



## **Domestic Abuse & Sexual Violence Newsletter**

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

**December 2025**

Hello Everyone

2025 went by in a flash! The IDVA service and MARAC meetings de-coupled. We thank everyone across the services for making the transition successful and ensuring clients were fully supported throughout.

Across White Ribbon Day and the 16 Days of Action there were lots of events and webinars - thank you so much to everyone who attended and special thanks to those who delivered the wonderful webinars.

Congratulations to Living Keys; the only organisation across the area to be awarded a Kings Award, the equivalent to an MBE for voluntary organisations. More details can be found later in the newsletter.

We are looking forward to seeing what 2026 has in store, with the Government's VAWG Strategy being published on 18<sup>th</sup> December. We hope this will be followed by opportunities and funding to develop interventions and services.

Also in 2026, the Safeguarding Partnership will be holding a conference focusing on Children's experiences as victims of domestic abuse. The Peterborough DASV Conference has speakers on topics including Predatory Marriage and Child to Parent Abuse, and an inaugural Cambridgeshire DASV Conference is also planned. There will also be a MARAC Development Day on 9<sup>th</sup> July, which will focus on some of the recommendations from the recent review of MARAC by Safe Lives— there is lots to look forward to next year.

We wish you a safe and happy Christmas and a wonderful start to 2026. Details of our local support services and opening hours are below for your information.

Best Wishes

Julia & Vickie

Julia Cullum, DASV Head of Service – Cambridgeshire

Vickie Crompton, DASV Manager - Peterborough



## Local support service contact details

### **Cambridgeshire IDVA service:**

New telephone number: 01480 376200

Email: [idva.referrals@cambridgeshire.gov.uk](mailto:idva.referrals@cambridgeshire.gov.uk)

Monday – Friday 09.00 – 17.00 (16.30 on Fridays)

### **Peterborough IDVA service:**

Telephone: 07983345580

Email: [peterboroughidvas@peterborough.gov.uk](mailto:peterboroughidvas@peterborough.gov.uk)

Monday – Friday 09.00 – 17.00 (16.30 on Fridays)

The IDVA service will remain open over the Christmas period except for Bank Holidays

### **Cambridge & Peterborough Rape Crisis Helpline**

Telephone: 01223 245888

Wednesday 19.00 – 21.30 & Sunday 10.00 – 12.30

### **Cambridgeshire domestic abuse outreach support - DASS:**

Telephone: 0300 3731073 Monday – Friday 09.00 – 17.00

DASS remain open over the Christmas period, except for Bank Holidays, but will close at 13.00 on Christmas Eve.

### **Peterborough domestic abuse outreach support – Peterborough Women’s Aid The Peacock Project:**

Telephone 01733 894964 Monday – Friday 09.00 – 16.30 (16.00 on Fridays)

Peterborough Women’s Aid remain open over the Christmas period, except for Bank holidays.

## **DASV Champion**

The next online DASV Champion sessions will be in January & February 2026.

Probation will be speaking about the Building Choices Programme which has replaced Building Better Relationships.

There will also be an update on the MARAC review which was undertaken by SafeLives earlier this year.

Dates:

29<sup>th</sup> January 2026                      11.00 – 13.00

3<sup>rd</sup> February 2026                      11.00 – 13.00

12<sup>th</sup> February 2026                      11.00 – 13.00

Click here to book tickets: [Building Choices \(Probation\) & SafeLives MARAC review update](#)



## White Ribbon Day and 16 Days of Action

### November's Cambridgeshire County Council Equality, Diversity & Inclusion (EDI) Conversation Focused on White Ribbon

To mark White Ribbon Day and the start of 16 Days of Action the EDI conversation spotlighted the White Ribbon campaign, reinforcing the collective commitment to ending violence against women and girls. The session featured a compelling presentation, including a thought-provoking video message from Stephen Moir, Chief Executive, and Laurence Damary-Homan, COSMIC Chair and White Ribbon ambassador. Attendees also heard the courageous voice of a survivor and impactful statements from two White Ribbon Ambassadors.

As a visible symbol of solidarity, the Christmas tree at New Shire Hall has been adorned with white ribbon - a powerful reminder of our pledge to create a safer future for women and girls across our communities.



There were some thought provoking online sessions throughout 16 Days of Action which were all very well supported by partner agencies and we hope that some of the information will be taken forward to support service users in the future.

Information below may be useful following some of these sessions:

### **Predatory Marriage**

Daphne Franks shared a deeply moving account of her family's experience of the marriage of their mother, Joan, to a man she had met in the street and had moved into her house within a month without them knowing. Joan was extremely vulnerable with a diagnosis of severe vascular dementia and terminal cancer. Daphne explained that under existing law, marriage automatically revokes any previous will. Without a new will in place, the first £270,000 of an estate is legally allocated to the spouse. This loophole leaves many vulnerable individuals at risk of exploitation.

