



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

October 2018

Dear Partners

As ever it is a busy time in the VAWG world, evidenced by the fact that when Vickie and I came up with a list of things to include in this newsletter we had so much that some items will feature in the November newsletter as there just wasn't enough room to include everything.

You will find articles below about the next round of DASV champion's network sessions and plans to celebrate White Ribbon Day on the 25th November. You will also find information on other recent events and those that are upcoming. As ever if there is anything you would like included please let us know.

Vickie Crompton & Julia Cullum
Partnership Managers



White Ribbon

White Ribbon are a UK based charity whose mission is to end male violence against women and girls once and for all. They aim to engage with men in England and Wales so that they understand that women's safety is an issue for men too, and take action to end men's violence against women, and the social norms and inequalities which sustain it.

White Ribbon UK encourages men to speak out and be active bystanders, challenging abuse and violence against women and girls; and to promote positive masculinity in men and boys. Cambridge City Council, East Cambs District Council and Cambridgeshire County Council are all now White Ribbon accredited organisations and are all currently working on plans to celebrate White Ribbon Day on 25 November 2018. This is also the UN Day for Elimination of Violence Against Women and Girls and is followed by 16 Days of Action.

Cambridge City Council are planning a conference and more details will follow in next month's newsletter. Cambridgeshire County Council are working with the library service to promote the book 'Operation Lighthouse' by Luke and Ryan Hart. This is a book explaining their story of growing up in an environment where their father coercively controlled the whole family and eventually shot their mother and sister (and then himself). Plans are also underway to officially announce their male ambassadors on the 19th November, which is International Men's Day.

Look out for more information in next month's newsletter and if you would like to get involved please get in touch with Vickie Crompton and Julia Cullum.

East Cambridgeshire District Council have recently received their accreditation award have shown their support by producing a dedicated action plan which involves implementing a domestic abuse policy for all staff employed by the council, as well as engaging with local businesses to inform men about White Ribbon. Work is already underway and will be taking place over the next year.

Neighbourhood Support Officer Shona McKenzie, who has been leading the campaign, said: "Every organisation in the UK should get on board and support White Ribbon. It is a fantastic campaign which recognises the elephant in the room that is domestic abuse. By having our accreditation, the council is taking even more steps to keep women safe from abuse and educating men and boys across the district. We understand that this is just one of the ways in which we need to support and recognise domestic abuse, which can happen and affect anyone."



Grant Funding Opportunity – Deadline 1st November for applications Cambridgeshire Community Foundation – Tampon Tax Community Fund

The Tampon Tax Community Fund is allocating funds generated from the VAT on sanitary products to projects that improve the lives of disadvantaged women and girls. Grants of between £5,000 and £10,000 are available, for a duration of 12 months. The average grant award is £5,000.

Women and girls can be disproportionately disadvantaged by multiple issues which are often complex in nature. The Tampon Tax Community Fund aims to support local organisations working with women who are most marginalised to overcome barriers that prevent them from fulfilling their potential. We are looking to fund interventions that raise the aspirations of girls and women and make a long-term difference to health, wellbeing, confidence and social/economic activity as well as addressing equality gaps.

The fund will support core costs such as volunteer expenses, activity costs and staff costs relating to the project/service. Purchase of capital equipment is not eligible.

Applications should demonstrate how they meet one or more of the priority areas:

- Building Skills and Confidence
- Improving Health & Well-being
- Building Social Networks

Priority will be given to women and girl organisations – those established by women or girls or led by women and girls, with a key aim of working with women and girls who are the majority of their beneficiaries. This fund is open to the following organisations:

- Constituted community group
- Registered charities
- Not for profit companies limited by guarantee
- Community interest companies
- Registered community benefit societies
- Registered industrial and provident societies
- Credit unions

If you are applying in partnership or as part of a consortium the lead organisation submitting the bid must be an eligible entity from the list above.

