



Domestic Abuse & Sexual Violence Newsletter
A monthly newsletter brought to you by the
Cambridgeshire & Peterborough Domestic Abuse & Sexual Violence Partnership

November 2016

Dear Partners

As mentioned in the last newsletter, November is an important month in terms of awareness-raising around domestic abuse with both the International Day of Elimination of Violence against Women and the start of the 16 Days of Action campaign – I hope you will follow and share our posts on social media.

This month has also been busy for another reason – you may have heard on the news about Government funding to support victims of domestic abuse and the Partnership are planning several bids for a share of the money. This has meant a few short-notice meetings with partners and specialist services and some dedicated (frantic) bid-writing time but hopefully everyone's efforts will pay off (literally) in the New Year.

We are gradually getting more articles in from partners in Peterborough but there is always room for more so do please let us know what is happening in the north of the county.

I hope you enjoy the newsletter and remember that you can submit articles to Amanda.warburton@cambridgeshire.gov.uk

Simon Kerss

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www.cambsdasv.org.uk



Training update

A Joint training offer for Cambridgeshire and Peterborough has now been developed – Please see our website for details of levels and training available

http://www.cambsdasv.org.uk/website/training_1/86050

Next available courses

- ❖ Domestic Abuse Risk Assessment – 22nd January 2017
- ❖ Introduction to Domestic Abuse 8/9 February 2017
<http://www.cambridgeshire.gov.uk/learntogether/social>
- ❖ Introduction to the effects of Domestic Abuse (Peterborough) 21st April 2017
<http://www.safeguardingpeterborough.org.uk/children-board/professionals/training/>

The Cambridgeshire LSCB are running more training on using the Barnardo's Domestic Violence Risk Indicator Matrix during November and December 2016

http://www.cambridgeshire.gov.uk/lscb/homepage/29/domestic_violence_child_sexual_exploitation_and_missing_children?adminID=14&preview=5999b4fe0f413463ca662d91310e1bd6&expire=1475852713

The [Safeguarding Adults Domestic Abuse course](#) has been increased to 1.5 days from December. Attendees need to have completed the half day training on Making Safeguarding Personal before they attend.

Cambridge Women's Aid launches new website

Cambridge Women's Aid has launched a new website which is packed with information for both the public and professionals.

Visit the new site at <http://cambridgewa.org.uk/>

Alcohol Identification & Brief Advice Training

Intended audience:

All staff working in Adult Social Care and any organisation in Cambridgeshire who may come into contact with people who may be drinking alcohol at levels harmful to their health.

Course Aim:

To help staff identify people they are caring for who may be misusing alcohol, and give them the skills and confidence to help them in addressing their alcohol misuse.

At the end of the session, participants will:

- Be able to identify those drinking above lower risk levels
- Give simple brief advice
- Be able to make referrals to appropriate services

The training uses internationally recognised and simple to use Alcohol Identification and Brief Advice tools approved by NICE (National Institute of Clinical Excellence).

Cost:

Fully funded for:

- Cambridgeshire County Council.

Fully funded for:

- Public, Voluntary, Charitable and Independent Health and Social Care Organisations.

Trainer:

Joseph Keegan, Alcohol Strategic Lead - Cambridgeshire Safer Communities Partnership Team & Managers from Inclusion Substance Misuse Treatment Services

Dates:

<u>2016/17</u>	<u>Time</u>	<u>Venue</u>	<u>Status</u>
9 February	14:00-17:00	Stanton House, Huntingdon, PE29 6XL	Book
4 April	14:00-17:00	CPDC, Cambridge, CB2 9NL	Book
22 June	14:00-17:00	Young People Centre, March, PE15 9LS	Book
26 September	14:00-17:00	CPDC, Cambridge, CB2 9NL	Book
28 November	14:00-17:00	Young People Centre, March, PE15 9LS	Book

To book, please go to <http://www.cambridgeshire.gov.uk/learntogether/social>

An e-learning module is also available via the link:

<http://www.alcohollearningcentre.org.uk/eLearning/IBA/>

Please note: e-learning is not tailored to local adult social care training needs in Cambridgeshire

Recognising coercive control

The new laws around coercive control have been in place for almost a year now and this type of domestic abuse has hit the headlines many times with campaign organisations trying to raise awareness that physical violence is not the only type of domestic abuse. But how can coercive control be proven in law?