Daphne is campaigning to reform marriage laws and procedures to protect vulnerable people in the UK

For more information, please see her website:

[What you can do – Predatory Marriage UK](#)

### **The Suzy Lamplugh Trust**

Research has found that [80% of women in the UK](#) have reported experiencing harassment in public spaces and [88% of people in the UK](#) have experienced some form of unwanted behaviour on public transport in the past five years despite reduced footfall during the pandemic, with the most common behaviours being staring, intimidatingly sitting or standing right by someone, and verbal abuse. However, 84% of people said it improved the situation when someone intervened.

If you missed the Stand Up Against Harassment training by the Suzy Lamplugh Trust visit their website for more information & dates [Suzy Lamplugh Trust - Stand Up to Harassment](#)

### **The Angels Foundation UK**

The Angels Foundation UK support individuals and families in Cambridgeshire fleeing domestic abuse, providing essential furniture, flooring, and appliances through their 'Back to Life' project. With a trauma-informed approach, they offer wraparound support and counselling to help survivors and their children heal, rebuild, and break the cycle

For more information visit their website: [The Angels Foundation UK](#)



## White Ribbon

On Monday 17 November, White Ribbon launched their new report:

[The Case for Investing in Primary Prevention: Ending Men's Violence Against Women](#) - in collaboration with the Centre for Protecting Women Online in Wales at the Senedd Cymru. The report makes the case for investing in the primary prevention of violence against women and girls and argues that it's much more cost effective than paying for the consequences of it. Violence against women and girls is not inevitable, and the report highlights the existing frameworks that can be built upon to design and implement effective primary prevention initiatives.

## Cambridge United Football Club White Ribbon Matchday

Cambridge United Football Club dedicated their match against Crewe Alexandra on Saturday 29 November to [raising awareness of the White Ribbon campaign](#).

Following last year's success, Cambridge City Council returned with a White Ribbon stall in the North Habbins Fan Zone. The team were joined by Leader of the Council, Cameron Holloway, Cabinet Member for Safety, Wellbeing and Tackling Homelessness, Cllr Mike Todd-Jones, Daniel Zeichner MP, IT Consultant / Community Champion Shapour Meftah, and the team at Cambridge United Foundation that lead the [Pledge United programme](#).

The team had some incredible conversations with fans about respect, responsibility, the small actions that make a big difference and the support available locally. Many fans signed the giant white ribbons, pledging their support for the campaign and proudly wore the white ribbon stickers.

Cllr Mike Todd-Jones said:

*'We were proud to stand alongside Cambridge United once again for their White Ribbon Day fixture. This is more than a match – it's a chance to start real conversations about our shared responsibility to end violence against women and girls. Change begins with reflection, asking ourselves what role we play and what difference we can make. It's not just about obvious acts of violence. It's about the everyday choices – speaking up when a friend makes an inappropriate joke, challenging harmful attitudes, and refusing to look the other way. On a personal note, I signed up to the White Ribbon pledge five years ago and it would be great to see more fans pledging to never commit, excuse, or stay silent about violence against women and girls. Every pledge matters. Together, we can build a safer city for everyone.'*

Daniel Zeichner, Member of Parliament for Cambridge:

*'Thank you for inviting me to be part of the Cambridge City Council White Ribbon stall. I was very pleased to lend my support, and I'm grateful to you and the whole team for the important work you continue to do.'*

[Cambridge United Foundation](#) has partnered with Pledge United to deliver the UK's first football-based programme tackling discrimination and violence against women and girls. Supported by Cambridgeshire Police and Crime Commissioner, Cambridge Community Safety Partnership, and Cambridge City Council, the project works in schools to challenge the harmful culture around gender issues.





Photographs by Oliver Jones, Media and Communications Officer, Cambridge United Foundation.

Group photo pictured left to right:

Shapour Meftah (IT Consultant / Community Champion), Sam Carrington (Cambridge United Foundation), Lauren Webb (Cambridge United F.C), Kieran Wood (Cambridge United Foundation), Daniel Zeichner MP, Cambridge City Councillor Mike Todd-Jones, Simon Penn, Louise Walker (both Cambridge City Council), Leader of Cambridge City Council Councillor Cameron Holloway, County Councillor Mike Black, and Lana Novoselova (Cambridge City Council).



Cambridge United Women's first team player Lauren Webb interacting with fans



## Cambridge City Council

### Meet Adam Moghadas, Cambridge City White Ribbon Ambassador

Adam Moghadas was selected as one of White Ribbon UK's 16 inspiring men. Adam was part of the 2025 portraits exhibition in Milton Keynes displayed during the 16 Days of Activism Against Gender Based Violence 25 November to 10 December.

