



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

June 2019

Hello and welcome to our latest newsletter.

We're pleased to say that the first **Caring Dads** course has started and we are planning a **Recovering Together** course in Huntingdon.

Caring Dad's is a 17 week group programme for fathers who are of concern to children's social care. Recovering Together is a 12 week programme for children in school year 4 or 5 and their mothers who have experienced domestic abuse.

More information about both programmes is available from our website

https://www.cambsdasv.org.uk/website/professionals_1/85918

I attended the Cambridge City Domestic Abuse forum Survivors conference recently – please see further down the newsletter for a report from the organisers. It was really useful to hear about what has helped survivors, and what hasn't been so helpful, and we're really grateful to be given the chance to engage with these events.

Finally this month, I'd like to highlight a new resource – we have produced a new version of our Opening Closed Doors leaflet which is aimed at friends and family who are worried about someone experiencing domestic abuse. This version (that we are calling an Accessible leaflet) is in a format that may be useful to people with communication or literacy issues. You can find this version, along with a standard one and an official Easy Read version on our website at

<https://www.cambsdasv.org.uk/website/disabilities/96819>

We hope you enjoy this newsletter and please do share any news from your service with us that we can include in future newsletters.

Julia Cullum
Partnership Manager



More than £12,000 awarded to projects for young people by Police Commissioner

JASON Ablewhite, Police and Crime Commissioner for Cambridgeshire and Peterborough has today (23rd May) announced the new recipients of his Youth and Community Fund for 2019/20 totalling **£12,494**.

The projects, based all over Cambridgeshire and Peterborough, were all successful in bidding to the Commissioner's Youth and Community Fund.

The Fund aims to engage young people in positive activities in their community in line with the Commissioner's pledge to 'support work with young people to divert them away from a life of crime'. The projects must aim to build relationships and improve engagement between young people and their communities. Charities and community groups are invited to bid for grants of up to **£3,000**.

The Commissioner's Youth & Community Fund distributes funds from the **Police Property Act Fund**. This is not from the Police main budget, but was created from the sale of recovered stolen items where the owners are not known and cannot be traced. Items go to auction and the Commissioner uses these funds to support his Youth & Community grant.

The projects awarded were:

- The Muslim Council of Peterborough for a project providing safeguarding training to raise awareness of signs of abuse and ill-treatment of children and young people to isolated and vulnerable communities.
- Stretham Youth Centre for targeted work directing young people away from engaging in anti-social behaviour and low level criminality.
- Thrive Youth Work, a Christian project based in Huntingdon for their 'Gauntlet Auto Project', set up for students to build positive relationships and develop practical skills in motorcycle riding and mechanics.
- Ormiston Families for their 'Breaking Barriers' project across Cambridgeshire, as well as Bedfordshire and Essex to support young people who have a parent in prison.
- The Prince's Trust for their Community Project to produce and deliver a video to raise awareness of knife crime and to deliver to a local school in Peterborough.

These four projects joined other organisations who have previously been awarded funding, such as 'KICK Youth' based in St Ives, a youth club for young people. Another was for a performing arts project run by 'LEADA Cambs CIC', both of which have worked to improve community relations and reduce the vulnerability of young people.

Successful recipients for 2018/2019 grants will be celebrated at a Youth and Community Fund celebration event in June, hosted by the Police and Crime Commissioner

Police and Crime Commissioner, Jason Ablewhite said:

"My Youth and Community Fund has enabled grassroots diversionary projects to get off the ground. From boxing clubs to projects helping care-leavers move into training, a host of projects has already benefitted from the funding.

"I am delighted to award these funds to support young people to participate in their local community. These projects encourage young people to engage more with their communities and learn new skills along the way.

"It is heart-warming to see how a small amount of money can make such a significant difference and lead to long term benefits for young people and the communities they are part of."