US expert Evan Stark points out that gender-role expectations - daily activities already commonly associated with women in their “traditional” role as home-makers, mothers and sexual partners – may make it hard to evidence that coercive control is being used in a relationship. It is likely that jealous and possessive behaviours such as restricting what the victim wears, who she sees and where she goes may be interpreted as signs of the abuser’s love and so not recognised as abusive.

Controlling abusers will typically use signals and covert messages to exert and maintain control and often these have meaning only in the context of that particular relationship. For example, the perpetrator may use a specific look, phrase or movement to convey to the victim that they are close to breaking an unspoken “rule”. But these signals may be hard to classify as abusive in the prosecution process.

The Crown Prosecution Service has produced [guidance](#) on the types of behaviours to look for and how evidence could be gathered in relation to the new offence. These include diaries kept by the victim, text messages and emails, and testimony from friends, family and people living in the area. Yet, these things may not always provide sufficient evidence of the extent of the harm inflicted on the victim and most cases rely on the victim being able to convince the jury that such behaviours caused them harm.

For more on this subject, visit <http://theconversation.com/why-its-so-hard-to-prosecute-cases-of-coercive-or-controlling-behaviour-66108>

Survivor’s poetry book

Cambridge Rape Crisis Centre ran a peer support group in January-March 2016, with the aim of empowering women to use creative writing as part of their recovery from sexual violence, and to create a safe and supportive space to facilitate building friendships. The full anthology is available to purchase online and costs go towards invaluable work supporting survivors of rape and sexual abuse.

<http://cambridgerapecrisis.org.uk/support-crcr/shop>



Schools Mental Health Awareness workshops

Centre 33 are delivering a series of interactive workshops focussed on tackling stigma and raising awareness of common mental health concerns to enable young people to seek help early and access self-help and support.

The ideal age range for this workshop is Years 7- 9 but content can be adjusted for other years.

Workshops are delivered to a class at a time and last roughly one hour.

The workshops are **free** and each school can book up to five workshops.

To book, please contact
Amanda.Warburton@cambridgeshire.gov.uk

Plans to limit pre-charge bail increases risks for victims

Following the Government proposed legislation to limit bail, authorised by inspectors, to 28 days, the College of Policing has released a study into pre-charge bail and the implications of the the proposed legislation. The new legislation also recommends bail which is extended beyond 28 days should be authorised by a superintendent and cases where bail is extended for three months or more be agreed at magistrates' court.

Police use pre-charge bail as a way for officers to question a suspect and then allow the individual to return to their normal routine while further investigations are carried out. The law also allows officers to attach conditions to bail which can protect complainants or witnesses, preserve evidence and mitigate the risk of further criminality.

The professional body for the police worked with nine forces over six months to gather evidence involving more than 17,000 cases and highlighted the following issues and concerns;

- The average length of time individuals spent on pre-charge bail, including extensions, was 53 days
- 41 per cent of all cases involving violence and sexual offences were bailed for more than 28 days
- A significant proportion of cases that are likely to require conditions, such as violent and sex offences, are currently bailed for more than 28 days
The majority of rape cases are currently bailed for more than 28 days
- A high proportion of cases where computer interrogation was cited as the reason for bail were sexual offences, with an average bail length of 84 days, which may be difficult to reduce.

The full report from the College of Policing can be read here:

http://www.college.police.uk/News/Newsletter/September_2016/Pages/Bail_pilot_results_published.aspx

The dance of domestic abuse

The National Centre for Domestic Violence have launched a creative video to demonstrate that there is a way out of domestic abuse and encourage victims, or those that suspect they might know someone in an abusive relationship, to #breaktheroutine.