It is very important that you read the full criteria and guidelines which can be found on the following link which includes details of how to apply:

<http://cambscf.org.uk/tampon-tax-community-fund.html>

The Bobby Scheme - Cambridgeshire

The Bobby Scheme is a small charity which was established in 2001 by The Cambridgeshire Police Shrievally Trust. The aim of the charity is to keep older, vulnerable people and domestic abuse victims safe in their own homes by improving their home security thus reducing crime and the fear of crime. The charity covers all Cambridgeshire and Peterborough.

The **Innovate and Cultivate** Funding has helped us support Domestic Abused victims affected in Cambridgeshire region only. These are our recent outcomes:

During the summer months (June, July and August) 2018 the Bobby Scheme has received **40 referrals** from the Police and various agencies such as Early Help Hub and Cambridgeshire County Council. We have visited and supported **38 homes** of which have a combined total of **97 children**. At these visits we fit security devices such as door chains, window alarms, locks, External mailboxes and letterbox covers etc, as well as offering expert advice. Our service gives victims a renewed sense of confidence and reassurance to feeling safer once again in their own home...a place where everyone should feel the uttermost safest.

We also work in partnership with the Cambridgeshire Fire and Rescue Service and carry out a home fire safety check at every visit and fit smoke alarms where necessary.

The service we offer to victims is free of charge and the benefits are invaluable. Crime and fear of crime can have a devastating, negative impact.

The Bobby Scheme responds very quickly to referrals and from the feedback we receive, beneficiaries feel much safer, confident and reassured. Our repeat victimisation rate is less than 1%.

Feedback received:

M – The service today has been very good and reassuring. Everything was explained in detail and makes the house feel safer. Thank you for your support.

IDVA – Once again the Bobby Scheme have assisted me to reduce the risk to a high-risk victim of domestic violence. It is such a valuable service.

Lisa – I feel a lot safer knowing the alarms and new locks have been fitted.

IDVA – Once again the Bobby Scheme have assisted in reducing the risk to a domestic abuse victim.

Sian – Really helpful & supplier approved, use of alarms help me feel very secure and confident.

IDVA – As always Steve made the client feel safe and his manner made her engage really well.

Father of DV – Alarms fitted very well, use explained and will make her feel much safer during a very traumatic time.

Jessica – I feel a lot safer now Steve has fitted the alarms and padlock, thank you, this has helped my family feel safe. Good service.

Case Study

'I just wanted to mention that I had a very scared 17-year-old victim yesterday and Andy was an absolute star in slotting in a lock change which has made her feel so much better, and me too as I was really concerned for the family, so a big thank you to the Bobby Scheme, I honestly don't know where we would be without your help ☺ '

This feedback was on the back of a referral for a young mother who had been told her ex-partner had been released on bail and knew he had a key to her home. She was terrified as she had previously been threatened by him that he would return to harm.

The perpetrator did in fact return the next day only to find he could not gain access as the locks had been changed and was put off by forcing the window and the alarm sounding off. This was as a direct result from the Bobby Scheme's urgent response and positive action to a Police referral.

For more information about the scheme go to www.thebobbyscheme.org

Training/Events/Groups

Cambridge Rape Crisis Centre - Hold the Hope Group Mothers' and Care-Givers Support Group - 23 June to 21 July 2018

"Every victim and every victim supporter needs to be given the opportunity to attend one of these groups. They are absolutely invaluable and an essential part of the therapeutic journey to recovery and surviving an assault." Group Participant

1. Hold the Hope Group

In June 2018 Cambridge Rape Crisis Centre set up a mothers and care-givers peer support project, *Hold the Hope Group*, for mothers of children and young people who had experienced child sexual abuse or sexual exploitation.

The group ran for 6 weeks and provided a facilitated safe space for non-abusing mothers and care givers to support them to maintain and rebuild positive, supportive relationships with their child. The group enabled mothers to increase their understanding and confidence in supporting their child and reduce feelings of blame or stigma, and to provide support that enabled them to reflect on their own experiences and share these with other parents.

2. Identified need for the group

There is a wealth of evidence pointing to the significance of parents in the lives of young people and the importance of parenting to positive outcomes, even where parent-child relationships are on the verge of breaking down. It was an essential element of the Hold the Hope Group to support the role of parents in supporting their children.