More information about the funding can be found here:

<https://www.cambridgeshire-pcc.gov.uk/get-involved/funding/>

Domestic Homicide Reviews and the LGBT community:

A critical goal of a DHR is to prevent domestic violence and homicide by improving service responses for all domestic violence and abuse victims. Most DHRs identify some recommendations from individual agencies. That means looking at the big picture and asking some challenging questions. In the context of an LGBT+ victim, the questions might include:

- Does the local partnership have a good **understanding** of need? What does it know about its local LGBT+ population, especially reporting? The evidence tells us that reporting is often low, what does the local partnership know about what is and isn't working for LGBT+ victims and survivors?
- Does the local strategy **engage** with the needs of LGBT+ victims and survivors in a substantive way? (Saying "domestic abuse affects LGBT+ victims too" isn't enough). Does it identify **concrete actions** to consult with local LGBT+ communities, or to how to identify and address need?
- Have agencies thought about how they can work together to better respond to the needs of LGBT+ victims and survivors? i.e. training swaps, robust referral pathways, ensuring publicity and awareness-raising activity.
- Are local agencies able to meet the needs of an LGBT+ victim, such as thinking about policy and procedure, as well as staff training? Many training sessions where professionals admit that they don't even have copies of an [LGBT+ power and control wheel](#) to hand?
- Has the local partnership thought about how to **develop** services? For example, is there an opportunity to develop a business case for a specialist service, ideally one that is co-produced with and ultimately led by and for the LGBT+ communities? If the answer to any of these questions is a no, it should be the subject targeted recommendations to address the gap. A DHR should be able to operate across different levels. As its central concern it must attend to an individual victim's experience, and also engage with (and hopefully answer) any questions posed by their family and friends. The goal of a DHR is to try and prevent future homicides, it needs to be ambitious.

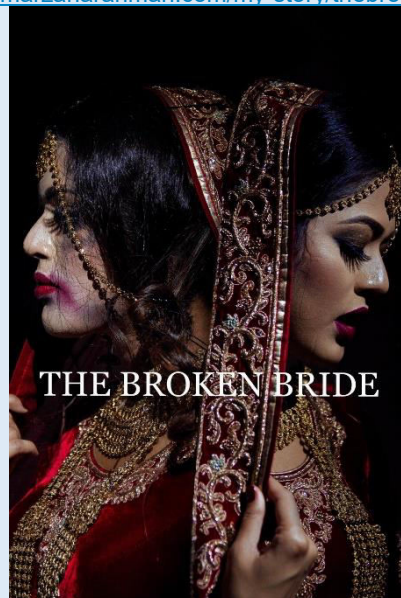
So, why am I saying all of this?

Well, I guess I am hoping that the questions I have raised here might serve to prompt some reflection. The reality is that the picture painted by a DHR is always going to be incomplete. But DHRs should be expansive, not narrow. That's not always easy. I hope my reflections here make a useful contribution to a wider discussion about the purpose of DHR's and might be helpful to other professionals as they go about professional life.

By James Rowlands: *In addition to my Independent Consultancy, I work as an Associate with [Standing Together](#) (with whom I also chair Domestic Homicide Reviews) and [SafeLives](#). I am currently a PhD student at [Sussex University](#), where I am researching Domestic Homicide Reviews, their part in the coordinated community response and the difference they make. In 2019, I was awarded a [Churchill Fellowship](#).*

The Broken Bride Campaign

<https://marzanarahman.com/my-story/thebrokenbride>



The link is attached is a heart-wrenching true story: 'The Broken Bride' campaign, about a young woman who experienced domestic abuse within the first 24 hours of her marriage. This carried on for some time before she disclosed this to her family and escaped from this situation. She has written a blog series depicting this from the start, to where she is at now.

Marzana Rahman is a British South-Asian woman, she is a DA survivor. Like any young woman Marzana had pleasant expectations of her married life.

Unfortunately, she noticed her husband's violence within a day of being married to him, above his "loving" & "caring" husband

persona, he physically, financially and emotionally abused her. Marzana's mother-in-law & brother in law also were equally as insulting, restricting contact with her maternal family, taunt her, hurt her and infringe her rights. Marzana's experience highlights the injustice that occurs in many marriages, from a South-Asian cultural perspective- the feeling of staying with the husband and in laws, to 'keep the family together' or 'to make things work'.

Additionally, it depicts a true reflection of DA affecting anyone, from any background. She fought the Bangladeshi cultural norms and took a stand.

Today she is a domestic abuse activist, a writer and speaker, she has been invited as a TEDx speaker. She is recognised across many social media platforms; she is a beacon of hope and a voice for those enduring or have endured domestic abuse.



