



Cumbria Domestic Abuse Champions' Network newsletter #71 01-12-22

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.

WISHING YOU ALL A VERY SAFE, PEACEFUL AND HAPPY FESTIVE SEASON AND A HAPPY NEW YEAR – SEE YOU IN THE NEW YEAR 😊

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.

FREE Domestic Abuse Champions' Training – Barrow 23rd Jan 2023 and Carlisle 27th January 2023

All welcome, to book a place please email champions@womenscommunitymatters.org – please circulate around your colleagues, friends, and wider networks. Thank you.

Updated Cumbria Domestic Abuse Services - poster attached

16 Days of Activism

We are still in the 16 Days of Activism period which ends on December 10, International Human Rights Day. Find out more here ...

[16 Days of Activism against Gender-Based Violence | What we do: Ending violence against women and girls: Take action | UN Women – Headquarters](#)

And here ... <https://16dayscampaign.org/>

Football and domestic abuse – articles below

1. [World cup: Women prepare for increased domestic abuse | Article, News | News | UNISON National](#)
2. [Football United Against Domestic Violence - Women's Aid \(womensaid.org.uk\)](#)
3. [The World Cup 2022: Why does domestic violence increase when England lose? | Glamour UK \(glamourmagazine.co.uk\)](#)
4. [People praise 'powerful' Women's Aid campaign highlighting domestic abuse around World Cup | The Independent](#)

5. https://www.nspcc.org.uk/about-us/news-opinion/2022/children-face-greater-risk-of-domestic-abuse-during-world-cup/?utm_source=Adestra&utm_medium=email&utm_content=Children%20face%20greater%20risk%20of%20domestic%20abuse%20during%20World%20Cup&utm_campaign=20221121_KIS_CASPAR_November21

The cost of living crisis and domestic abuse – articles below

1. <https://domesticabusecommissioner.uk/chancellor-must-put-cost-of-living-crisis-and-domestic-abuse-at-the-top-of-his-agenda-lives-depend-on-it/>
2. [Cost Of Living Crisis Impact: Domestic Abuse Survivors Are Being Forced To Stay With Abusive Partners | Glamour UK \(glamourmagazine.co.uk\)](#)
3. <https://www.independent.co.uk/independentpremium/uk-news/cost-of-living-crisis-women-violence-destitution-b2228670.html>

Domestic Abuse Commissioner – national mapping of domestic abuse services

Find out more here ... [‘A Patchwork of Provision’ - Domestic Abuse Commissioner](#)

What is Tech Abuse?

Really useful info here ... [Information and support on tech abuse | Refuge Tech Safety](#)

In the news ...

[Urgent need to act on domestic abuse and suicide link – Channel 4 News](#)

[Lack of government action on domestic violence victims ‘absolutely maddening’ says Jess Phillips – Channel 4 News](#)

[How to tell a friend their partner appears to be abusive and support them to leave | Metro News](#)

[More men than women are now reporting image-based abuse. I’m one of them | Anonymous | The Guardian](#)

[Are Whirlwind Romances Just Love Bombing In Disguise? \(refinery29.com\)](#)

[Police have failed to protect women from stalkers, super-complaint claims \(telegraph.co.uk\)](#)

[Over half of domestic abuse victims ignored by social media firms when reporting abuse | The Independent](#)

[Domestic abuse victims report violence to police several times before action | Domestic violence | The Guardian](#)

<https://www.theguardian.com/commentisfree/2022/nov/08/feminists-war-on-men-misogyny-boys-gender-stereotypes-masculinity>

Book of the month

Hart R and Hart L (2019) [Remembered Forever: Our family's devastating story of domestic abuse and murder](#), Seven Dials Publishing

Quote of the month

"The little things? The little moments? They aren't little." - Jon Kabat-Zinn

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