



Cumbria Domestic Abuse Champions' Network newsletter #73 03-03-23

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.

Domestic Abuse Champions' Training – Kendal 25th May

The next domestic abuse champions' training session will be in Kendal in partnership with Springfield Domestic Abuse Support. The session will be at the Springfield premises in Stricklandgate House on Thursday 25th May, 9.30am-4.30pm. **Bookings can be made by emailing cfj@springfieldsupport.org**

Springfield, Kendal – bank staff vacancies

Springfield are looking to recruit bank staff for their refuge. Details at the link here https://www.canva.com/design/DAFD2wrq5EY/Wt9U3mA4CoxHqKSwBtxgyQ/view?utm_content=DAFD2wrq5EY&utm_campaign=designshare&utm_medium=link2&utm_source=sharebutton

Video from Mankind Initiative

[#MenYouAreNotAlone](#) - if you are a man suffering from domestic abuse - there is help. Please do not suffer in silence, you are not weak, you are not to blame, you are not alone. Please visit the Mankind Initiative website - www.mankind.org.uk for information including details about your local domestic abuse service. See video here - <https://youtu.be/Jpn5xPH9swk>

Young People's Experiences of Violence

A new report from the Youth Endowment Fund explores the ways in which violence – and fear of violence – is shaping children's lives. **Children, violence and vulnerability 2022** combines a survey of 2,025 children and young people with a review of national statistics. **See here for more - [Young people's experiences of violence - Russell Webster](#)**

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>

Violence Against Women and Girls Snapshot Report 2022-23

Report here - [Final-Snapshot-Report-2022-23-LARGE-PRINT-1.pdf](#)
(endviolenceagainstwomen.org.uk)

In the news ...

<https://metro.co.uk/2023/02/05/how-the-cost-of-living-crisis-is-impacting-victims-of-domestic-abuse-18204734/>

[Women who suffer domestic abuse three times as likely to attempt suicide | Domestic violence | The Guardian](#)

<https://www.gov.uk/government/news/domestic-abusers-face-crackdown-in-raft-of-new-measures>

[From Epsom College to David Carrick, we're trying to unsee male violence against women - New Statesman](#)

[Mel B: I wouldn't call police over domestic abuse - BBC News](#)

[Starmer makes it his 'personal mission' to tackle domestic violence | Domestic violence | The Guardian](#)

[Domestic Abuse Must Be Treated As Terrorism, Government Announces | Glamour UK \(glamourmagazine.co.uk\)](#)

[Women suffering domestic abuse three times more likely to attempt suicide \(inews.co.uk\)](#)

[Domestic abuse: Most dangerous offenders to go on sex offenders' register - BBC News](#)

[Social worker who abused ex-partner loses fight to keep details from regulator | Family law | The Guardian](#)

Galop is launching the UK's first ever dedicated helpline to support LGBT+ victims and survivors of sexual violence and abuse.

Find out more here - [Galop launches the UK's first LGBT+ Rape and Sexual Abuse Helpline - Galop](#)

3 things men can do to promote gender equity

"It is time for a gender reckoning, beginning with men authentically confronting our internal selves and each other," says essayist and intersectional justice advocate Jimmie Briggs. In this call to action for gender equity, he unpacks how traditional notions of masculinity harm society and offers three ways men can help promote personal safety, dignity and empowerment for all.

https://www.ted.com/talks/jimmie_briggs_3_things_men_can_do_to_promote_gender_equity?utm_campaign=tedsread&utm_medium=referral&utm_source=tedcomshare

Book of the month

Johnson H (2022) Enough: The violence against women and how to end it, William Collins, London

Quote of the month

"A few words, a gesture or sign of support, and information when it is safe to give it, can make all the difference, now or even years ahead. You don't have to build the whole road ahead to safety, you can put stepping stones down for people to begin a journey, to make changes that could even save lives." Sophie (source: Safe Lives 'ReachIn' Campaign)

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