Portrayed via a dance routine, the video demonstrates the damaging cycle of abuse that so many victims endure. A husband and wife team depict repeat physical and coercive abuse before the final moments show the perpetrator of the abuse trapped behind an invisible barrier and the victim of abuse safe on the other side.

The powerful video was created for free by leading international creative agency J Walter Thompson London and an Ellie Goulding track provides the haunting backing music for the dance and was also donated at no cost.

The video aims to highlight how people can get trapped in a routine of escalating violence and abuse that they feel powerless to break. It also aims to capture the very complex feelings and range of emotions that can be experienced in an abusive relationship and to dispel the myth that abusive relationships should be easy to leave. Figures show that on average people experience 2.3 years of abuse before seeking specialist support.

Allowing DA survivors to register to vote safely

HM Minister for the Constitution, Chris Skidmore, has been explaining his attempts at helping survivors of domestic abuse to register for voting anonymously and at how the UK Government is attempting to support them in retaining suffrage safely.

Anonymous registration is already available to people whose safety would be at risk if their name and address appeared on the electoral register, but it requires court documents or the signature of a “qualifying officer” such as a senior police officer in order to register anonymously.

Many survivors of domestic abuse don’t meet these stringent requirements and are essentially locked out of the democratic process.

At Cabinet Office questions in September, I announced that the government would be examining the qualifying evidence to register to vote anonymously.

The announcement was warmly welcomed but I don’t just want to talk about it, I want to help deliver change. I want to build a democracy that works for everyone and fixing policy issues on areas such as anonymous registration is going to be a key part of that.

You can see the video of Chris at https://www.youtube.com/watch?v=0czuBux__PE

Sexual Violence Services on the move

The current Sexual Assault Referral Centre (SARC) “The Oasis at Rivergate” in Peterborough is being relocated to a new site at Hinchingsbrooke Hospital. The new premises is to be named “The Elms” and is a purpose built SARC situated in its own building at the front of the Hospital. The new SARC will be provide improved provisions for victims of serious sexual offences, with separate examination rooms and facilities for adults and children and young persons. The new facility will benefit from a purpose built disabled access medical room, ensuring all victims can be accommodated regardless of their needs. Following the relocation of the SARC additional services will be located co-located; such as Rape Crisis, ISVA and a newly recruited counsellor from the children’s charity Embrace. This is a really exciting project that will see partner agencies coming together in one location to ensure the best possible service for victims of Serious Sexual Offences, maximising opportunities to support coping and recovery. The new SARC is set to “go live” on Wednesday 14th December 2016.

To coincide with the relocation of the SARC, the Partnership will be releasing a Sexual Violence Elearning module aimed at giving practitioners an overview of how to support victims of sexual violence and abuse. More details will be in the December Newsletter.

**Partnership Working
Cambridgeshire Deaf Association and Peterborough Women's Aid
Freedom Programme delivery**

Background

The primary objective of Peterborough Women's Aid (PWA) is to relieve the distress and trauma experienced by victims/survivors who have been affected by domestic abuse and/or sexual violence. The charity recognises that everyone has a right to live their lives free from fear of domestic violence and abuse and that society has a duty to recognise and defend this right.

The Freedom Programme was primarily designed for women as victims of domestic abuse, with male perpetrators due to the research informing that women are more likely to be victims of domestic abuse than men. The Programme has become an integral part of the work undertaken by PWA and we continue to run the programme in the community.

The Freedom Programme aims to:

- To help women understand the beliefs held by abusive partners and in so doing, recognise which of these beliefs they have shared
- To illustrate the effects of domestic violence on children
- To assist women to recognise potential future abusers
- To help women gain self-esteem and the confidence to improve the quality of their lives

In response to need PWA spoke to Cambridgeshire Deaf Association. We soon identified a real need to deliver the Freedom Programme to women who are deaf and communicate with British Sign Language (BSL). Statistically deaf women, compared to hearing women, are twice as likely to suffer from domestic abuse. Studies show abuse is 2 to 6 times more likely to happen with someone with disabilities.