Adam is a Partner of a law

firm and member of the Domestic Abuse Forum for Cambridgeshire, committed to speaking up and taking action to help end violence against women and girls.

Adam speaks to White Ribbon UK about his motivations for becoming an ambassador, his personal experiences, and why it matters for men to be active allies.

### ***What motivates you to be a White Ribbon Ambassador?***

From my own personal experiences as a young boy and as a family lawyer, I have seen first-hand how deeply domestic abuse/violence can wound individuals, children, and entire families. It is one thing to navigate these issues in a Court room, but it is another to witness the long term emotional and psychological toll it takes on those impacted. These experiences make it impossible for me to stay silent. Becoming a White Ribbon ambassador is my way of stepping beyond the legal process and standing up for prevention, respect, and change.

I am motivated by both my experiences and those of my clients - and the courage they have shown in the hardest moments of their lives. Almost all have told me how they wish they had someone in their corner. That stays with me, and I want to help change harmful attitudes and be part of the solution, not just someone who stands idly by.

### ***Do you have a personal story or experience you'd like to share?***

Becoming a family lawyer was not an accident; it was a response. As a child growing up in a home where domestic abuse/violence took place, I am only too aware of the scars that are left – and these don't simply disappear with time. As an adult, I can see how those early experiences have shaped the way I think, feel, and move through the world. As a child, I learnt to be hyperaware/conscious of tone, footsteps, or signs that something might escalate. Those childhood memories have never left me, and I understand only too well what it feels like to be small, scared, and powerless – and it is that understanding that drives me to ensure that others do not feel the same. It has influenced the choices I make, the career path I have chosen and the causes I stand behind. It is why I am committed to speaking out about domestic abuse/violence and helping create environments where adults and children feel safe, heard, and protected. Whilst I cannot change what happened in my childhood, hopefully I can use my voice now to help break the cycle for others.



### ***What message would you give to other men, to encourage them to be allies to women and girls?***

You have an important role to play in where women and girls feel safe, respected, and valued – not because you are expected to be protectors but because you choose to be partners in building a culture of respect. Being an ally starts with simple but meaningful actions. It means speaking up when you hear disrespect whether that is in the form of jokes or casual comments. It means questioning old ideas about masculinity which encourages dominance or the silencing of emotions. It means treating everyone with dignity even when nobody is watching. You don't have to be perfect – you just need to be willing to learn and lead by example. Your voice carries weight with your friends, brothers, teammates, classmates, colleagues and beyond. If you can show respect and call out harmful behaviour and promote equality others will follow. Domestic violence doesn't start with a punch, it starts with attitudes - so choose to be someone who values genuine strength, be kind, accountable and stand up for what is right.

Listen to Adam Moghadas speak about his experiences at <https://www.whiteribbon.org.uk/we-speak-up/adam-mohagas> (Length 06:11 minutes)

### **Enough Campaign**

Please see the link to the updated Enough website [Home | ENOUGH](#)

You can find assets available to download and post on social media channels [here](#).

### **Violence Against Women and Girls Strategy**

The long awaited VAWG Strategy was published on 18<sup>th</sup> December 2025. The strategy sets out the governments vision and actions for meeting its ambition to halve violence against women and girls in a decade. Read the full strategy here:

[Freedom from violence and abuse: a cross-government strategy - GOV.UK](#)





## OPCC

### **Countywide Contract to Provide Specialist Support to Victims of Domestic Abuse**

Following an open and transparent procurement process Peterborough Women's Aid has been awarded a two-year (with optional extensions) countywide contract to provide specialist support to victims of domestic abuse.

This new service will provide timely phone/digital short-term support for victim-survivors of domestic abuse where this is reported to and assessed by Cambridgeshire Constabulary Officers as at medium risk of harm using the DARA and there is consent. Referrals come through the Victim and Witness Hub.

Staff from the charity were part of a team (including the OPCC, Constabulary and local authority) who co-designed the initial model. The charity also agreed to pilot the service over the past year, basing themselves in the county's Victim and Witness Hub. In the first six months of delivery, the service received 742 referrals and supported 588 victims – contacting all within 48 hours of the referral to offer emotional and practical support.

The OPCC ran an in-person local stakeholder engagement event in June 2025 which provided the opportunity and forum to receive feedback to inform the final service specification. A colleague from Suffolk OPCC supported the tender evaluation process.

This service is a key part of the wider model of integrated support services detailed on [Victim Services | Cambridgeshire & Peterborough](#)



## National Youth Agency

Guidance published on 26<sup>th</sup> November 2025 aims to protect young people from intimate partner abuse.

[New Guidance Aims to Protect Young People from Intimate Partner Abuse - National Youth Agency](#)

## Institute For Addressing Strangulation (IFAS)

The UK's first in-depth survey of 4,175 individuals aged 16-34, published in November 2025, explores their experiences and perceptions of strangulation during sex.

