



**Violence Against Women & Girls**  
**A monthly newsletter brought to you by the**  
**Cambridgeshire & Peterborough Domestic Abuse & Sexual Violence Partnership**

**July 2016**

Dear Partners

We're gearing up for a very busy summer and autumn with a number of local, regional and even national work streams so look out for more information in future newsletters as things take shape.

In this issue you will find information about a new Women's Aid initiative 'Change that Lasts' (page 3) that aims to involve the community more in raising awareness of domestic abuse. In Cambridgeshire, we have been working with communities, business and employers for some time so we are glad this approach is being given a national boost. Keir Starmer has also called for more involvement from workplaces (page 5) which is a timely link to awareness raising the our partners in Fenland have been doing with businesses this month (page 7).

Cambridge City Domestic Abuse Forum advises us that, by kind invitation of White Ribbon Ambassador and Chairman Dave Doggett, a White Ribbon Stall will be held at the Cambridge United Football Club Open Day at their Stadium on Newmarket Road, Cambridge CB5 8LN on Sunday 24 July from 11am-3pm.

I hope you enjoy the newsletter and remember that you can submit articles to [Amanda.warburton@cambridgeshire.gov.uk](mailto:Amanda.warburton@cambridgeshire.gov.uk)

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[www.cambsdasv.org.uk](http://www.cambsdasv.org.uk)



## **Upcoming Training**

The dates and venues for Domestic Abuse training are below, to book, click on the following link and choose the 'Workforce Development Children's' option at the bottom of the page

<http://www.cambridgeshire.gov.uk/learntogether/social>

### **Introduction to Domestic Abuse (1.5 day course)**

12-13 October 2016      6-7 December 2016

**Domestic Abuse Risk Assessment** - 11<sup>th</sup> October, 25<sup>th</sup> January 2017

### **Domestic Abuse Typologies –**

Details of all four levels of domestic abuse training offered in Cambridgeshire are now available on our website [http://www.cambsdasv.org.uk/website/training\\_1/86050](http://www.cambsdasv.org.uk/website/training_1/86050)

### **Safeguarding Adults Training 2016/17**

The new one day course on domestic abuse for people working with adults at risk runs monthly. The new Safeguarding Adults Training Programme, including all course dates, can be downloaded [here](#).

### **Cambridgeshire LSCB 2016/17 Training Programme**

The LSCB have launched their 2016/17 training programme.

All course and application information is now available on the LSCB website where you can also apply for the courses via Booking Bug.

You will also find the LSCB training principles and information relating to non LSCB courses and LSCB single agency validation [www.cambridgeshire.gov.uk/lscb](http://www.cambridgeshire.gov.uk/lscb)

## **New sexual exploitation resources for adults with learning disabilities**

Association for Real Change (ARC) was established to promote the quality of life, maintenance of standards and diversity of provision for people with a learning disability. Helping Each Other was an ARC three year project, funded by Comic Relief. The innovative project trained 12 young people with learning disabilities, who have experienced sexual exploitation, to become peer trainers, and supported them to deliver awareness sessions to 200 other young people with learning disabilities. They were also supported to make presentations at conferences and workshops, and to groups of professionals.

As part of the project, materials were developed that can be used independently to raise awareness about sexual exploitation with more young people with learning disabilities. These can be downloaded at the following link <http://arcuk.org.uk/blog/helping-each-other-training-materials/>

## **Change that Lasts**

The national domestic abuse charity Women's Aid, in wider partnership with domestic abuse charity SafeLives, is launching a new comprehensive approach and scheme to tackle domestic abuse called 'Change that Lasts'.

'Change that Lasts', which is funded by the Big Lottery Fund's Women and Girls Initiative, will be piloted from July in Northumbria, Nottinghamshire and Surrey to help women experiencing domestic abuse receive support earlier, and help them to achieve long-term recovery and independence.

'Change that Lasts' is formed of three main schemes within which will work together to get victims of domestic abuse to safety, freedom and independence quickly: 'Ask Me', 'Trusted Professional' and 'Specialist Support Services'.

'Ask Me', a community-based campaign, aims to create communities in which survivors can disclose abuse early, and access support quickly. The scheme will create safe spaces in local business and community settings where women experiencing coercive control and other forms of domestic abuse can talk to someone and get help they need quickly. 'Ask Me' appeals for residents who work in jobs that interact frequently with local communities to become an 'Ask Me Ambassador' and help spot victims of domestic abuse and signpost women for additional help to their local services.