People who are deaf can find it difficult or impossible to communicate with the Police, GPs, hospital, social care and the courts, which makes the process of reporting DA and taking action very difficult.

PWA developed a specialist Freedom Programme with CDA for deaf women with facilitators who can use BSL to a high standard and have vast amounts of experience working within the deaf community.

Partnership Programme Aims

- To offer women who are D/deaf a Freedom Programme that is delivered nationally to raise awareness around domestic abuse
- To enable women who are D/deaf to feel supported and have access to services that are also open to other Service Users
- To empower D/deaf women and make them part of the wider community so they are not isolated
- Our project enables D/deaf women to access and participate in a nationally recognised programme; to be supported and empowered to take control of their lives

Programme Impact and learning

CDA took the lead to create a visual display of 'the dominator' and 'the friend' and information contained within the programme. This was a huge success enabling those on the programme to visualise what 'the tactics' of their behaviour is. Without these visual aids we do not feel the understanding and learning would have been so great.

We had sessions where women have been able to understand the effects DA has upon their children, leading to emotional stories, which led to a greater understanding of why it may be best for them not to be in a relationship with a 'dominator'.

All sessions have been delivered in BSL and role-play the behaviours and tactics of the perpetrator. We have discussed what children need in life (e.g. love and play) and then ripped up words to show when the perpetrator is there these things do not happen. This has led to a good understanding of the programme content and some insight comments from the group.

The Advocate from CDA was present at a core group meeting with a woman who had been on the programme. In this meeting the woman (without prompting) explained '*I know who the bad man is, I don't want the bad man, I am on my own and I keep my family safe*'. This was a huge step forward as for many years she has been in abusive relationships and was unable to see the affects it was having upon her children for the first time.

Reflection and evaluation

The programme has been hugely successfully and a great deal of learning for future facilitation has been gathered.

Reflection from CDA

"The group were very visual learners and the visual resources and role play worked really well. Having the clear definition tactics of behaviours used by dominators was clearly beneficial for everyone. Working with the experienced facilitator from PWA was really great and really assisted with examples and the programme delivery aspect which as new to facilitator would not have been considered. Having the experienced facilitator enabled the use of further examples to the group and in a way they could relate too".

An identified PWA DA advocate will attend future deaf awareness training sessions to gain a further insight into the needs of deaf women. A CDA advocate will shadow a facilitation of the Freedom Programme with hearing women to reflect upon styles and differences.

Future and next steps

The response from the women within the deaf community has been greater than we had ever anticipated and in order to respond appropriately to this need a further series of programmes is required.

This is no other provision in this area offering such a service. Pat Craven who wrote and devised the Freedom Programme has been impressed by our work and fully endorses the work. The impact upon the individual women has been evident and we hope we have empowered them to break free from the cycle of domestic abuse relationships.

Case Study

Statement from a woman attending the course

'The Freedom Programme course has improved my self-esteem and confidence in myself to enable to move into positive perspectives in my life.'

It was a long journey before I started to do this course and I'm glad it happened because it has made me realise how much power an abuser can do to me which I thought some of the behaviour was normal. Proven me wrong and realised I had to stop believing the abuser. The facilitator explained the difference between the negative and positive attitudes of partners that I now know in future I will be able to stand my ground and trust my instincts if I don't feel comfortable.

The Freedom Programme has taught me to be stronger woman and I do hope Women Aid will be able teach me to facilitate future groups for Deaf women. Also the freedom programme has encouraged me to share some of my experience on one of the Facebook group called Deaf Women Domestic violence and support UK which I'm one of the admins of this group

Also I believe Freedom Programme course will be able help deaf women considerably because it's in their language and Ruth who facilitates the course along with one of the Women Aid facilitators, has the awareness of deaf language, culture and the needs of understanding the barriers that us women face of the support in the mainstream services.

We need more Freedom Programme courses available and there are a lot of deaf or disabled people who suffer in silence which is not good for their mental health or their well-being.