White Ribbon goes to the Strawberry Fair

We were offered the chance to promote the White Ribbon Campaign and some of the local charities we work with by creating a banner to cover some ugly metal fencing at the Strawberry Fair on 1st June. Below is our creation!

We used logos from Cambridge Women's Aid, Cambridge Rape Crisis Centre and Refuge as well as national domestic abuse support organisations Men's Advice Line and Galop.

You can find out more about the White Ribbon Campaign at www.whiteribbon.org.uk

And look out for us at the Cambridge **Folk Festival** in **early August** where we will have a stall promoting White Ribbon along with information and awareness materials from local partners.



Spotlight on parenting and domestic abuse

Safe Lives are shining their latest Spotlight series on parents who are experiencing domestic abuse. Working with children's social care and attempting to navigate complex systems and agencies, while trying to keep themselves and their child safe, can make many victims feel they are 'hidden' from services. Safe Lives want to shift the responsibility for the safety of the family away from the victim and onto the person causing the harm: the perpetrator. They will be looking at what great practice looks like, and what practical steps agencies and professionals can take to make sure they're seeing the whole picture for every family.

New content will be published every week including blogs, podcasts and survivor stories – join the conversation on Twitter using the hashtag **#SafeAndSeen** <http://www.safelives.org.uk/node/1525>

The Cambs DASV website has a series of leaflets about supporting children who have experienced or witnessed domestic abuse – you can access them at <https://www.cambsdasv.org.uk/website/parenting/185992>

ChatHealth

ChatHealth is available for all young people aged **11-19** in Cambridgeshire.

The Cambridgeshire school nursing team has successfully implemented ChatHealth, a confidential text messaging service for young people aged **11-19**.

The platform provides an alternative way for young people to engage with school nurses on topics including relationship advice, healthy eating, smoking cessation, bullying and exam stress.

From **9.30am to 4.00pm Monday to Friday**, ChatHealth has experienced clinicians online waiting to answer and deal with any messages from young people.

To access the service, all users need to do is **TEXT 07480 635 443** to start a conversation.

Their video and promotional material can be found on the NHS Cambs Community Services website.

There is also a number for professional who may wish to seek advice on young people, e.g., if you wished to speak re a pupil you have concerns about, which is 03000 295050.

Words Do Hurt Me: The Experience of Women Working in the Criminal Justice System Facing the Challenge of Vituperative Communication on Social Networking Sites **FREE RESOURCE FOR PRACTITIONERS**

Click the link to get a PDF copy of the resource

<https://victimfocus.org.uk/resources-for-professionals>

This research was undertaken as part of the MA in Social Research at the University of York. The research investigates the extent to which social networking sites have perpetuated a permissive climate towards gender-based violence, and the wider impact that such online abuse may have.

Empirical evidence gathered from ten women in the criminal justice sector, along with obscene tweets sent to women MPs over an eleven-day period, was interrogated using thematic analysis.

This scrutiny reveals that online abuse is misogynistic, regularly includes threats of sexual violence, comments on women's appearance, and dismisses female contributions to online discussions. When investigated further, it becomes clear that online abuse is not about image, political opinions, religious beliefs or sexual orientation – it is the consequence of being a woman on the internet. This report concludes that criminal justice institutions and social media companies must respond to online abuse more robustly, with the reporting mechanisms and sanctioning of online abuse substantially reinforced.

The document is written in accessible language and can be used by any professional, parent or supporter.

Domestic Abuse survivors 'more at risk of mental illness'

Research conducted by the University of Birmingham suggests that women may be 3 times more likely to develop mental illness, as a result of domestic abuse. 18,547 women reported domestic abuse to their GP's. Mental wellbeing is something that should be taken into account when professionals are working with vulnerable women and men. There are numerous printable resources

available to promote positive mental wellbeing, such as: <https://www.blurtitout.org/> OR <https://www.mind.org.uk/information-support>

Alternatively, professionals can encourage service-users to visit their GP, they can provide options & support for low mood, anxiety, poor diet or sleep & any other concerns related to mental wellbeing.

Additionally, service-users can self-refer to NHS therapies, this can be done online or over the phone via the CPFT Website: <https://www.cpfth.nhs.uk/services/pws/psychological-wellbeing-service.htm> OR through contacting the GP.