'Trusted Professional', a campaign centred around support and professional services, will provide specific training to those working in a service that are likely to have contact with victims of domestic abuse – for example a health visitor, children's centre, drug/alcohol support, housing and family intervention. The training will help these professionals to identify the signs of domestic abuse and violence, provide support and advice including safety-planning and signpost victims accordingly.

'Specialist Support Services', a specialist domestic violence services focussed scheme working with local services to adopt a strengths-based, needs-led, trauma-informed approach, reflective of the Change That Lasts model. All three schemes under 'Change that Lasts' will be rolled out later this year.

## **Choosing to Change**

Ormiston Families would like to highlight their Choosing to Change programme which appears on the next page. The programme runs for 27 weeks and Women Safety Officers work alongside the partner or victim. Criteria for referral are below:

- Males must acknowledge at least 1 piece of abusive behavior. Be motivated to reflect on this behaviour and other behaviours.
- No outstanding matters. If a further offence occurs whilst on the programme the participant will be suspended until matters are dealt with.
- Referrals can be made through statutory organisations, professionals or self referrals.
- The programme is evaluated pre mid and post. Assessments are carried undertaken with the males and victims/current partners.

## Choosing to Change

### **Domestic Abuse Education Programme for Men who are Violent or Abusive**

**Domestic abuse is not always** physical. It can include: sustained criticism; verbal abuse; intimidation; control over money; isolation from friends and family.

You can **Choose to Change**, learning to develop healthy relationships with your female partner and children in an open and non-judgmental environment.

#### **You will...**

- Examine the consequences** of abuse on partners, children, friends and yourself.
- Understand your responsibility** for abusive behaviour and how you can change it.
- Become accountable** to those you have hurt.
- Change patterns of abusive behaviour** with practical information and support.

To find out more contact;

**Positive Pathways- Supporting Families Affected by Domestic Abuse**

Cambridgeshire Office: 01354 293123 [positivepathwaysmanagemarch@ormiston.org](mailto:positivepathwaysmanagemarch@ormiston.org)

Norfolk Office: 01553 769666 [positivepathwaysmanagerkingslynn@ormiston.org](mailto:positivepathwaysmanagerkingslynn@ormiston.org)

**Ormiston Families**

[www.ormiston.org](http://www.ormiston.org)

Registered Charity Number: 1015716

Registered Company Number: 2769307

## **Call for employers to be more aware of domestic abuse**

Keir Starmer, the Director of Public Prosecutions from 2008-2013, wrote an article in The Guardian in June calling for workplaces and employers to be more aware of domestic abuse. He said, 'for some people, work is the only safe haven from abuse. So all employers in businesses big and small, whether in the public or private sector, should be encouraged to create safe spaces at work where staff suffering domestic abuse can talk to an appropriately qualified person who can provide advice and offer support.' You can read the full article [here](#).

If any employers are considering writing a domestic abuse policy for staff, the Partnership have a template that we are happy to share. Just contact [Amanda.Warburton@cambridgeshire.gov.uk](mailto:Amanda.Warburton@cambridgeshire.gov.uk).

## **Childhood experiences study**

Adults in Wales who were physically or sexually abused as children or brought up in households where there was domestic violence, alcohol or drug abuse are more likely to adopt health-harming and anti-social behaviours in adult life.

Results from the first [Welsh Adverse Childhood Experience \(ACE\) study](#) show that suffering four or more harmful experiences in childhood increases the chances of high-risk drinking in adulthood by four times, being a smoker by six times and being involved in violence in the last year by around 14 times.

## **Domestic Abuse now illegal in China**

The first national law against domestic violence came into force in China in March this year. An article on the Asia Foundation website explores why more work is needed before it starts making a difference <http://asiafoundation.org/2016/06/29/battling-domestic-violence-china/>

## **Communities are key to tackling FGM**

Local funding is key to government ambitions to end FGM in the UK and the future health of thousands of British girls and young women, a landmark report by the Tackling FGM Initiative (TFGMI) has warned

The £2.8 million initiative (TFGMI) hails the success of community-led approaches to prevent FGM and support local organisations; but says that lack of local investment is a major threat to the health of women and girls in affected communities and the Government's efforts to end FGM in the UK.

The evaluation report marks the end of a six year programme working in almost 20 local authorities across the UK to chart and develop community-led interventions to tackle FGM.