Following a disclosure of child sexual abuse, most parents experience psychological and emotional distress (Elliott and Carnes, 2001), which is often overlooked by professionals. Parents have described the disclosure of child sexual abuse as a major life crisis (Humphreys, 1995; Lipton, 1997) and they may experience the effects of their child's victimisation for several years following disclosure. Numerous studies have shown that the way a non-offending parent responds to the disclosure of their child's abuse can mediate the level of psychological symptoms the child experiences, and that higher levels of support from parents are linked to better adjustment in children (Elliott and Carnes, 2001; Kendall-Tackett et al, 1993).

"You don't know what you need to know until you experience abuse. CRCC has made it easier to navigate and I feel totally supported at a time we thought we would not survive!"

3. Group aims and purpose

The effective support through the group empowered parents whose child had been sexually abused or exploited to:

- recognise the ongoing trauma that parents are likely to experience, and how this may also trigger distress over past experiences of their own
- be aware of the shame and stigma that they may feel, and challenge rather than reinforce this
- appreciate how they can become isolated through trauma and stigma from family and friends, and help them recover and build new support networks.

"Amazing facilitator, amazing group, really well structured sessions."

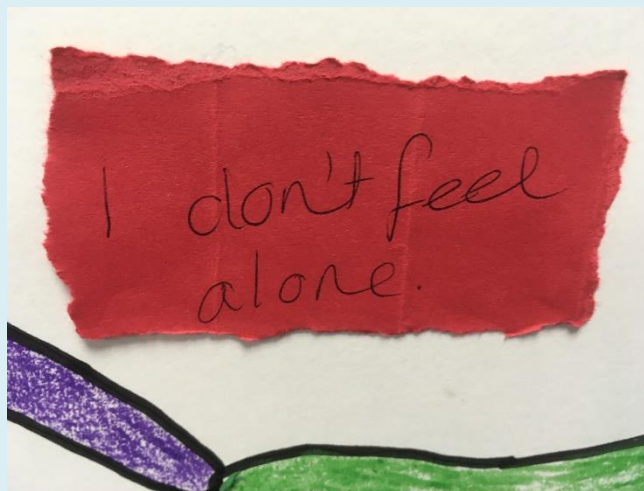
The group was facilitated by one of CRCCs counsellors who is an experienced group work facilitator with many years' experience of working with survivors of sexual violence. Each session was themed and this included:

1. Boundaries & Expectations

- Boundaries and confidentiality talked about and agreed
- Each group member wrote and shared how much of their story they were willing to share with other members
- Each group member shared their hopes of what they could get from the group

2. Empowerment & disempowerment
 - Thinking about mother's needs vs child's needs
 - Thinking about how the mothers can empower themselves while also empowering their child
3. Common thoughts & feelings | Rape myths
 - Thinking about the harmful myths that group members have endured as mothers
4. Support outside CRCC, dealing with responses from others
 - Understanding the Criminal Justice System
 - Exploring support services and structures outside of CRCC
5. Trauma & Resilience
 - Trauma explained – thinking about impacts on children and mothers
 - Thinking about resilience and coping mechanisms
 - Thinking about self-care
6. Identity & Hold the hope
 - Thinking about the sexual violence not defining the mothers and children
 - Creation of a poster of solidarity – made up of affirmations written after each session
 - Each member wrote something positive about one another
 - Each member was given a keepsake “Hold The Hope” badge

“I valued the exploration of each of the themes in the sessions. Hearing other people's experiences. Hearing other people's reactions, repercussions, actions and things they do to help.”



“I hope that this group can be repeated to help and support more women in our situation in understanding and knowing they are NOT ALONE!”

