



## **Cumbria Domestic Abuse Champions' Network newsletter #82 01-12-23**

Hello everyone – 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 in this newsletter please send it 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.*

**Wishing you all a peaceful festive period and a happy new year for 2024.**

### **Domestic Abuse Champions' Training – Kendal 19<sup>th</sup> March 2024**

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 Tuesday 19<sup>th</sup> March, 9.30am-4.30pm. **Bookings can be made by emailing [cfj@springfieldsupport.org](mailto:cfj@springfieldsupport.org)**

### **Addressing Gender based Violence and Abuse – 16 Days of Action**

16 Days of Action Against Gender Based Violence is an international campaign that runs from 25 November (the United Nations Day for the Elimination of Violence Against Women) to 10 December (Human Rights Day) and encourages action and awareness against all forms of violence against women and girls. The 25<sup>th</sup> November is also known as White Ribbon Day in the UK, see link below.

You can find out more here [International Day for the Elimination of Violence against Women | United Nations](#) here [16 Days of Activism against Gender-Based Violence | UN Women – Headquarters](#) and here [White Ribbon Day 2023 – White Ribbon UK](#)

### **Courses from Hourglass - Hourglass ([wearehourglass.org](http://wearehourglass.org))**

1. Older Male Victims of Abuse – Stereotyped Harm? - 14 December 2023 from 10am to 11.30am

*The abuse of older men is hugely under recognised, under reported and under detected. This webinar aims to raise awareness of the nature and extent of violence and abuse against older men, the barriers to accessing support, practical solutions to support older male victim-survivors, exploration of any unique issues/initiatives across the 4 nations, and agreement to cooperate to drive forward improvements in prevention and protection.*

[Older Male Victims of Abuse – Stereotyped Harm? Tickets, Thu 14 Dec 2023 at 10:00 | Eventbrite](#)

2. Sexual abuse of older people – the last taboo? - 25 January 2024 from 10am to 11.30am

*This webinar will explore the nature and extent of sexual abuse of older people, the unique challenges and barriers victim-survivors face when accessing support, and the range of options available.*

[Sexual abuse of older people – the last taboo? Tickets, Thu 25 Jan 2024 at 10:00 | Eventbrite](#)

**Opportunity to contribute to research in Cumbria – ‘Understanding men’s experiences of aggression and control: fear’**

The University of Cumbria has launched a new study to explore men's experiences of aggression and control, and how this could create feelings of fear or being fearful. Please consider contributing if relevant to your experiences and expertise and share with trusted networks. For more information and to take part, please click [Understanding men’s experiences of aggression and control: fear \(onlinesurveys.ac.uk\)](https://onlinesurveys.ac.uk/Understanding-men-s-experiences-of-aggression-and-control-fear)

**In the news ...**

[Domestic-abuse victims fear deportation if they go to police - BBC News](#)

[Jail sentences to end for thousands of abusive men under plans to tackle prison overcrowding | The Independent](#)

[Domestic abuse prevention schemes face 'dangerous' cuts - charities - BBC News](#)

[Inside the phoneline trying to help abusers change their behaviour | The Independent](#)

[Life or Death? Preventing Domestic Homicides and Suicides of Black and Minoritised](#)

[Women — Imkaan](#)

<https://www.bbc.co.uk/news/uk-67357025>

<https://domesticabusecommissioner.uk/police-report-victims-of-domestic-abuse-to-immigration-enforcement-empowering-abusers/>

[As Cassie Accuses Sean 'Diddy' Combs Of Rape & Sexual Assault, Here's Why Many Women Don't Go Public Against Their Abusers | Glamour UK \(glamourmagazine.co.uk\)](#)

[BBC iPlayer - Spotlight - The Fear Inside](#)

<https://www.lbc.co.uk/news/rape-victims-suicidal-cases-take-more-than-eight-years-trial/>

[Premier League teams are playing footballers facing abuse claims - BBC News](#)

**Book of the month**

Herman J L (2015) 2<sup>nd</sup> edition [Trauma and Recovery: The Aftermath of Violence--From Domestic Abuse to Political Terror](#), Basic Books, New York

[Trauma and Recovery: The Aftermath of Violence—From Domestic Abuse to Political Terror | American Journal of Psychotherapy \(psychiatryonline.org\)](#)

**Quote of the month**

“Never believe that a few caring people can't change the world. For, indeed, that's all who ever have.” [Margaret Mead](#)

**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/>

Kind Regards, Steve

**Steve Robson** (He/Him)

Cumbria Domestic Abuse Champions' Network (Women's Community Matters)