To read more and to download the full report please visit <http://www.trustforlondon.org.uk/news-and-events/news-and-comments/local-funding-is-key-to-ending-fgm-in-uk-landmark-report-shows/>

The leader of the United Nations has also declared FGM as child abuse



## Trauma, Dissociation & Recovery Training

What happens in the brain as a result of trauma, and what can be done about it? The cook, the smoke alarm, the watchtower, the timekeeper, the context stamp and the internal CCTV ... Which parts of the brain do these metaphors represent, and what effect does trauma have on them? What is the front brain and the back brain? What is the Trauma Traffic Light and the Window of Tolerance? When you're in the amber state of fight or flight or the red state of freeze, how do you reengage the front brain to return to the green zone of social engagement? What does all this mean?! This course takes complex neuroscience and makes it simple, clear, relevant and applicable. Find out about seven realms where trauma impacts the brain. Learn about the three phase treatment plan and the green, amber and red of trauma symptoms and disorders.

The day is delivered lecture-style with excellent visuals and all original content. There are opportunities throughout the day to break into smaller groups for discussion, or worksheets are also provided for people who prefer to process alone. Delegates receive an extensive pack including the relevant book for each course, and a CPD certificate for 6 hours.

PODS is a leading provider of CPD training on trauma, dissociation, sexual abuse and attachment. We run around 20 training days a year, throughout the year, all of them led by Carolyn Spring, Director of PODS and author of *Recovery is my best revenge: my experience of trauma, abuse and dissociative identity disorder*. Our days usually attract audiences of 100-180 people per event, and many events sell out even months in advance, so please book early to avoid disappointment. You can book online: [www.pods-online.org.uk/training](http://www.pods-online.org.uk/training) or call us in the office 01480 878409.

### DETAILS

- ☐ Date: Saturday 12 November 2016
- ☐ Times: Refreshments and registration from 9:30. Day runs 10-5
- ☐ Venue: Kingsgate Conference Centre. 2 Staplee Way, Peterborough, PE1 4YT
- ☐ Cost: £80.00. We are able to offer group discounts and some concessions for people on a low income - please get in touch to enquire before booking.

## Research into Teenage Relationship Abuse

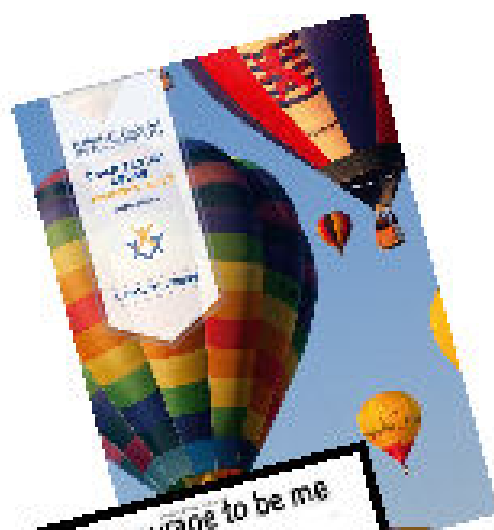
The Children & Young People's Healthy Relationships networking group, coordinated by the Cambs DASV Partnership, has been invited to participate in research into teenage relationship abuse. The research is being led by Kerry Manning, a forensic psychologist, and aims to look at the controlling and emotional aspects of teenage relationship abuse with plans to review existing evaluations and design local interventions. It is hoped that some local schools will be involved with the project, including a special school, and the research is due to be published in Summer 2017.

## Fenland says No More to domestic abuse

Our colleagues at Fenland Community Safety Partnership have been spending time talking to businesses and employers to raise awareness of domestic abuse. The campaign, part of the CSP's priorities for 2016/17, involved partners including Refuge and Locality Teams talking to Fenland businesses about how they can raise awareness of domestic abuse for both their employees and customers. Time was spent in the market towns talking to employers and the public and encouraging them to use Fenland CSPs Advice Chain app and website for more information. The international No More campaign was also shared. Over 50 employers have signed up to support the campaign so far. Below are some pictures from the campaign.



# Resources for working with Child Sexual Abuse



PODS believes knowledge is power

We have a range of resources to equip therapists and survivors with information to empower recovery.

**Child Sexual Abuse Resource Guide.** A unique combination of fact and first person perspective including information about the age of consent, definitions of child sexual abuse, who are the abusers?

**The courage to be me.** How do you rebuild your life after sexual abuse? This book combines science, storytelling and illustration to send a message of hope to the millions of people who are living with the impact of rape or sexual abuse.

**Recovery is my best revenge.** What is it like to live with dissociative identity disorder? How does the brain respond to chronic, extreme trauma? Is recovery possible from such suffering? A collection of essays providing a unique insight into trauma, attachment and dissociation.

Visit [www.pods-online.org.uk/resources](http://www.pods-online.org.uk/resources) or call 01480 878409.

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Positive Outcomes for Dissociative Survivors  
3 Archers Court, Huntingdon PE29 6XG