



Champions' Network - Domestic and sexual abuse newsletter #44 20-11-20

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.

The Bridgeway – SARC – see video here <https://www.youtube.com/watch?v=P4sLUZjM70E&feature=youtu.be>

Women's centres - support for victims of sexual abuse – see video here <https://www.youtube.com/watch?v=tF-rG0wiKkY&feature=youtu.be>

Victim Support's Independent Sexual Violence Advisor – see video here <https://www.youtube.com/watch?v=6ArvcavEsPI>

Safety Net UK - services for victims – see video here https://www.youtube.com/watch?v=SlbnWh7x_5I

Cumbria Adult Safeguarding Board – for more information about our local Adult Safeguarding Board please contact them by email at csab@cumbria.gov.uk see their website at www.cumbriasab.org.uk, social media at Twitter [@cumbriasab](https://twitter.com/cumbriasab) and you can sign up to their e-bulletins here cumbria.gov.uk/signup - "**Safeguarding is Everybody's Business**"

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> **Closing Date** 22/11/2020

Safety Net, Carlisle – are looking for a Head of Clinical Practice, see information here <https://www.safetynetuk.org/vacancies> **Closing date:** Midnight, Sunday 6th December 2020.

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>.

In the News

1. Fears grow for those facing domestic abuse as England enters second lockdown - <https://www.theguardian.com/society/2020/nov/05/fears-grow-domestic-abuse-england-enters-second-lockdown>
2. Johnny Depp, Sean Connery, Oscar Pistorius – why our attachment to ‘brilliant’ men is so dangerous for - <https://www.independent.co.uk/voices/johnny-depp-oscar-pistorius-sean-connery-domestic-violence-coronavirus-b1558590.html>

3. 'I dreaded spending lockdown with my husband' - <https://www.thetimes.co.uk/article/i-dreaded-spending-lockdown-with-my-husband-zvg0l6gzn>
4. I Fled My Abusive Relationship And Spent The First Lockdown In A Women's Refuge - https://www.huffingtonpost.co.uk/entry/domestic-abuse-lockdown_uk_5fa88074c5b67c3259b071c9
5. Court orders to stop domestic abuse soared in lockdown - <https://www.thetimes.co.uk/article/court-orders-to-stop-domestic-abuse-soared-in-lockdown-m526dm3qc>
6. Why do we care more about male perpetrators of violence than their female victims? - <https://metro.co.uk/2020/11/13/lets-hear-about-the-victims-of-crime-rather-than-the-perpetrators-13591919/?ito=cbshare>
7. Coercive control: how to spot the signs when love turns sinister - <https://www.marieclaire.co.uk/life/sex-and-relationships/is-this-coercive-control-how-to-spot-the-signs-718290>
8. Economic abuse survivor forced into £50,000 debt by her husband on why it's so hard to prove - <https://news.sky.com/story/economic-abuse-survivor-forced-into-50-000-debt-by-her-husband-on-why-its-so-hard-to-prove-12132614>

Psychology Today article - 5 Ways Gaslighting Attacks Your Sense of Self

<https://www.psychologytoday.com/gb/blog/women-autism-spectrum-disorder/202006/5-ways-gaslighting-attacks-your-sense-self?fbclid=IwAR3xt7bCRkRp6k12emKxRM5-KnREUo3eRGLd6wyb8bFor71rTFnwhZrNsv4>

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