Overall, over half of all respondents, 55%, have either been strangled or strangled someone during sex.

- 18 - 20 years old is the most common age respondents reported first starting to strangle others and to be strangled
- The youngest age group surveyed was 16 - 17-year-olds. 43% of 16- 17-year-olds who had prior sexual experience, 16% of all 16 - 17-year-olds surveyed, reported having been strangled during sex.
- 32% of 16 - 17-year-olds who had prior sexual experiences, 12% of all 16 - 17-year-olds surveyed, reported having strangled others during sex.

To download the full report, visit the IFAS website: [IFAS - Institute for Addressing Strangulation](#)



## Rape Crisis England & Wales

### Living in Limbo: 2<sup>nd</sup> report on the retraumatisation of rape and sexual abuse victims and survivors in the Crown Court backlog

November 2025

In 2023, Rape Crisis England & Wales (RCEW) published Breaking Point – a landmark report on the Crown Court backlog and its disastrous impact on survivors of sexual violence and abuse. Two and a half years later, Living in Limbo revisits the previously identified causes of – and contributors to – the backlog, which fall under five key themes:

- Pay, working conditions, and the capacity of the criminal legal profession
- Judicial capacity
- Idle courts
- Listing practices
- Trial efficiency and effectiveness

Since the publication of Breaking Point, the number of cases awaiting trial in the Crown Court has sharply increased, reaching new record highs. There are now 13,238 sexual offence cases awaiting trial in the Crown Court – a 66% increase since the finalised 2023 report.

Court waiting times are even longer for adult victims and survivors than they were in 2023, and longer still for children. Rape and sexual offence trials continue to be listed in such a way that trials are postponed at the last minute, often on the day of the trial. The impact on survivors is life-limiting, profound, and appalling.

### The increase in the number of cases outstanding (awaiting trial) in the Crown Court, between the finalisation of the 2023 report (Q3 2022) and Q2 2025



Read the Living in Limbo executive summary: [Living in Limbo: Executive Summary](#)

Read the full report: [Read the Living in Limbo report](#)



## **Project Bright Light: Transforming the police response to Domestic Abuse November 2025**

The Bright Light project, which took place between January and May 2025, aimed to lay the foundation for radically improving the police response to domestic abuse.

The overall aim of the research was to map the force's current approach to domestic abuse to suggest evidence-informed, practical ideas to help transform how police operate in each of the six Pillar areas.

- Investigation & safeguarding
- Disruption & deterrence
- Victim-centered response
- Learning, development & officer wellbeing
- Data & performance
- Digital evidence

The findings form an overarching theme: the statutory definition of domestic abuse is too broad for effective operational policing.

Read the full report here: [Project-Bright-Light-Findings-Report\\_FINAL.pdf](#)

## **Karma Nirvana – Counselling service launched**

Honour Based Abuse (HBA) is not just about physical safety – it's also about healing from the emotional and psychological impact of these experiences. That's why Karma Nirvana have launched a specialist free online counselling service designed to support survivors on their journey towards recovery.

This service aims to provide a safe and supportive space where survivors of HBA can access trauma-informed therapy, allowing individuals to process the impact of their experiences, rebuild their emotional and mental well-being and gain the tools they need to move forward.

The counselling service offers confidential, trauma-informed support tailored to the unique challenges faced by those impacted by HBA.

### **Self-Referrals and Professional Referrals**

The service is open to individuals referred by a professional, as well as those who wish to self-refer. Please access the website for further information on specific services and also the eligibility criteria:

[Karma Nirvana's Counselling Service – Karma Nirvana](#)



## Living Keys Awarded The Kings Award for Voluntary Service

The King's Award for Voluntary Service is the highest award given to volunteer groups across the UK. The award is equivalent to an MBE and is awarded for life and announced every year on 14<sup>th</sup> November, the King's birthday.

[Living Keys](#) in Peterborough, founded by Linda Huskisson, was the only recipient in Cambridgeshire to be honoured with this award following a thorough assessment process. Since April this year, they have supported 99 women on 7 courses including The Freedom Programme, Hope2Recovery and the Domestic Abuse Recovery Toolkit. The team have also supported many women at their drop ins and other events.

Huge congratulations to Linda and her team, an amazing example of how many who have been subjected to abuse from their partners go on to support other women and being incredible examples that recovery from abuse is possible.

If you would like to read Linda's incredible story, it can be found here - [Cheating Death, Living Life: Linda's Story: Amazon.co.uk: Turner, Ralph, Huskisson, Linda: 9781908393364: Books](#)

Read more about the King's Award here [The King's Award for Voluntary Service - official website](#)

## Living Keys & Peterborough Women's Aid Poetry & Art

**Aim:** Share survivor's art and poetry in an exhibition and published book of top entries to raise awareness.

**Submission requirements:** Survivors poetry, art or both related to domestic abuse, a title for the piece, entrants name and contact details.

