



Champions' Network - Domestic and sexual abuse newsletter #43 06-11-20

Hello all – hope you are all keeping safe and well. Please find latest information below and attached. If you have any information or updates you would like us to share please send them in.

Content Note: some of the articles and information in this newsletter may include detailed discussion of physical, emotional and sexual abuse, please be mindful of your own triggers, safety and feelings – take care.

Local Job Vacancies

Victim Support Cumbria - currently have a vacancy for an Independent Sexual Violence Advisor for South Cumbria. If you are interested in this role then please read more here

<https://recruitment.victimsupport.org.uk/vacancy/independent-sexual-violence-advisor-south-cumbria-429287.html>

Safety Net, Carlisle – are looking for a Head of Clinical Practice, see information here

<https://www.safetynetuk.org/vacancies>

Women Out West – are looking for a Family Court Support Officer / McKenzie Friend, find out more here <https://womenoutwest.co.uk/mckenzie-friend-job-description/>

Cumbria Health and Wellbeing Coaches – see information below.

White Ribbon Day 2020 - is Wednesday 25 November. Each year thousands of people stand up, speak out and say no to violence against women. This year is more important than ever with a significant increase in violence, harassment and abuse towards women during the coronavirus pandemic. Find out more here <https://www.whiteribbon.org.uk/day>

Stalking survey – Have you been a victim of stalking? Has this had an impact on your mental/physical health? The Suzy Lamplugh Trust would love to hear about your experiences. Please complete the survey <https://surveymonkey.co.uk/r/slhealth>

In the News

1. 'I don't live now. I exist': Mother of boys killed by abusive father begs government to overhaul family courts - <https://www.independent.co.uk/news/uk/home-news/domestic-abuse-family-courts-claire-throssell-b1451185.html>
2. Domestic abuse survivors 'having to pay for abusers to see children' - <https://www.theguardian.com/society/2020/nov/01/domestic-abuse-survivors-having-to-pay-for-abusers-to-see-children>
3. Reeva Steenkamp was murdered. Shame on the BBC for forgetting - https://www.theguardian.com/commentisfree/2020/nov/01/reeva-steenkamp-was-murdered-shame-on-the-bbc-for-forgetting?CMP=Share_iOSApp_Other

4. Johnny Depp case verdict shows 'victims will be believed' regardless of abuser's 'status and wealth', domestic abuse campaigners say - <https://www.independent.co.uk/news/uk/home-news/johnny-depp-amber-heard-libel-case-domestic-abuse-b1533996.html>
5. 'I needed to fix myself for my kids': breaking the cycle of domestic abuse -
https://www.theguardian.com/society/2020/oct/28/i-needed-fix-myself-kids-breaking-cycle-domestic-abuse?fbclid=IwAR2wtsZ-WJbB7i8Jwx9SyRV9_xtalnExhzmitVVCxz3sjolRbuZPkHKJA8U
6. Workplaces can play a big role in helping domestic violence victims -
<https://www.smh.com.au/business/workplace/workplaces-can-play-a-big-role-in-helping-domestic-violence-victims-20201023-p567xj.html?fbclid=IwAR1I183Rgo2waKWkufc5i46pIM7ag2O5N95lfd6labHRihK8OCi20Q775g4>
7. Domestic violence victims 'desperate' to escape as lockdown takes effect -
<https://metro.co.uk/2020/11/03/domestic-violence-victims-desperate-to-escape-as-lockdown-takes-effect-13530149/>

Is this coercive control? On BBC iPlayer- brings together 20 people aged 18-25 from across the UK to explore if they know what coercive control actually is - <https://www.bbc.co.uk/iplayer/episode/p08v5pwj/is-this-coercive-control>

Cumbria Domestic Abuse Champions' Network social media – you can follow Cumbria Domestic Abuse Champions' Network on social media for regular posts/updates. On Twitter [@AbuseCumbria](#) and on [Facebook @CumbriaDomesticAbuseChampionsNetwork](#)

Champions' Network newsletters - You can find all the previous copies of these newsletters in PDF format at <http://www.womenscommunitymatters.org/cumbria-domestic-champions/> just in case you lose/misplace any info.

Kind regards, Steve

Health and Wellbeing Coaches – Cumbria County Council

Who are we?

We are a team of staff covering the county, who are all trained to offer support and guidance through coaching.

Who do we work with?

Anyone over the age of 16, who want to make positive changes to their life. We come to your home or a place that you are happy with and can support you and your family. Most of the people we work with have faced a period of crisis, or have multiple issues that they need to understand and work through.

What do we do?

Our overall purpose it to improve your overall health and wellbeing.

In order to do this, we want get to know you and what works for you. What are your aspirations and goals? We also want to understand the barriers to achieving these, and the support you draw upon from your personal resources and resources around you. We encourage and coach you to:

- Take action on factors that influence your health and wellbeing – including your lifestyle, relationships, interests and home life.
- Become more independent and resilient.
- Engage with your local communities and social networks

Is there a time limit?

We take as long as is needed - this can be weeks or months. All we ask it that you meet us on a regular basis and remain committed to make changes

How can you contact us?

We don't have a referral form, so you or an appropriate adult can contact us by making a phone call to our Single Point of Access (SPA) team, and ask to speak to the duty HAWC.

South Lakes/Barrow	-	0300 303 2704
Copeland/Allerdale	-	0300 303 3589
Eden/Carlisle	-	0300 303 3249

What can you expect from us?

Our first conversation will be to get some basic information such as - what you would like to change, and what are you goals, who is already involved in your life, what support is already in place, how ready you feel to make those changes and what could we do to help?

The next step is for us to meet you, to understand more about your current situation and where you see things going. This will always be at a place that suits you. The rest will be developed as we get to know each other.

What do we expect from you?

That you engage with us, and commit to making the changes you have identified.