forensic Medical Advice Team (FMAT).

Andrea Griffiths

Deputy Chief Crown Prosecutor, Crown Prosecution Service

Session: **Reflecting on the Criminal Justice Processes – Panel Discussion**



Andrea Griffiths is a Deputy Chief Crown Prosecutor with the Crown Prosecution Service (CPS), with more than 24 years' experience in criminal law and public prosecution. Based in the North West, she provides strategic leadership for Crown Court casework across Greater Manchester, Lancashire and Cumbria and is the Area lead for Honour-Based Abuse. Andrea is committed to improving the prosecution of complex and sensitive cases, supporting victims and maintaining public confidence in the criminal justice system.



Jo Lazarri

District Crown Prosecutor, Crown Prosecution Service

Session: **Reflecting on the Criminal Justice Processes – Panel Discussion**

Inspired by her voluntary work with Women's Aid, Jo joined the Crown Prosecution Service (CPS) 20 years ago to help improve the criminal justice response to domestic abuse. She has worked across the North West, developing specialist courts and partnerships, and has contributed nationally to work on coercive control and intentional strangulation. Now a senior leader in a large Crown Court Unit in Yorkshire and Humberside, Jo continues to champion improvements in the response to VAWG.



Jo Lazarri

Research Officer, IFAS

Session: **Reflecting on the Criminal Justice Processes – Panel Discussion**

Lotte has contributed to a number of major research projects addressing gender-based violence, including the independent academic review of prosecutions of rape and serious sexual assault under Operation Soteria and in-depth analysis of suicide domestic violence death reviews. Her work combines rigorous socio-legal research with a strong commitment to improving policy and responses for victim-survivors.

ifas.org.uk/blog

SPEAKER SPOTLIGHTS

Evidence into action

Survivor voice sits at the heart of how IFAS works. Lived experience informs research, training, resources and policy advocacy. IFAS works with survivors individually to understand how, and whether, they wish to contribute — always at a pace and in a form that is right for them.

IFAS impact in brief

22,000+

frontline professionals trained since 2022, in partnership with SafeLives

44,426

strangulation offences recorded in England and Wales, 2024–2025

87%

rise in recorded offences since the standalone offence was introduced

300+

media articles analysed to help shape responsible reporting

Three questions to take through the day

- What have I heard today that challenges or changes my understanding?
- Where could my organisation strengthen its response to strangulation?
- What is one action, conversation or connection I will take forward after today?

Share and connect

We welcome delegates sharing learning from the conference on social media. Please be mindful of confidentiality, survivor privacy and any session-specific requests about what should not be shared.

#IFASConference2026 #EvidenceIntoAction

ifas.org.uk/blog	linkedin.com/company/91709547	Open the feedback form
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IMPACT REPORT 2022–
2026

IFAS LINKEDIN

CONFERENCE FEEDBACK

Your wellbeing, safety and privacy

Content note

Today's programme includes discussion of strangulation, domestic abuse, sexual violence, coercive control, homicide and other forms of violence and harm. Some content may be difficult or distressing. Please look after yourself in whatever way you need: you are welcome to step out of a session at any time and return when you feel ready.

Support during the conference

A quiet/support space is available in Meeting Room 3. If you need assistance during the day, please speak to [SURVIVOR LIAISON LEAD / DESIGNATED TEAM MEMBER] or a member of the IFAS team at registration.

Photography and filming

Photography and/or filming may take place during the conference for IFAS communications. If you do not wish to be photographed or filmed, please tell the registration team on arrival. Please also respect other delegates' privacy when taking or sharing your own photographs.

Confidentiality and respectful participation

We ask everyone to contribute in a way that respects the experiences and perspectives shared in the room. Please do not share another person's lived experience, personal information or identifiable contribution outside the conference without their permission.

Continue your learning

IFAS develops research, clinical guidance, professional resources and survivor-informed materials to strengthen understanding and responses to strangulation.

Clinical guidance

Guidelines for the clinical management of non-fatal strangulation, plus the NFS proforma and guidance for police management of strangulation.

Victim and survivor information

Information and resources shaped by our survivor group: what to look out for, when to seek help and where to find support.

Research and publications

UK prevalence, police and ONS data, prosecution and sentencing, and our analyses of Domestic Homicide Reviews.

Children and young people

Clinical guidelines and leaflets on non-fatal strangulation in children and young people.

Training and e-learning

Specialist non-fatal strangulation training for frontline professionals, delivered with SafeLives.

Podcasts, blogs and media

Accessible discussion, lived experience and evidence — including our analysis of UK media reporting.

ifas.org.uk/resources

THANK YOU

Stay connected

Thank you for joining the IFAS Annual Conference 2026 and for being part of the conversation about how we recognise risk, strengthen responses and build a safer society for all.

After the conference

Use the Conference Hub for follow-up materials as they become available, including approved slides, resources, Speaker Spotlights and other conference outputs.



Conference Hub

Programme, speakers, resources, feedback and post-conference materials.

Institute for Addressing Strangulation

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From evidence to action. From awareness to change.