Full article is available at: <https://www.bbc.co.uk/news/health-48541604>

SafeLives Survey

We cannot end domestic abuse without engaging men and boys, yet they are almost entirely absent from the public conversation – and understanding – of domestic abuse. In order to open up this conversation, we've put together a **survey** that aims to gain an understanding of the attitudes men and boys have towards relationships, masculinity, gender roles and what behaviours are acceptable in a relationship.

We want to gather at least 1,000 voices from all backgrounds- **we'd love it if you could share the survey with your friends, family and wider networks.** The survey should take around 10 minutes to complete and all responses are anonymous.

Blog: [SafeLives Research Analyst Josh Taylor explains why this work is so important](#)

Video: [Young men discuss love, relationships and what 'masculinity' means to them](#)

We know that domestic abuse is experienced by men and boys – as children in the home as well as young people and adults in heterosexual and LGBT+ relationships, and in the potential for child to parent abuse. In all our work we are led by the evidence, and in order to build our evidence base, we've developed **a second survey** asking men and boys who are survivors of domestic abuse about their experiences.

We would be grateful if you could share this survey with any men over the age of 16 who you think it's relevant for. The survey should take around 10 minutes to complete, and all responses are anonymous. We understand that thinking about these experiences can be difficult, and there is no obligation to answer questions that feel too upsetting. We have included the details of organisations who can offer support and advice to survivors of abuse.

We hope that this work will be the start of a much bigger conversation, and we're glad to have you with us. Together, we can end domestic abuse.

IRIS's Flagship Intervention Programme

Medina Johnson (CEO at IRISi) a social enterprise established to promote and improve the healthcare response to gender-based violence.

She has written a blog in response to this report, in which she disputes some of the findings of the report.

IRISi's flagship intervention programme, IRIS (Identification and Referral to Improve Safety), is a general practice based domestic violence and abuse training and referral programme:

<https://irisi.home.blog/2019/06/07/we-dispute-that-gps-are-highly-trained-or-even-trained-at-all-in-many-cases-to-recognise-and-respond-to-dva-a-response-to-todays-published-findings-from-medina-johnson-ceo-irisi/>

Consultation on accommodation based support

The Ministry of Housing are consulting on a new delivery model for accommodation-based support. This includes the introduction of a statutory duty on local authorities to provide support that meets the diverse needs of victims of domestic abuse and their children, ensuring they have access to provision that is right for them.

They would like to hear from victims and survivors, service providers, local authorities, police and crime commissioners and other public agencies, as well as other professionals who support victims and their children. This consultation closes on 2nd August 2019.

<https://www.gov.uk/government/consultations/support-for-victims-of-domestic-abuse-in-safe-accommodation>

New service for women from Centre 33

As part of the Youth Access Fund, across 2 years and the whole of Cambridgeshire and Peterborough, Centre 33 will offer 236 young women a confidential space to talk. The aim of these sessions will be to help them identify and reduce their risk of violence and/or homelessness. We can offer counselling to 59 young women (each receiving around 6, one to one, weekly sessions). We can also support 54 young women with short term, on-going casework sessions (following their triage assessment with us) which is not focussed on mental health support. This could take the form of assisting them to refer to appropriate services, such as the IDVA if they are at a high risk level, or provide housing support or perhaps identifying ways to tackle social isolation if they are further along their journey.

Access can be made via self-referral at any Centre 33 drop-ins across the county. (no need for an appointment – they can just call in)

See our website for details on where you can find us [here](#)

CASE STUDY BY DR Kavita Bhardwaj

The Royal College of General Practitioners states that 'General practice sits at the interface between health and social care' I have developed a special interest in exploring and understanding the psychological causes and effects of trauma and abuse.

These issues are eye opening and expose various social evils prevalent in society, prevalent throughout the world. Abuse encompasses more than physical violence, it presents in many forms and I will illustrate with an example:

A 35 years lady called Anna presents with anxiety, fear and hyper vigilance. She responds to situations negatively and work has commented they are out of proportion and she is at risk of losing her professional, well-paid job. People around her are becoming impatient and cannot understand what has 'gotten into her' including family members and this is making her more anxious.