(Please state your preference for publishing – name / anonymous / pseudonym)

**The book launch:** Aim - International Women's Day 8<sup>th</sup> March 2026

**Closing date for entries:** 31<sup>st</sup> January 2026

Email poetry to: [charis@livingkeys.co.uk](mailto:charis@livingkeys.co.uk)

Physical art entries to Peterborough women's aid.

Project in aid of Living Keys [www.livingkeys.co.uk](http://www.livingkeys.co.uk) in conjunction with Peterborough Women's Aid.

To donate prizes please email [charis@livingkeys.co.uk](mailto:charis@livingkeys.co.uk)





## Greater Manchester Combined Authority

### It's Not a Game, Boy

This powerful short film from Greater Manchester Combined Authority shines a light on coercive and controlling behaviour in relationships.

It follows a young woman whose boyfriend's behaviour escalates over time—showing how these patterns can start small but become deeply harmful.

While it may be uncomfortable to watch, it's important. Recognising the signs can save lives.

Coercive control can affect anyone, and it's often hard for victims—or those around them—to see what's happening.

Watch the film here:

[It's not a game, Boy](#)

## Social Care Institute for Excellence Safeguarding Team

Perpetrators may use a vehicle as a means of intimidation or coercion - driving at high speeds, threatening to crash, or disregarding concerns about child safety.

In these situations, the car is no longer just a mode of transport; it becomes a powerful tool of control.

While the [Home Office Controlling or Coercive Behaviour Statutory Guidance Framework](#) does not list “dangerous driving with a victim in the car” as a standalone example, coercive/controlling behaviour is evidenced by a non-exhaustive range of intimidation tactics assessed by their pattern and context.

UK prosecutions have shown that vehicles have been, and can be, used as weapons in incidents of domestic abuse.

Wider research describes vehicle-as-weapon attacks as deliberate and high-risk acts capable of causing serious harm or death.

Several Domestic Homicide Reviews have also highlighted cases where vehicles featured in fatal domestic incidents, with driver behaviour, such as speeding, sudden braking, or making threats, forming a key part of the overall risk.

Therefore, disclosures of threatening or dangerous driving in the context of domestic abuse should be treated as red-flag indicators, clearly documented and considered as part of risk assessments within Multi-Agency Risk Assessment Conferences (MARAC), and within both children's and adults' safeguarding processes, as well as in assessing whether criminal thresholds are met.



## SafeLives

### Professionals' views on MARAC research report: 10<sup>th</sup> November 2025

MARACs are a vital part of the UK's domestic abuse response, bringing together agencies to share information and plan coordinated safety measures for high-risk victims and their families. This report explores frontline professionals' perspective on MARACs across England & Wales.

The study analysed over 700 survey responses from professionals across 22 local areas and 17 agencies. It highlights what professionals feel is working well in current MARAC practice, such as effective information sharing, victim-centred action planning and strong multi-agency collaboration, while also identifying systemic challenges including high caseloads, inconsistent attendance, and limited follow-up of agreed actions.

The findings emphasise the importance of embedding the victim's voice, strengthening leadership and governance, and ensuring consistent agency training and engagement. SafeLives calls for MARACs to be placed on a statutory footing and for a National Review of MARAC to assess its evolving role and ensure it remains fit for purpose in tackling domestic abuse.

Read the full report here: [Professionals' views on MARAC research report](#)

### ARU Student Domestic Abuse Ambassadors

The embedded article has been written by students at ARU following the successful art exhibition held in September of this year. There will be another exhibition next year.



DA Art Exhibition  
2025 Newsletter.pdf



## Office of National Statistics

### Domestic abuse in England and Wales overview: November 2025

Figures on domestic abuse from the Crime Survey for England and Wales, police recorded crime and other organisations.

Data on domestic abuse is gathered from a range of different organisations and is split into several separate publications:

- [Domestic abuse prevalence and trends, England and Wales: year ending March 2025](#)
- [Domestic abuse victim characteristics, England and Wales: year ending March 2025](#)
- [Domestic abuse and the criminal justice system, England and Wales: November 2025](#)
- [Domestic abuse victim services, England and Wales: 2025](#)
- [How domestic abuse data are captured through the criminal justice system: November 2025](#)
- [Redevelopment of domestic abuse statistics: November 2025](#)

### Main points

- The Crime Survey for England and Wales estimated that approximately 3.8 million people **(7.8%)** aged 16 years and over experienced domestic abuse in the survey year ending March 2025.
- An estimated 2.2 million females **(9.1%)** and 1.5 million males **(6.5%)** experienced domestic abuse in the last year.
- There was no statistically significant change in the prevalence of domestic abuse experienced in the last year, compared with the previous year; comparisons cannot be made before YE March 2024 because of the introduction of new survey questions to measure domestic abuse.
- The police recorded 816,493 domestic abuse-related crimes in England and Wales in YE March 2025; a decrease compared with the previous year (851,062), which reflects recent changes in police recording practices.
- There were 54,987 domestic abuse-related prosecutions in England and Wales in YE March 2025 compared with 51,183 in YE March 2024.