4. Outcomes and impact

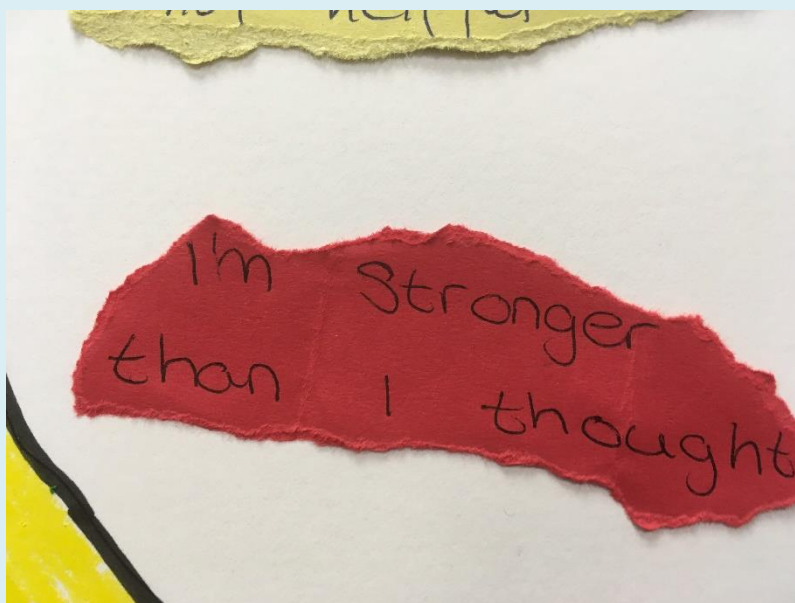
All the members of the group bonded well over the six weeks, they were all very positive about how the group impacted them and have decided to stay in touch afterwards. One of the mothers also organised a get together a few weeks after the group had finished.

Outcomes

- 50% of participants strongly agreed and 50% agreed that they **felt like their relationship with their child had improved** as a result of attending the group

- 50% of participants strongly agreed and 50% agreed that they felt **more confident in supporting their child emotionally**
- 50% of participants strongly agreed and 50% agreed that they felt more **able to cope if their child needed to talk to them about the sexual violence** they had experienced
- 100% of participants strongly agreed that as a result of taking part in the group they had a **better understanding of how the sexual violence their child experienced had affected them**
- 75% of participants strongly agreed and 25% agreed that they felt that **their relationship with their child had improved**
- 75% of participants strongly agreed and 25% agreed that they felt more **able to challenge harmful rape myths and stereotypes**
- 75% of participants strongly agreed, 25% agreed that they **were taking better care of themselves**, with 25% not agreeing that they were taking better care of themselves
- 90% of participants said they felt their experience of the group **was excellent** with 10% agreeing it was **good**.

"The feeling of isolation has subsided, just knowing there's someone who understands has made it easier to cope."



DASV Champions

October has seen the third round of DASV Champions network sessions highlighting the work of the Victim and Witness Hub and focusing on mental health.

It is not too late to become a champion – the next sessions are in January and will focus on housing, benefits and no recourse to public funds, all in relation to domestic abuse and sexual violence.

The dates and venues are:

Fenland – 14 January 11am – 1.30pm, March Youth and Community Centre

Cambridge – 16 January 10am – 12.30pm, Arbury Community Centre

East Cambs – 17 January 10am – 12.30pm, Ely Police Station

South Cambs – 21 January 10am – 12.30pm, Sackville House, Cambourne (*CHANGE OF DATE)

Hunts – 22 January 10am – 12.30pm, Bargroves Centre, St Neots

Peterborough – 28 January 10am – 12.30pm, Peterborough Town Hall

We have had some great feedback from our survey of champions – everyone who attended the first session about specialist DA services said it was useful or very useful and 94% of those who attended the second session on support for children and young people. 96% also said they found it useful or very useful to network with other attendees and 92% said they have been able to share their knowledge with colleagues.

Some of the comments included:

‘Brilliant session packed with information on other services available. Great to actually meet the people who are running them’

‘This gave me some very useful connections and information’

‘I complete a blog following my sessions with a snap shot of relevant information’

‘Learnt lots and was able to make connections with other supporting agencies.’