After some sessions it transpires she is having flashbacks about incidences of ten years previously when she lived in fear. She has worked hard to move on and be secure and she is terrified of losing what she values in life and frightened of being humiliated.

Past History

Anna was age 24 years and engaged to be married. A charming young man Neil had respectfully asked her and her parents for her hand in marriage to which they had happily responded. She belonged to a hard working family with good social status. Certain events unfolded gradually. Neil questioned why her friend's father shook her hand while congratulating her on her engagement saying that uncles in their culture did not normally do that. It was subsequently laughed off as a joke saying he was somewhat possessive of his beautiful bride to be.

Anna's relative – Josh - hugged her and kissed her on the cheek on the evening of her engagement while laughing loudly. A few weeks later, Neil was questioning her and advised her against visiting Josh's house. There was a function in Josh's house and Anna's parents expected her to attend.

She did not attend the function because she valued her relationship with Neil much more. After all she had been taught to value her potential husband highly, value the opinions of family, to avoid friction and argument especially with those older than her, which Neil was. She put Neil's feelings first as he was often right and could justify his opinions and she made a firm resolution to conform with him and felt that small sacrifices made for that were worth it. She was brought up to be tolerant towards family even if they were angry and imperfect. Remaining quiet and calm would always help her to win in the end; A crucial aspect of her mindset.

For 'laughs' Neil's cousin told him that Anna had been staring at him deliberately. He knew that Neil was somewhat prone to jealousy and possessiveness and he thought it would be entertaining to see what happened.

Neil respectfully asked permission from Anna's father to take her out on a date. He tried to get physically intimate with her to which she refused. He became angry, saying that she didn't seem to mind staring at other men and also them touching her. She slapped him. He slapped her saying 'I am tired of your behaviour.' Their marriage was imminent and he could not understand why she resisted him anyway. He explained why the seeds of suspicion had been sown in his mind. She listened and he apologized profusely and offered calm respite to her. Another reason why he sometimes doubted her was that she spoke to her parents and sibling about matters that he expected to remain between them only and he expected at least this much from his future wife. She made a mental note to respect this confidentiality and certainly not to discuss his suspicious nature. She was confident this would all settle and this was a temporary phase. She was reluctant after being slapped but his sincere apologies reassured her.

It was not temporary. This cycle went on for almost one year. Tension would be created over seemingly trivial issues. There were numerous times when she was assured and hopeful that things would change. He would often apologize and say humbly that he was wrong and she envisioned herself as a heroic person who would help him through this, support him and one fine day he would realize that she had been truthful and sincere the whole time. She realized this could be a disorder of his mind and leaving him when he actually needed help would make her feel guilty.

His suspicious behaviour did not diminish. He frequently checked her whereabouts when she was not with him and timed her durations of absence seeking proof for these absences. He gradually became more violent. Every time she decided to leave him, he pleaded her not to. She wanted to seek help for their relationship but felt she could not leave as she was pregnant. However, her promise to keep his problems confidential disabled her to seek help.

She became a trapped battered woman without even realizing it. Her mother didn't speak to her because Anna barely spoke to her family and they frowned upon her anyway.

Eventually life became unbearable for her. She made a plan to leave him and he beat her while saying he would kill her if she did. She finally confided in her father who said 'I told you so. We are ashamed of you. This is your fault and his fault.'

Geographical separation was the only solution. She left the country to start a new life. She was sent to live with a relative who was rather disgusted with her story. He would call her 'Stupid', 'stupid bitch' and even 'Stupid whore' because she had fallen pregnant before marriage.

Slowly with difficulty and hard work she somehow built a new life for herself and secured a good job. When she presented at 35 years she feared losing what she gained. In the past she seemingly 'had it all' but had still lost everything she valued in life. She was terrified it would happen again. Her family still could not understand why she required time off work and 'what had gotten into her now'

She required intensive Psychotherapy and persistence

Understanding is the first step to overcoming and solving problems and this is sometimes underestimated. Listen, acknowledge, understand and validate, then move forward to attempt the healing process

If you would have been traumatized by abuse, how well would you have coped with it?