I believe the more Freedom Programme courses available it may be a great beneficial service to allow deaf women to have equal access just the same as hearing women. Mostly important it's all about language we understand and enable to give the best support to Deaf women in need.

Having the course signed to us has made me feel equal as a hearing woman but translate English in signing. They had posters of the types of behaviours and some role play helped to understand the difference expression of behaviour as well. Every deaf person is different and this course matches their communication needs.'

Mental health support for young people

A new website, designed to improve access to mental health support for young people, has launched across Cambridgeshire and Peterborough.

www.Kooth.com, a free, confidential counselling service, provides mental health self-help information and support online for people aged between 11 and 19. Young people can chat to counsellors on the website until 10pm, 365 days a year, and join in on forums with young people experiencing similar challenges.

Dr Becky Jones, GP lead for children's mental health, said: "Seeing the success of this service elsewhere in the country, we're delighted it's now available for people across Cambridgeshire and Peterborough too. One in 10 children and young people aged 5-16 are reported to have a clinically diagnosable mental health problem – that is around three children in every class. "Often people are too scared to ask for help, so by working with Kooth we hope to tackle the stigma that still surrounds mental health, and encourage young people to get help as early as possible."

This new online support is working closely with existing services provided locally by Cambridgeshire and Peterborough NHS Foundation Trust, and the new [Keep Your Head](#) website developed by Cambridgeshire and Peterborough Clinical Commissioning Group (CCG), Cambridgeshire County Council and Peterborough City Council public health.

Kooth, provided by mental health experts XenZone, is commissioned by Cambridgeshire and Peterborough CCG through the Mental Health Vanguard. Vanguard is a national programme to improve emergency care. If successful, the projects trialed in Cambridgeshire and Peterborough, including the recently extended 111 service for people in mental health crisis, could be mirrored nationwide. Funding for the project is non-recurrent so it is vital that a sustainable service model is developed, which can be commissioned longer-term.

Unhealthy Teenage Relationships – Tough Love Workshops for adults working with young people

If you work with young people you may be interested in a project that is coming to Huntingdonshire in February 2017.

Tough Love is a 30 minute drama designed for young people; that addresses abuse and exploitation in teenage relationships. It tells the story of 15 year old Becca and her relationship with her violent and controlling 17 year old boyfriend Danny. How they met, how they fell in love, how the control & abuse started and how Becca managed to get help

The drama will be performed in schools and community settings in Cambridgeshire in February/March 2017. It is supported in Hunts by the Children and Young People's Area Partnership

In preparation for the performances next year there will be a preview performance and workshop on 26th January 2017 for anyone who works with young people who may see the show or who is interested in the themes

The workshops will include a performance of the play and information about services and resources that can support the themes