We have also taken on board some of your feedback about how sessions can be improved and ideas for future sessions – these include sexual violence, police response to domestic abuse and elder abuse.

Please email Jo D’Arcy if you would like to attend any of the sessions.

jo.d'arcy@cambridgeshire.gov.uk

Community Safety DA Awareness Campaign in Fenland

Tough Love Theatre Performances The community safety partnership has coordinated 5 performances of Tough Love’ a hard-hitting applied theatre project that raises awareness around Coercive Control and Domestic Abuse in teenage intimate relationships. The play is followed by an actor facilitated post-show talk exploring the issues raised.

There were 4 performances within Year 9/10 within Fenland Academies/Colleges and 1 evening 1 Community based performance for parents and professionals. Many young people came forward after the performances with disclosures and were given information and advice.

Follow on support for schools

Community safety introduced the Disrespect Nobody initiative and website and teaching resource’s to PD staff within Fenland colleges and academies.

This has been adopted as a post-performance follow on session for pupils where PD teachers are leading a dedicated lesson. Access to the Disrespect website pupils can dip in and out of the site for extending learning after their initial session with their form or PD teacher.

Raising Awareness of DA & Coercive control in the Community

Community safety are working in Fenland this November and December to raise awareness of DA & Coercive control through:

- Outreach group work within Children's centres
- Community Engagement Sessions
- Through a social Media Campaign
- Through engagement with the migrant community within the Rosmini centre

If you would like to get involved with the DA awareness campaign or have key messages you would us to promote: contact rcooke@fenland.gov.uk

YMCA event for frontline staff – quick reminder

The Respect project at YMCA Trinity is hosting an event in November for **frontline** staff only who work with young people and their families directly. The event is to raise awareness of adolescent to parent abuse (APA) delivered by Break4change. Break4change is a lead trainer/provider of an adolescent family violence intervention programme designed to address young people's violence and abuse towards parents/carers.

***'Any behaviour used by a young person to control, dominate or coerce parents. It is intended to threaten and intimidate and puts family safety at risk.'* Break4Change ©**

Adolescent to parent abuse (APA) is a *'Pattern of aggressive, abusive and violent acts across a prolonged period of time'*.

Parents have reported their children are:

- Controlling in the home environment where parents are having to modify their own behaviour through fear of consequences
- Being violent or aggressive towards the parent/carer, using weapons
- Putting the parent or carer down/name calling
- Missing from home as a use of control/not attending school
- Making threats/unreasonable demands with consequences
- Hurting siblings either physically or emotionally
- Demanding/stealing money

APA *'creates an environment where parents live in fear of their child and often curtails their own behaviour in order to avoid conflict'*.

This ½ day basic awareness training will look at family's risk factors, abusive behaviours and the impact of power and control to help you identify APA in your line of work.

There will be 2 sessions running - one in the morning and one in the afternoon on Friday 16th November in Peterborough.

Please contact olufemi.olasoko@ymcatrinity.org.uk for an application form to secure your place.

Approaches to reducing domestic abuse Conference

Ipswich - Sat 3rd November 2018 – 9.30 – 3pm

Free to Attend – please book your space

The University of Suffolk & the University of Essex are thrilled to announce an interesting conference in Ipswich to discuss community-based approaches to tackling domestic abuse.

The event will present findings and ongoing work from various research projects on domestic abuse at the University of Suffolk and University of Essex, to highlight learning from local provision as well as sharing good practice.

The event will also encourage open discussions on “What Works” and feature talks from a range of professionals delivering and funding practical community-based domestic abuse programmes as well as networking opportunities.

The identified themes (but not limited to) are: criminal justice and civil justice; housing; health; money; identity; prevention and protection.

This event will appeal to those interested in learning more about community-based projects which show promise for national replication in dealing with domestic abuse.