Invitation to participate in research around IPV

My name is Thomas Nally and I am a PhD student with the University of Central Lancashire (UCLan) and a Forensic Psychologist in training. I am conducting a study examining how victims of Intimate Partner Violence (IPV) protect themselves in abusive relationships. To date, only a limited amount of research has explored the strategies used by victims of IPV, to reduce or prevent harm to themselves (such as physical, sexual or psychological harm). As such, this research will explore these strategies to develop our understanding and provide more effective support to victims of IPV.

As a professional with experience of working with IPV victims, I would like to invite you to contribute to this study by sharing your valuable knowledge and insights into the issue.

If you decide to participate in this study, you will be asked to complete an online questionnaire. This questionnaire will ask you about victims' safety strategies, either identified in the literature or as a result of your own professional knowledge and experiences. You will not be identified in the write up of the findings and any contact details will be kept separately from returned questionnaires so we can send you a copy of the final results. Any quotes used from questionnaires in the write up of the findings will not be identifiable.

To participate in this study, please click the link below and follow the instructions, which will appear on screen:

<https://www.esurveycreator.co.uk/s/17d8544>

This study has been approved by the University of Central Lancashire (UCLan) Ethics Committee. If you have any questions please email me: TNally1@uclan.ac.uk or my primary supervisor JLIreland1@uclan.ac.uk.

Additionally, you can contact the UCLan officer for ethics on OfficerForEthics@uclan.ac.uk if you wish to know more about the ethical approval process for this study if you have any concerns that you do not feel can be raised with myself or my primary supervisor. Any correspondence of this nature should include the name of the study and the researchers' names.

Cambridge Community Forum On Domestic and Sexual Violence/Abuse Survivors Conference

Cambridge City Council's Survivors Conference on Domestic and Sexual Violence/Abuse was held on Monday 3rd June 2019 at the Meadows Community Centre. The Survivors Conference aim was to get feedback on services that the users felt was most important to them in order to look at new ways of working and improvements for women who has suffered from Domestic Violence and Sexual Abuse. The feedback and developments would then be detailed at the annual Domestic Abuse Conference on 25th November.

The morning began with a forum session with updates from some of the forum members.

Cambridge Soroptimist International informed the forum that at a previous forum session Women's Aid had requested more towels for their women and since then they have managed to fund the purchase of brand new towels, and have been inundated with many more which they are passing onto Women's Aid.

Councillor Nicky Massey, Executive Councillor for Transport and Community Safety, informed the forum that she has spoken to a women's group who is willing to crowdfund for the business kitemark that will signify that a company has excellent domestic violence/abuse policies and sexual harassment in the workplace policy.

Women's Aid Ask Me campaign gave an update to say that they had 40 ambassadors signed up for their Ask Me Campaign.

Cambridge Housing Services and Cambridge Women's Resource Centre also gave forum updates.

A crèche for 18 children was provided by Cambridge City Council's Children and Young People's Participation Service (ChYpPS), with the kind permission of The Meadows Children and Family Wing, enabling those with children to be able to attend the conference.

There were short introductions from all the service providers detailing their services:

Womens Aid – Angie Stewart

Cambridge Rape Crisis - Norah Al-Ani

The Meadows Children and Family Wing – Michele Wright

Cambridge City Council Housing Services – Danae Evans on behalf of David Greening, who attended the afternoon session

Her Majesty's Courts and Tribunal Service – Jeremy Moss

Independent Domestic Violence Advocates (IDVA) – Julia Cullum

Cambridgeshire Constabulary – Dan Middleton

Cambridgeshire & Peterborough NHS Foundation Trust - Margaret Ballance

Children's Social Care – Unable to attend on the day - Rebecca Broadley

After a lunch break, Service Providers rotated around 6 tables where Survivors provided feedback on what worked well or could be improved with each agency; Courts and Cafcass, Housing, Police, Women's Services, Mental Health and IDVA.

There was great positive feedback from those who attended:

"Today was very informative and I learnt about so many other institutions available for help."

"It has made me realise how brilliantly women women share information and advice to support each other."

"Today made me feel supported and listened to."

"I feel encouraged that services are working towards improved responses to survivors of domestic violence."

"I really like being able to voice my questions."

Councillor Nicky Massey said of the feedback from survivors "It is very important that we continue to give survivors a voice and that we continue to strive for improvements to all our services for domestic violence. All of the women were amazing and strong and I am pleased that the feedback said some of the women also felt empowered. Their voices, their stories will lead to changes."