



**i2QB - Inspire 2 Quit Blades** - is a Community Interest Company aimed at Young People ranging from Primary school age (8/9 years old) through to people in their early 20s - from a variety of backgrounds.

**i2QB** aims to positively change young people's mindset in relation to carrying and using knives, driving change to reduce the upsurge in knife and violent crime.

The sessions, ideally lasting approximately 1 hour in length (can be tailored to fit class length), make young people really understand the consequences of carrying a blade - including both the traumatic physical and psychological damage which can result from a stabbing. Using a real life experience, this no-holds barred approach aims to make young people **Stop, Think and Process** the true reality (life before, during and after the trauma) and then **empower** them to **know things can be different** no matter how challenging their current situation is.

Led by Natalie Queiroz - the victim of a violent stabbing back in 2016 - **i2QB** aims to give a different angle to other anti-knife crime talks. Coming from first-hand experience of living through that terrifying experience and the horrific aftermath, Natalie unequivocally lays out what the reality is of being the victim of a stabbing, as well as clearly highlighting how small changes in circumstances that day could have led to her not surviving the horrific attack launched upon her. The session allows for true reflection on the reality/consequences of carrying a knife - so important in today's world where carrying a knife seems to be slowly becoming 'normal' or 'essential' for so many.

Through discussion about her recovery (including dealing with her Post Traumatic Stress Disorder) and determination to not sink under the desperate situation she was placed in, Natalie highlights how by focussing on your **reaction** to circumstances out of your control, you can find a resilience you may never have realised you had and the ability to create a better life ahead is achievable. Before rounding up her sessions she explores with the group the consequences for perpetrators as well - using a real life example to demonstrate how devastating it can be too for the person carrying a knife; In addition to the wider 'ripple' effect of knife crime.

**i2QB** aims to Inspire Young People that life can be positive and focuses on the key message that they can all achieve more than they thought possible regardless of their background and environment. It is a journey to empower and inspire every young person's life to be led without the need for blades.

**Testimonial (for more check out the 'Testimonials' section of [www.i2qb.org](http://www.i2qb.org))**

Taken from 4 sessions run at a Pupil referral Unit:

Open discussions ensued with staff amazed at how engaged the pupils were throughout the talks and after. Individual positive notes were written and sent to Natalie from the pupils, as well as a couple of anti-knife crime poems they had written.

Email from their Head Teacher:

‘Natalie,

It was so lovely to meet you. The students and staff were buzzing from your talks - that were fact based, honest, from the heart, highly informative, compassionate with a good sense of humour - absolutely amazing to hear your tragic horrendous story of absolute courage, determination, inner strength to stay alive and amend your life and those around you with love and emotional resilience. You were able to share your life in such a way that it has had a massive impact on our students and staff that will stay with them for positive reasons for life - hopefully enabling them to have a far better understanding of knife crime and the impact it has on everyone.

I will be willing to talk to any school to tell them **THEY MUST LET YOU IN** to share your story to students of all ages, as by doing so we might be able to educate enough students to reduce this epidemic among the younger generations’.

### **About Natalie Queiroz**

Mother of 3, Natalie was attacked in the street at 3pm in the afternoon near Sutton Coldfield town centre on Friday 4th March 2016 by who she thought was an unknown attacker. In a relentless attack lasting 9 minutes she was stabbed 24 times with a 12 inch carving knife. The knife hit the outside of her heart, her right lung (collapsing it), her diaphragm in 2 places, her liver, her uterus and the main artery in her wrist was purposely sliced open. The attacker turned out to be her partner in disguise - father to the baby - a man who had left home as normal that morning and from whom there was no warning.

From her survival she has gone on to rebuild her then destroyed life. She is a trained public/motivational speaker, delivering talks to small groups up to large audiences; as well as being a qualified coach and trainer - ILM3 and ILM5 coaching qualifications gained during the later years of her 19 year career in the pharmaceutical industry before the attack. She has recently undertaken and successfully completed both a ‘Trauma Informed Approach’ course designed to engage young people who have experienced trauma in their lives; and an extended Youth Mentoring Course. She is currently studying part-time for her OCN Level 3 in Working with Gangs and Youth Violence.

In 2019 she became a published author of her self written book - ‘Still Standing’ documenting her journey - which hit Number 1 in Amazon’s Criminology books and Women’s biographies, and Number 3 in Amazon’s overall Best Sellers. The book has now gone into the international market being stocked in 6 different countries as well as being translated into its first non-English version. Winner of Midlands Air Ambulance Charity Inspiration Award in 2017, she has also been awarded Community Champion 2019 by the Aston Villa Foundation for her charity work and focus on trying to reduce knife crime. She has also been highly commended by the MBCC Awards for being an Inspirational Person; plus in 2020 was named a finalist for a Pride of Britain Regional Fundraiser award.

She fundamentally believes we need to change the mindset of our youth and make carrying a knife seem ‘cowardly’ and innately the wrong thing to do. She believes we need to make carrying a knife socially unacceptable amongst peers.

Natalie aims to empower our youth to drive that change.

### **For more information contact:**

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Natalie’s TEDx talk (recorded Dec 2019) can be viewed:

<https://www.youtube.com/watch?v=5wSrnX8hUT8>

A short video documenting Natalie’s attack and rescue by Midlands Air Ambulance can be found on You Tube: Natalie’s Story Air Ambulance <https://www.youtube.com/watch?v=x02FI5yGX8c>