Speakers include:

- Alison Inman OBE, Chartered Institute of Housing
- Bonnie Navarra, Assistant Police and Crime Commissioner for South Wales
- Matt Bland, Cambridge Centre for Evidence Based Policing
- Prof Nigel South, University of Essex
- Dr Nicola Sharp-Jeffs, Surviving Economic Abuse
- Dr Olumide Adisa, University of Suffolk
- Heidi Dix and Aisha Howells, University of Suffolk
- Dr Kathryn Hodges, St Mary's University & Women@theWell
- Dr Karen Morgan, University of Bristol
- Aviah Day, Middlesex University
- Pecha Kucha talks from: Norfolk County Council, Suffolk County Council, Iceni Ipswich, Anglia Care Trust

and much more!

Attendance is free of charge but please only book your place if you are sure that you can attend as spaces are limited. Failure to attend will result in a £15 charge which will be donated to Iceni.

Free parking. Lunch and Refreshments will be provided.

Any queries, please send an email to Olumide at: research@uos.ac.uk. Please note, tickets are limited. To book: <https://reducingdomesticabuse.eventbrite.co.uk>

*This event has been organised as part of the ESRC Festival of Social Science, which runs from the 3-10 November 2018.

Cambridgeshire & Peterborough NHS Foundation Trust Link Worker Conference

Cambridgeshire and Peterborough NHS Foundation Trust's Safeguarding Children's Team held its annual conference on Thursday, 20 September.

The focus of the event, which took place at the Trust's Ida Darwin Conference Centre, focussed on identifying and combating honour-based violence, sexual violence and domestic abuse.

As well as staff from across the Trust, representatives from a range of organisations which work in partnership with CPFT including Cambridgeshire County and Peterborough City Council attended the conference.

Guest speakers included campaigner Bal Kaur Howard, Cambridge Rape Crisis Centre Director, Norah Al-Ani and officers from Cambridgeshire Police.



CLIENT FEEDBACK for IDVA's

Following the implementation of feedback calls to clients who have accessed support from the IDVA service and whose cases are now closed, here is just a glimpse of client's comments for the last month:

'Great really appreciate help so comforting each time she visited, not, judgemental very professional'

'the service was amazing'

'IDVA has been amazing and very supportive, she is lovely'

'IDVA is amazing and such a lovely man, he made me feel more confident'

Feedback also showed the following:

- 94% of clients reported they felt safer
- 89% said life was better/it was easier to cope
- 72% said their health and well-being had improved
- 89% would know how to get help in the future



Sprinkling festive fairy dust over young victims of crime this Christmas

Do you work with children who have been the victims of or have witnessed serious crime such as domestic abuse, sexual offences, violence, exploitation or neglect? If so – we need your help!

You can nominate a young person now for a free Christmas gift of their choice worth up to £50.

Embrace Child Victims of Crime (CVOC) is delighted to offer children affected by crime, anywhere in the UK, in the Channel Islands and Isle of Man, the chance to make a special wish this Christmas.

We will even provide supermarket vouchers for the whole family to build happy memories.

Nominate now

Nominate a child or children affected by crime for a Dear Santa gift and we will do the rest*.

You can tell us what gift or vouchers they would like to receive with a value of between £25 and £50.

Alternatively, Embrace can contact the parents/carers directly.

We are taking referrals now, up until Monday 10 December.

It's as easy as...

STEP 1

Visit www.embracecvoc.org.uk/refer-a-child to fill out our referral form making sure to choose 'Dear Santa' in the drop-down menu. Information is stored directly on the secure software charitylog.

STEP 2

We'll verify and confirm your nomination, contacting the family directly for a present choice if required.

STEP 3

We'll place the chosen gift (or Amazon voucher) on our Dear Santa 2018 Amazon Smile wish list and drive donations from October 15 using **#DearSanta2018**.

STEP 4

We'll wrap the gift (and vouchers if needed) for Santa to deliver in time for Christmas Day.


Further information and FAQs can be found at www.embracecvoc.org.uk/dear-santa


Already nominated? Tell a colleague about **#DearSanta2018** so we can bring Christmas cheer to more child victims of crime.

*All referrals require the person's or legal parent's express consent and will be dealt with by Embrace CVOC in the strictest confidence and information handled in accordance with the General Data Protection Regulation (GDPR).

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