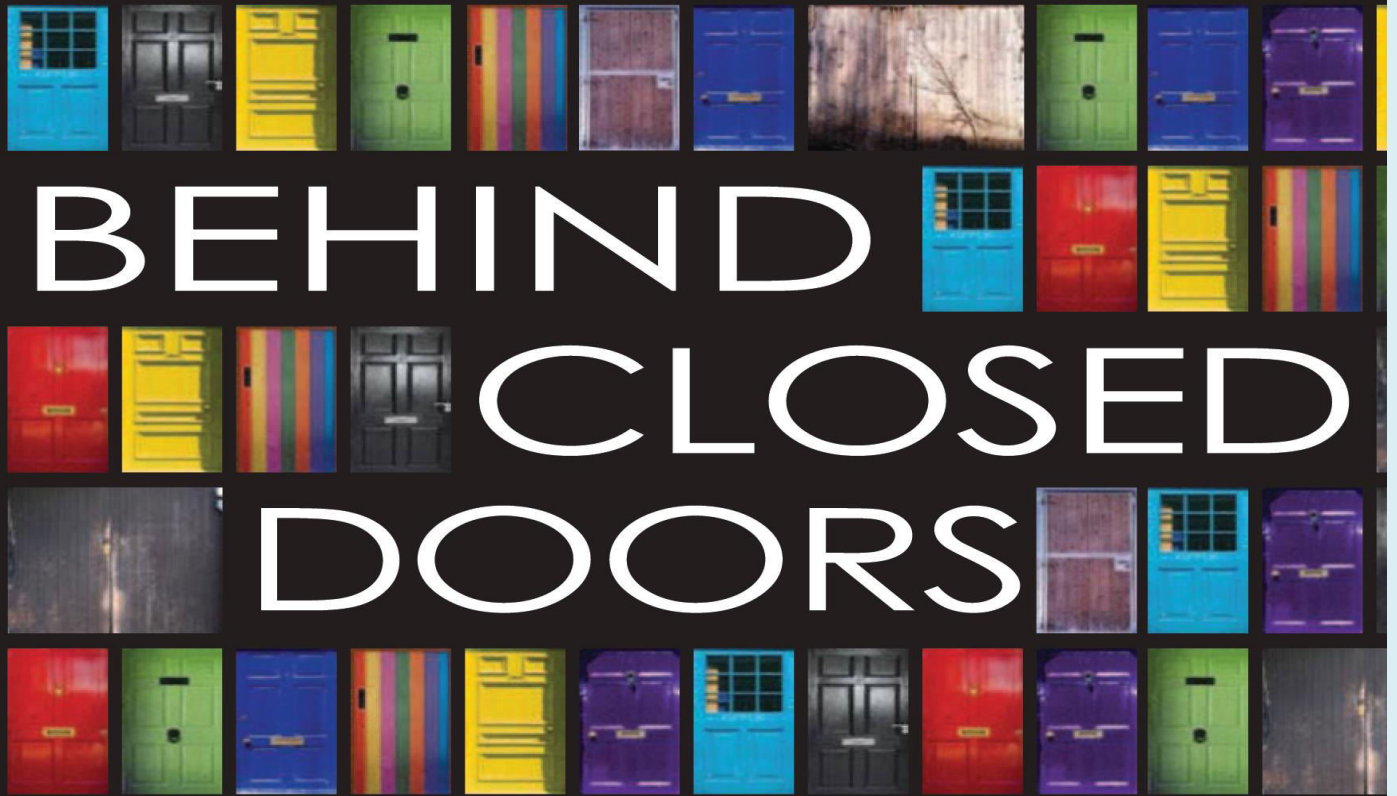
Details of workshops and booking contacts are:

9.30 – 11.30	Huntingdonshire Regional College	dawn.shepherd@cambridgeshire.gov.uk
12.30 – 14.30	Buchan Street Neighbourhood Centre	chypps@cambridge.gov.uk
15.30 – 17.30	Melbourn Village College	jennifer.holah@scambs.gov.uk

For more information about the theatre company see www.alteregocreativesolutions.co.uk

If the service you work for can help education and community settings with follow up work eg by offering workshops or programmes for young people or providing a 'someone to talk to' facility in the weeks after the performances and you would like to highlight this at the workshops and/or in our directory that will support the performances then please contact

Gill.hanby@cambridgeshire.gov.uk



Domestic Violence is a Crime.

Be the voice of the victim who does not have one.

If you know a friend, neighbour or family member is experiencing domestic abuse call the Charity Crimestoppers anonymously on:

0800 555 111

www.crimestoppers-uk.org



CRIMESTOPPERS

0800 555 111

Call anonymously with information about crime

Cambridge Women's Aid exists to make a positive change in the lives of women and children escaping domestic abuse

We are currently seeking a **Full time Outreach Support Worker** to join our team of passionate and experienced workers to provide practical and emotional support to women affected by domestic abuse living in Cambridge city and South Cambridgeshire. You will understand the dynamics and impact of domestic violence/abuse and how best to support survivors. An up to date knowledge of relevant legislation is needed plus the ability to develop supportive relationships with women whilst maintaining professional boundaries.

Offering high levels of job satisfaction, this post is based in Cambridge City and is paid at NJC pay scale 28-30, £24,717 - £26,556 p.a for a 37 hour week plus a 5% pension contribution.