*Police recorded crime data do not provide a measure of domestic abuse prevalence. Caution should be taken when comparing domestic abuse-related police recorded crime data with previous years because of changes in police recording practices. For more information see our [How domestic abuse data are captured through the criminal justice system article](#).*

Click here to view the full report

[Domestic abuse in England and Wales overview - Office for National Statistics](#)



## Teenage Pregnancy Knowledge Exchange

### Supporting young parents' emotional health and wellbeing: recruitment for UK research study

The University of Oxford is running a UK-wide research study for young mums and dads aged 16 - 24 who are feeling low, stressed out, or overwhelmed. It's called AADAPT.

AADAPT gives young parents six free online sessions of information and activities to help improve their mood and wellbeing, as well as ideas to try at home with their baby. The programme was developed with young parents and people with lived experience, who've all said they wish something like this had been available when they were struggling.

Parents can also choose to have instant-message chats or online calls with a trained Parent Buddy—someone who was a young parent themselves and is there to offer encouragement and support while the young parents work through the AADAPT materials.

Young parents can receive up to £75 depending on how many questionnaires and optional study activities they decide to complete.

To take part parents must be:

- Aged 16-24 years old
- Have had a baby in the last 12 months
- Feel low, stressed or miserable
- Are not currently receiving a talking therapy

To sign up for the study parents can simply scan the QR provided on the flyer below or click on this link [https://www.trial-deck.com/trial/aadapt?reg\\_code=YP\\_vBBU9vnxov](https://www.trial-deck.com/trial/aadapt?reg_code=YP_vBBU9vnxov). Please feel free to share with your networks, the young people you support or display the flyer in community settings



AADAPT Online - Addressing young mum's and dad's low mood and their parenting

**Are you aged 16-24 years?**  
**Have you had a baby in the last 12 months?**  
**Do you feel low, stressed out, have no energy, or don't enjoy things anymore?**

We are testing a **new online support** package for Mums and Dads who are feeling low, stressed out or miserable.

Could you help us by taking part?  
Find out about getting involved by scanning the QR code:



email: [aadapt@psych.ox.ac.uk](mailto:aadapt@psych.ox.ac.uk)  
call: 01865 618330

University of OXFORD  
V1.0\_25.11.24 IRAS Ref: 347818 REC Ref: 24/WA/0366  
Department of Psychiatry



## Cambridgeshire & Peterborough Safeguarding Partnership

In line with Section 11 of the Children's Act 2004 and Working Together 2023, children's safeguarding partners of the board are currently completing the Section 11 self-assessment audit tool for their individual agencies.

If you are a professional working with children and families please could you complete the below survey by **1 March 2026** or distribute within your service.

Here is the link to the survey

[Children and Families Professionals Survey 2025 - 2026](#) – Fill in form

Any queries please contact the Safeguarding partnership Board at [safeguardingboards@cambridgeshire.gov.uk](mailto:safeguardingboards@cambridgeshire.gov.uk)

## Peterborough Women's Aid



As the Christmas season approaches, many of us look forward to warmth, family, and celebration. But for too many women, children, and families living with domestic abuse, this time of year is not filled with joy - it is filled with fear.

At Peterborough Women's Aid we work every day to provide safety, emergency accommodation, counselling, and vital support for those who need it most. Last Christmas, we saw an increase in calls for help, and this year we expect the need to be even greater

We are trying to raise £1500 through our Christmas Campaign.

Please click on the link below to see how you can support families in the refuge this year and make a donation

Thank you. Mandy Geraghty CEO

[PWA Christmas Campaign](#)





## **Training opportunities**

### **Business Against Abuse (BAA)**

BAA is a scheme run by Cambridgeshire police in which businesses across Cambridgeshire can prove themselves to be safe spaces for customers in need.

[Businesses Against Abuse | Cambridgeshire Constabulary](#)

[BAA Businesses](#) are committed to challenging Violence Against Women and Girls and have a zero-tolerance policy on any person displaying predatory behaviour. Businesses within the scheme make a commitment to being a safe space for all customers, in particular women and girls, and their staff are trained in spotting predatory behaviour.

The development of the accreditation has been funded by the Home Office's Safer Streets scheme and aims to make women and girls feel safer in their communities.

