



## **Cumbria Domestic Abuse Champions' Network newsletter #73 02-02-23**

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.*

**A new Emergency Alert system** is being rolled out by the government this year that will notify all phones with a sound - including when they are on silent. Having a secret phone can be a lifeline for domestic abuse survivors so Refuge have created a guide on managing alerts: <https://youtu.be/u7jsz8H-muo>

**Woman Up & University of Cumbria School of Justice presents Woman Up Justice** - Saturday, 4 March 2023 at University of Cumbria, Carlisle.

The theme for the conference is '***What does justice for women mean to you?***' and the **keynote speaker for the event is Dame Vera Baird KC**. A high-profile British barrister and politician, Dame Baird has held roles as a Labour party MP and Government Minister, Solicitor General for England and Wales, Police and Crime Commission and Victims' Commissioner for England and Wales. Dame Baird is also the author of books on rape, female murderers, and women's experiences in court. Find event and ticket information here <https://www.eventbrite.com/e/woman-up-justice-tickets-507322504267>

### **Safe Lives Tech Abuse Survey**

Safe Lives are looking to gather insights about tech abuse from [#domesticabuse](#) practitioners. If you've supported a client with tech-based abuse, please complete their short survey below 🙌

[Tech abuse practitioner survey \(surveymonkey.co.uk\)](https://www.surveymonkey.co.uk)

### **News around perpetrator work nationally**

[Fund launched to protect domestic abuse victims through prevention - GOV.UK \(www.gov.uk\)](#)

[Standards for domestic abuse perpetrator interventions - GOV.UK \(www.gov.uk\)](#)

<https://www.find-government-grants.service.gov.uk/grants/domestic-abuse-perpetrator-intervention-fund>

### **In the news ...**

['Women will die': Warnings as domestic abuse services struggle with rising costs | ITV News](#)  
[Home Office accused of breaking pledge to tackle violence against women | Violence against women and girls | The Guardian](#)  
[Love After Abusive Relationship \(refinery29.com\)](#)  
[Met Police to target 100 most dangerous men using data - BBC News](#)  
[Keeping control of your money while in a relationship | Metro News](#)  
[Some police show outdated views on domestic abuse - watchdog - BBC News](#)  
[Coercive control: Report says few teens know about form of abuse - BBC News](#)  
[The forgotten victims of domestic abuse - UnHerd](#)  
[Frontline tax and benefits staff to be trained to spot economic abuse \(telegraph.co.uk\)](#)  
['You had better be careful in your bed tonight': shock rise in women killed by their sons | Domestic violence | The Guardian](#)  
['He used my money to control me' — a victim's story | Money | The Sunday Times \(thetimes.co.uk\)](#)  
[Criminal charges for revenge porn still 'woefully low' as cases soar | The Independent](#)  
<https://www.swlondoner.co.uk/news/15012023-demand-for-mens-domestic-abuse-helpline-almost-triples-over-5-years>

**The true cost of financial dependence** - giving up control of your finances -- voluntarily or otherwise -- can leave you powerless and, in some cases, confined to a cycle of abuse. In this personal talk, accountant Estelle Gibson shares her own story of recovering from financial dependence and provides actionable advice to empower others who desire the freedom that comes with being responsible for your own money -

[https://www.ted.com/talks/estelle\\_gibson\\_the\\_true\\_cost\\_of\\_financial\\_dependence?utm\\_campaign=tedsread&utm\\_medium=referral&utm\\_source=tedcomshare](https://www.ted.com/talks/estelle_gibson_the_true_cost_of_financial_dependence?utm_campaign=tedsread&utm_medium=referral&utm_source=tedcomshare) Find out more here [Surviving Economic Abuse: Transforming responses to economic abuse](#)

### **How to be an ally to a loved one experiencing domestic violence**

You can download the guide here [HOW TO BE AN ALLY TO A LOVED ONE EXPERIENCING DOMESTIC VIOLENCE - Safe & Together Institute \(safeandtogetherinstitute.com\)](#)

### **Women's Aid – blog post**

[KvK – a retreat from progress in the family courts? - Women's Aid \(womensaid.org.uk\)](#)

### **Book of the month**

Monckton-Smith J (2021) [In Control: Dangerous relationships and how they end in murder](#), Bloomsbury Circus, London - [In Control: Dangerous Relationships and How They End in Murder: Jane Monckton Smith: Bloomsbury Publishing](#)

**Quote of the month**

"To leave the world a bit better; to know that one life has breathed easier because of you; that is to have succeeded." Ralph Waldo Emerson

**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