This post is exempt from the Rehabilitation of Offenders Act. Posts will be subject to an enhanced DBS check and open to women only (exempt under the Equality Act 2010 Schedule 9, Part 1).

Closing date for applications: Midday on Monday 12th December
Interview date: Monday 19th December
Application packs can be downloaded from news section of our website
www.cambridgewa.org.uk

Registered charity No. 1137602. Member of Women's Aid Federation (England).
A company limited by guarantee registered in England No. 7263026

Child Parent Violence – A Gendered Phenomenon

Although this is by no means the most prevalent type of domestic abuse, there is the emergence of a distinct form of domestic abuse known as child parent violence (CPV). There has been an identification of a range of complex needs within certain groups of young people and rise of offences committed within the home has identified a gap in what is known about the true extent of familial abuse within Cambridgeshire.

CPV includes child, adolescent and adult child abuse targeted towards one or both parents. The abuse can manifest in a number of ways including verbal, physical, emotional, financial, and in some extreme cases sexual abuse or homicide. Although true prevalence is unknown, CPV is widely recognised as 'gendered phenomenon', with the majority of victims acknowledged to be female. Research in Fenland identified that 78% of victims in police recorded CPV incidents in 2015/16 were mothers.

CPV can have severe consequences if unchallenged, however it is widely recognised that it is hugely under-reported, with many parents fearing they will be responsible for criminalising their child. CPV affects the whole family and the lines between the parent as both a victim and guardian are somewhat blurred. Further, unlike a lot of crimes not only in a lot of cases are the victim and perpetrator residing at the same location, but in the cases where the child is a minor the victim has a legal duty of care and therefore is additionally vulnerable.

For more information and to read the full report please visit
<http://cambridgeshireinsight.org.uk/community-safety/CSP/fenland>

Mental Health and Domestic Violence Seminar

Against Violence and Abuse was awarded funding from the Department of Health Innovation, Excellence and Strategic Development (IESD) fund to deliver PRIMH (Promoting Recovery in Mental Health). PRIMH provided intensive support to two mental health trusts in implementing an evaluated change management strategy to introduce organisation-wide improvements in the care offered to people affected by abuse. The project ran from August 2013 to August 2016.

A free seminar is taking place on 25th November, 2-4pm in London to introduce the findings of the PRIMH evaluation and highlight how mental health trusts can implement programmes of organisational development to improve responses to domestic and sexual abuse

To book a place, please visit http://avaproject.org.uk/events/mental-health-violent-abuse-improving-responses-service-providers/?mc_cid=6f40953f83&mc_eid=273e6b246c

Ormiston Trust, Positive Pathways

At the 29th September meeting of the Cambridge Community Forum on Domestic & Sexual Violence/Abuse, we learned about the Ormiston Trust's 'Positive Pathways' project, which supports entire families affected by domestic violence/abuse. Positive Pathways Service Development Manager, Nicky Hampson, and Service Manager, Marc James, presented an overview of the diverse elements of the project.

There are group programmes for mothers and also, separately, for children, each comprising 12 sessions (for children in narrow age-bands, eg 4-6years, 7-8yrs, etc), who have come out of an abusive relationship. There's a 10-session programme for parents whose children are displaying aggressive and violent behaviours to help parents understand the impacts of dv/a on children. For male perpetrators there's the 'Choosing to Change' programme (27 sessions, group and individual), run by Marc James, a Respect-trained facilitator.

Nicky Hampson, who was a Probation Service Officer for 12 years before joining Ormiston, led Forum attendees through two interactive sessions.

One session demonstrated the multiplying stresses on a woman, prior to her abusive partner's return from work, as she sought to ensure the home, the children, the food, would meet her partner's known high expectations, all the while dealing with her worry and her fear. The other session explored the experience of frightened children as they heard their parents arguing, with accompanying bangs and crashes, in another room.

All attendees agreed the sessions were powerful and generated real insight.