**Show your customers that safety matters to you. Get BAA accredited and become a pillar of support for your community.**

Sessions are two and a half hours long, with a break halfway through.

Please book using the links below:

**15/01/2026 AM** – <https://www.eventbrite.co.uk/e/1837435572259?aff=oddtcreator>

**15/01/2026 PM** – <https://www.eventbrite.co.uk/e/1837496624869?aff=oddtcreator>

**05/02/2025 AM** – <https://www.eventbrite.co.uk/e/1837502522509?aff=oddtcreator>

**05/02/2026 PM** – <https://www.eventbrite.co.uk/e/1837510125249?aff=oddtcreator>

### **Cambridge & Peterborough Reducing Parental Conflict (RPC) - The Differences Between Domestic Abuse and Parental Conflict**

You may find yourself supporting a family and wondering whether the behaviours you are seeing indicate domestic abuse or parental conflict. The two are very different, although they can look similar. It is important that professionals working with families are able to identify which is happening and know how to respond with appropriate advice and support. This webinar is designed for professionals in Cambridgeshire & Peterborough who work with children, young people or families and has been created in response to questions and comments raised by the wider public sector workforce who are keen to recognise and understand the difference between the two.

Webinar details:

Date: 11<sup>th</sup> February 2026

Time: 10.00 - 12.00

Presenter: Emily Nickson-Williams

To book a place please click here:

[The Differences Between Domestic Abuse & Parental Conflict](#)



## Rape Crisis England & Wales

In January, in partnership with the Centre for Women's Justice, Rape Crisis are running 2 webinars. These will focus on the changes to police requests for third party materials in criminal cases, which come into force on 12<sup>th</sup> January 2026, including the new law around requests for counselling records.

- **Thursday 22<sup>nd</sup> January 11am – 1pm: Session for ISVAs and others supporting survivors of sexual violence who may be subject to police requests for third-party material.**  
[Register here](#)
- **Thursday 29<sup>th</sup> January 11am – 1pm: Session for counsellors/therapists and other data holders (e.g. service managers) who receive police requests for survivors' third-party material.**  
[Register here](#)

In these webinars, Maxime Rowson (Head of Policy and Public Affairs at RCEW) and Harriet Bland (Solicitor at CWJ), will cover:

- The history behind the changes to third party material requests, including counselling records
- The impact on survivors of sexual violence of excessive requests for third party material
- The changes to law and practice, coming into force in January 2026
- What constitutes a 'counselling record', under the new legislation
- The new higher legal threshold for counselling record requests, and how it should be applied by police officers
- What constitutes a 'reasonable line of enquiry'
- The difference between 'consent' and 'notification'
- What to consider when survivors' third-party materials are being requested by police
- How to spot a 'credibility trawl'
- The data minimisation principle
- The procedure for police requests for third party material, and how data holders can respond
- What might happen if survivors or data holders refuse a request
- When third party material may be disclosed to the defence

More information in the links above and by contacting [policy@rapecrisis.org.uk](mailto:policy@rapecrisis.org.uk)

