



Champions' Network - Domestic and sexual abuse newsletter #58 11-11-21

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 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.

Turning the Spotlight in The Guardian

Article regarding the Victim Support/Turning the Spotlight work in Cumbria at the link below:
<https://www.theguardian.com/society/2021/nov/07/the-perpetrators-inside-the-minds-of-men-who-abuse-women>

West Cumbria Domestic Violence Support/The Freedom Project – please see poster below regarding an aspect of provision at West Cumbria Domestic Violence Support/The Freedom Project that was re-launched last month (Oct 2021).

#6MomentsThatMatter

One in six women in the UK (4.2 million) have experienced economic abuse by an intimate partner or family member, but it can be difficult to spot the signs of this controlling behaviour. 'Controlling Your Financial Future – 6 Moments That Matter for Girls & Women' is a financial wellbeing guide providing information for girls and women to be in, stay in or take back financial control. [Controlling Your Financial Future - financial wellbeing guide for girls and women - Surviving Economic Abuse](#)

New Research from the Centre for Women's Justice - This report is the culmination of a four-year research study that explores the criminal justice response to women who kill abusive men. Through in-depth interviews with some key practitioners in the criminal justice system, and most crucially with women themselves, our research explores the extent to which the law itself, and the way the law is applied, prevent women accessing justice.

[Women Who Kill – Centre for Women's Justice \(centreforwomensjustice.org.uk\)](https://www.centreforwomensjustice.org.uk)

New report calls for dedicated national CAPVA policy

A new report, commissioned by the Domestic Abuse Commissioner's Office and written by Respect, calls on the government to create a national policy for addressing child and adolescent to parent violence and abuse (CAPVA), which would provide guidance to agencies, services and practitioners supporting families experiencing this form of family abuse.

See here for more info ... [New report calls for dedicated national CAPVA policy | Respect](#)

In the news ...

- [The 81 women killed in 28 weeks | Sarah Everard | The Guardian](#)
- [What really needs to change to make women feel safe? \(harpersbazaar.com\)](#)
- [Why domestic abuse and sexual violence are not being treated as 'violent crime' | ITV News](#)
- <https://metro.co.uk/2021/08/17/what-is-love-bombing-and-how-can-you-spot-it-15099549/?fbclid=IwAR0IjyDzQ0IUBjiD12iXAB0bkdi0G8wIQckNU9v64GrxRi4TIC6k0BbiWN0>
- <https://www.glamourmagazine.co.uk/article/domestic-violence-coercive-control-womens-aid?fbclid=IwAR2K9oVD8Xcb1hZclNhtMsY5XT08S5ovuB9uPW66LYE5dONGWWyZAbq-ksU>
- <https://www.independent.co.uk/news/uk/home-news/violence-against-women-privacy-888-b1936364.html?fbclid=IwAR2K9oVD8Xcb1hZclNhtMsY5XT08S5ovuB9uPW66LYE5dONGWWyZAbq-ksU>
- [Sarah Everard murder: North Yorkshire police commissioner resigns | Metro News](#)
- [Huge rise in domestic abuse cases being dropped in England and Wales - BBC News](#)
- <https://uk.news.yahoo.com/drop-in-convictions-for-domestic-abuse-165349363.html>
- <https://uk.style.yahoo.com/violence-against-women-how-to-help-150956818.html>
- [Highest ever number of rapes recorded in England and Wales | Rape and sexual assault | The Guardian](#)
- <https://www.cumbria.ac.uk/about/news/articles/articles/homicide-research-reveals-society-blind-to-male-victims-of-domestic-violence-.html#>
- https://www.bbc.co.uk/news/uk-politics-58980387?fbclid=IwAR28RIdZqxWYAzN99ZX91_bGRSuy791iBZfFCCHj0NbZp6RrcNPwV-yHfQ4
- https://inews.co.uk/news/legal-aid-refused-faced-abuser-vomited-court-controlled-money-1249562?fbclid=IwAR0VyOkku14x_Xflb7Dr_5LkQuwsejvowG1Ns2XksRXHCTtnX7TdB6F3B-E
- [Domestic abuse victims are being 'forced to stay with abuser' \(cosmopolitan.com\)](#)

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

Do you find yourself feeling frustrated?
Angry? Often looking for a fight?

Need to prove how strong you are? Need to feel in control?

Do you see a scared person before you? Reflecting back an angry version of you in their eyes?

Do you notice someone you love flinching in your presence?

Do you feel ashamed of some of your actions? Want to change your responses?



**A message from
our counsellor:**

We offer specialist counselling for people who answer yes to any of these questions.

Personally, I find labels don't fit with the uniqueness of each individual. If you find yourself behaving and reacting in a manner you are not proud of, or you end up pushing away someone you love, or end up sabotaging a relationship you want to be in, then counselling might help you become the person you want to be.

It is not a fluffy approach, its a direct, honest, factual way of you having the power to understand and change the way you feel, think and behave.

Working in a psycho educational way, we learn about your choices together.

YOU HAVE THE POWER TO CHANGE.

If you want to find out more call 01900 67167 or email hope@freedom-project-west-cumbria.org.uk