



Champions' Network - Domestic and sexual abuse newsletter

#66 04-07-22

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.

Next FREE one day training sessions – Cumbria Domestic Abuse Champions' Training – open to all

Barrow, Nan Tait Centre, Monday 19th September 2022

Workington, Moorclose Community Centre, Thursday 22nd September 2022

To book on either of these sessions please see booking form attached and return by email to champions@womenscommunitymatters.org. Please feel free to share with your colleagues, friends and wider networks etc. All welcome!

Safety Net has extra capacity to support people who have experienced trauma

Safety Net is a free service supporting the recovery of adults and children in Cumbria who have experienced rape, exploitation, domestic and sexual abuse. After many months of experiencing limited capacity as a direct result of Covid, its Trauma Informed Practitioners have additional capacity for adults and children who are no longer experiencing abuse, but may be struggling to manage on a day to day basis. The team can provide support on a range of practical issues as well as providing advice on managing symptoms, mindfulness, self-care and relaxation. Visit the charity's website www.safetynetuk.org to find out more or make a referral.

Turning the Spotlight – are delivering a programme of intervention for high risk/high harm perpetrators of domestic abuse. For further information or to discuss potential referrals please contact: Jo Nelson on 07936364165 or Laraine Carr on 07919393311.

Trauma Informed Cumbria – a conference - this event will bring together key professionals and organisations working in the fields of sexual and domestic abuse to understand trauma and introduce the concept of a Trauma Informed Cumbria and how to embed a trauma informed practice into your organisation through self and peer assessment. If you require

any more information or would like to have an informal chat about the event please do not hesitate to contact Jo@safetynetuk.org.

Cost of Living Crisis: Women's Aid Survivor Survey - This is a Women's Aid survey for any woman who is experiencing domestic abuse or who has experienced domestic abuse at any point during the last year. This might be during a relationship with an abuser or after the end of a relationship. Survey here - [Crisis: Women's Aid Survivor Survey \(surveymonkey.co.uk\)](https://surveymonkey.co.uk)

Ted Talk 2022 – Dr Jane Monckton-Smith

[Dr Jane Monckton-Smith: The Homicide Timeline | TED Talk](#)

In the news ...

[All strangulation of women is serious – and it's time for the law to step up | Domestic violence | The Guardian](#)

<https://www.lancs.live/news/local-news/my-partner-controlled-every-part-23826839>

[New film highlights reality of domestic abuse among older LGBT+ people | The Independent](#)

[Inquiry urged into 'parental alienation' court experts | Family law | The Guardian](#)

[Sign language 999 BSL service launched for deaf people - BBC News](#)

[Woman who was stamped on by boyfriend during sick abuse shares powerful message - Mirror Online](#)

[Rehana* shares how she used Morrisons Safe Spaces after fleeing domestic abuse \(hestia.org\)](#)

[Financial abuse - Signs of financial abuse \(cosmopolitan.com\)](#)

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