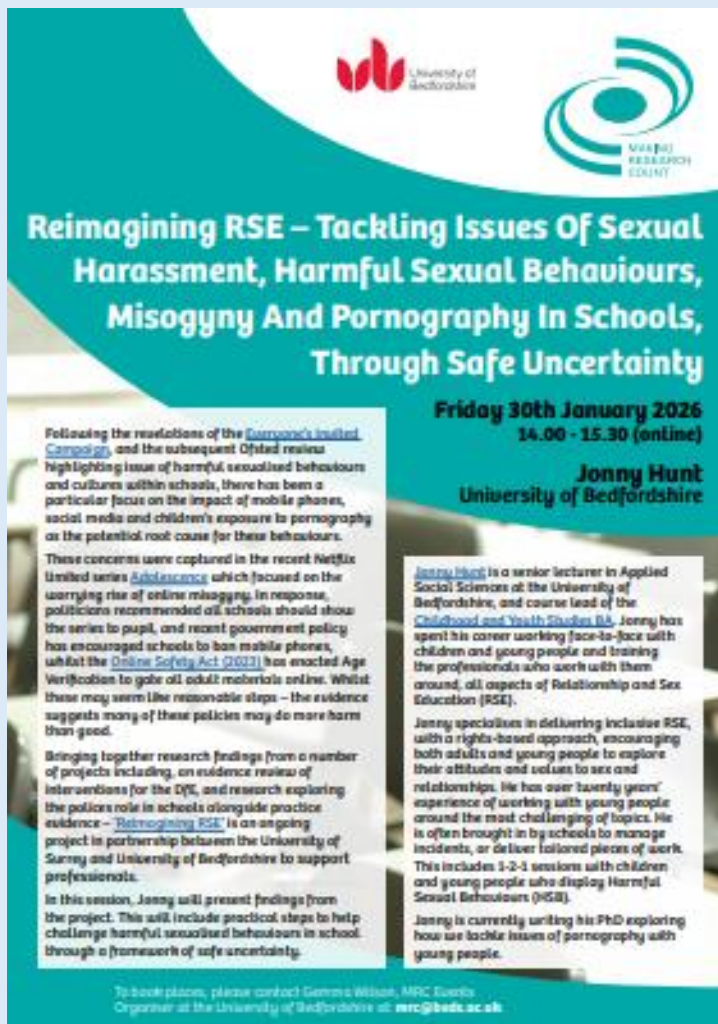


## Reimagining Relationships and Sex Education

Friday 30 January 2026, 11:00am-12:30pm - Tackling Issues Of Sexual Harassment, Harmful Sexual Behaviours, Misogyny and Pornography in Schools, through Safe Uncertainty

Dr Jonny Hunt, University of Bedfordshire

[Re-imagining relationships & sex education](#)



**Reimagining RSE – Tackling Issues Of Sexual Harassment, Harmful Sexual Behaviours, Misogyny And Pornography In Schools, Through Safe Uncertainty**

**Friday 30th January 2026  
14.00 - 15.30 (online)**

**Jonny Hunt  
University of Bedfordshire**

Following the revelations of the [Durwood's Initial Campaign](#), and the subsequent Ofsted reviews highlighting issue of harmful sexualised behaviours and cultures within schools, there has been a particular focus on the impact of mobile phones, social media and children's exposure to pornography as the potential root cause for these behaviours.

These concerns were captured in the recent Netflix limited series [Adolescence](#) which focused on the worrying rise of online misogyny. In response, politicians recommended all schools should show the series to pupil, and recent government policy has encouraged schools to ban mobile phones, whilst the [Online Safety Act \(2023\)](#) has enacted Age Verification to gate all adult materials online. Whilst these may seem like reasonable steps – the evidence suggests many of these policies may do more harm than good.

Bringing together research findings from a number of projects including, an evidence review of interventions for the OfE, and research exploring the policies role in schools alongside practice evidence – [Reimagining RSE](#) is an ongoing project in partnership between the University of Surrey and University of Bedfordshire to support professionals.

In this session, Jonny will present findings from the project. This will include practical steps to help challenge harmful sexualised behaviours in school through a framework of safe uncertainty.

[Jonny Hunt](#) is a senior lecturer in Applied Social Sciences at the University of Bedfordshire, and course lead of the [Childhood and Youth Studies BA](#). Jonny has spent his career working face-to-face with children and young people and training the professionals who work with them around all aspects of Relationship and Sex Education (RSE).

Jonny specialises in delivering inclusive RSE, with a rights-based approach, encouraging both adults and young people to explore their attitudes and values to sex and relationships. He has over twenty years' experience of working with young people around the most challenging of topics. He is often brought in by schools to manage incidents, or deliver tailored pieces of work. This includes 1-2-1 sessions with children and young people who display Harmful Sexual Behaviours (HSB).

Jonny is currently writing his PhD exploring how we tackle issues of pornography with young people.

To book places, please contact Gemma Wilson, MRC Events Organizer at the University of Bedfordshire at: [mrc@beds.ac.uk](mailto:mrc@beds.ac.uk)



## Groups & Activities

### Peterborough Women's Aid

PWA are delighted to launch their new groups in January 2026. All groups are free and open to all women – see poster below







## **Sabr (patient in life)**

### ***Art and Crafts Group***

***Women only wellbeing group  
Free drop in.***

**Brownsfield community Centre  
31A Green End Rd, Cambridge  
CB4 1RU**

**Every Monday at 10.30-12.30pm excluding  
bank holiday.**

**Come and join us for a creative, relaxing  
and friendly arts and craft sessions.**

**Free refreshment Tea & Coffee..**



Email  
**sabr.artandcrafts.therapy2025  
@gmail.com**





## Christmas Poem by Charis

### Father Christmas, I Pray

Dear Santa,

For Christmas I ask something different this year  
A prayer for no presents I hope you will hear  
That might sound odd, but instead what I need  
Here under the bed in the dark, I will plead  
End all the fighting and dad being mad  
Rescue my mum from him when he is bad  
Cover my ears so I can't hear her cries  
Her bruises, so she can stop telling the lies  
Rescue my sister and I from this fear  
It's the magic of Christmas I'd like to have here  
Silence has fallen, but only for now  
Tomorrow they will certainly have a new row  
Make my house happy and safe to be in  
And pardon my father for his every sin  
Sorry if this really is asking too much  
I will go without dinner and chocolate and such  
Please fix my family, I don't want dad to be gone  
Really he loves us, he just shows it all wrong  
As long as you keep him away from the drink  
You can keep us all happy, so what do you think?



