



Champions' Network - Domestic and sexual abuse newsletter #53 28-06-21

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 and of those with whom you might share some of this content – take care.

Cumbria Constabulary launch 'Blow the Whistle on Domestic Abuse' – see here for more info
[Cumbria Police launch 'Blow the Whistle on Domestic Abuse'](#)

Refuge – supporting a survivor - It can be hard to know how to support a friend or loved one who is experiencing domestic abuse. Our first instinct may be to protect them but intervening directly can be dangerous for you and them. However, there are ways you can offer support.
https://www.nationaldahelpline.org.uk/Supporting-a-survivor?utm_source=Twitter&utm_medium=SocialMedia&utm_campaign=HelpSomeone

Refuge responds to inspection into policing of domestic abuse during the pandemic - [Refuge responds to HMICFRS inspection into policing of domestic abuse during the pandemic.](#) - [Refuge Charity - Domestic Violence Help](#)

Women's Aid – Love should not hurt video; featuring Mel B. A moving portrayal of both physical violence and coercive control, including spying, isolation from friends and family and denying access to money. Inspired by real-life stories of survivors. **TRIGGER WARNING: contains scenes of domestic violence that some viewers may find distressing.**
<https://www.womensaid.org.uk/what-we-do/education-and-public-awareness/love-should-not-hurt/>

The Domestic Abuse Act 2021 – the Bill is now an act of parliament, full copy of the Act available here <https://bills.parliament.uk/bills/2709> and more information available here <https://homeofficemedia.blog.gov.uk/2021/04/29/domesticabuseactfactsheet/>

Good Guys Guide – more info here [home - Good Guys Guide](#)

In the news ...

1. The government is on track to fail domestic abuse survivors - <https://www.thetimes.co.uk/article/the-government-is-on-track-to-fail-domestic-abuse-survivors-zd599r8hw>
2. Gender stereotypes: Primary schools urged to tackle issue - <https://www.bbc.co.uk/news/education-57256075>
3. A guide to financial abuse, from spotting the signs to getting help - <https://www.cosmopolitan.com/uk/love-sex/relationships/a36545016/financial-abuse/>
4. “Many of us on the Refuge helpline are survivors ourselves. We know the strength it takes to make that first call” - <https://www.marieclaire.co.uk/reports/refuge-volunteer-helpline-survivors-739047>
5. Saira Khan: 'Growing up, I thought domestic abuse was part of our culture and normal' - <https://www.mirror.co.uk/3am/celebrity-news/saira-khan-growing-up-thought-24211502>
6. Disaster patriarchy: how the pandemic has unleashed a war on women - <https://www.theguardian.com/lifeandstyle/2021/jun/01/disaster-patriarchy-how-the-pandemic-has-unleashed-a-war-on-women>
7. Campaign Launched to Give Domestic Abuse Survivors More Time to Report Common Assault - [Campaign Launched to Give Domestic Abuse Survivors More Time to Report Common Assault – Byline Times](#)
8. Domestic abuse victims ‘silenced’ by family courts and forced into letting dangerous exes see children, warn campaigners - [Domestic abuse victims ‘silenced’ by family courts and forced into letting dangerous exes see children, warn campaigners | The Independent](#)

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