



**Cambridgeshire
& Peterborough**
Domestic Abuse & Sexual
Violence Partnership

Domestic Abuse & Sexual Violence Newsletter
A monthly newsletter brought to you by the
Cambridgeshire & Peterborough Domestic Abuse & Sexual Violence Partnership

January 2021

Hi All!

Welcome to 2021 and Lockdown 3

As ever, it is important to stress all our specialist domestic abuse and sexual violence services are operational and working really hard under increasingly trying circumstances. They are still taking referrals and providing professional consultation, so if you or a victim/survivor needs a service or advice, please don't hesitate to contact them.

The DA Champions Network is going strong, with presentations on Suicide and Private Rented Housing being talked about this month. Get in touch with Amanda if you would like to join.

There is free elearning available from AVA, funded by the Home Office on a range of Domestic Abuse related topics, as well as free seminars – details of those we know about are in the newsletter - the current situation has really increased access to information virtually and we encourage you to make the most of these opportunities.

We are keeping an eye on the Domestic Abuse Bill as it continues its way through Parliament, and are hopeful that the proposed new offence of Non-Fatal Strangulation is added to the Bill.

As ever we are available to offer support to you or your organisation to improve your response to Domestic Abuse and Sexual Violence, please just get in touch.

If you have any feedback on any of our work, please get in touch – it is our job to help make your work easier!

Take Care and Stay Safe

Vickie Crompton & Julia Cullum
DASV Partnership Managers



‘Ask for ANI’: New Domestic Abuse Codeword Scheme for pharmacies

What is Ask for ANI?

Ask for ANI (**A**ction **N**eeded **I**mmediately) is a codeword scheme developed by the Home Office to provide a discreet way for victims of domestic abuse to signal that they need emergency help from the safety of their local pharmacy. The scheme has been developed with the help of partners including the domestic abuse sector, pharmacy associations and the police and is being rolled out across the UK from 14 January 2021. It is being independently evaluated by Ipsos MORI and we are keen to work with local areas to assess how the scheme is working and understand how it can be improved and adapted to meet local needs.

How does the scheme work?

Victims of domestic abuse will be able to use the codeword **ANI** in participating pharmacies (including all Boots stores and participating independent pharmacies) to let staff know that they require an emergency police response or help contacting a helpline or specialist support service. Participating pharmacies will display posters in their window and around the pharmacy to let customers know that they can approach their staff to seek help. Any information shared will be treated confidentially.

When a victim uses the codeword or asks for help, the member of staff will offer to accompany the individual to the consultation room. They will then check whether the victim wants the police to be called. If so, the staff member will offer the use of a phone to dial 999 or make the call on the victim’s behalf. If the victim is not in an emergency situation, the staff member will support the victim to contact a national domestic abuse helpline or local support service. They may also contact the police via 101.

Information about how pharmacies can access interpretation services is included in the training guidance and animation.

Which pharmacies will be participating in Ask for ANI?

Currently, Boots pharmacies across Cambridgeshire are participating. The Safe Spaces scheme which runs in other pharmacies, including Well Pharmacy, is still operating alongside Ask for ANI.

What should local partners expect on account of the launch of the scheme?

We expect use of the scheme to be at low numbers but local domestic abuse services may receive phone calls from pharmacies assisting a victim. Local services should follow their usual processes in providing help and support. Feedback about the scheme maybe discussed at local partnership meeting and you may wish to integrate Ask for **ANI** in to your local strategic planning. Local partners may also see media communications about the scheme around the time that the scheme goes live. We will aim to ensure that these are as refined and targeted as possible so as to keep the codeword itself discreet.

Suspects and Offender Needs Assessment

The latest Cambridgeshire and Peterborough Suspects and Offender Needs Assessment has been published. The Office of the Police and Crime Commissioner commissioned an update of the previous victim and offender needs assessments. The 'Cambridgeshire & Peterborough needs assessment: victims, suspects and offenders: 2019/20' was undertaken by the Cambridgeshire Research Group.

The update provides a broad overview of the data for the most recent year (2019) in order to inform the next Police and Crime Plan and, as a shared evidence base, support the countywide thematic delivery groups.

Domestic abuse was the most common vulnerability marker with 16.4% of all victims having experienced a domestic abuse-related offence in 2019. Domestic abuse victims were more likely to be repeat victims, female and aged 30-39 at the time of the offence. Data from Cambridgeshire Constabulary indicates that the rise in offences is likely linked to higher levels of reporting and improvements in crime recording.

Over a quarter of the sexual violence offences reported to Cambridgeshire Constabulary in 2019 occurred in 2018 or earlier. A total of 9% of offences had occurred prior to 2009. This profile of victims has implications for the provision of support as the needs of victims reporting historic offences may differ from those who have experienced a recent offence.

You can read the needs assessment [here](#).

Survey - survivors' experience of the Courts

SafeLives, the UK-wide charity dedicated to ending domestic abuse, are undertaking a project on behalf of the Domestic Abuse Commissioner's Office to map provision of court-related domestic abuse and sexual violence support across England and Wales. We want to know what support people received, and to understand experiences of the court process. They will be using the answers to help create recommendations on good practice. The survey should take approximately 5-10 minutes to complete.

<https://wh1.snapsurveys.com/s.asp?k=160622336048>

Local Courts update

Under the latest lockdown, the position is that courts must continue to function. The Magistrates and Crown Courts within the region will remain open for all court business, including jury trials.

HMCTS will continue to put in place precautionary measures to minimise the risk to the public and professionals. This includes the use of CVP (cloud video platform). CVP will be utilised, where possible, but attendance at court in person is still necessary, where it is in the interest of justice.

Those required to attend court will be classed as key workers and this include witnesses. It is hoped that this will assist in accessing childcare provisions to enable people to attend court, if necessary.

Yorks police launch video to highlight male victims of domestic abuse

Made in partnership with specialist male domestic abuse charity the ManKind Initiative, the video features an interview with Paul Chivers, a survivor of domestic abuse and now a trustee for the ManKind charity. Sharing his story in the hope that it strikes a chord with other male victims and encourages them to take action and seek help, Paul bravely recounts his personal experience of 10-years of abuse at the hands of his ex-wife. He talks about the warning signs he saw early on in their relationship, why he stayed in the relationship and the violent incident which proved to be the turning point for him, where his ex-wife attacked him one night in front of their young daughter, leaving him with severe head injuries. The video, hosted by North Yorkshire Police Deputy Lead for Safeguarding Chief Inspector Al Wescott, also features an interview with Marilyn Selwood from the ManKind Initiative, who works directly with male victims of domestic abuse. Marilyn discusses the unique set of barriers that face men who live in this situation and how very often men are the hidden victims of domestic abuse. [-North Yorkshire Police](#)

Dry January

Worried about your own or someone else's drinking? Talk to your GP or find out about the different support options [@changeGrowlive](#) offers to adults in Cambridgeshire here: <https://www.changegrowlive.org/drug-alcohol-service-cambridgeshire>



TRY DRY JANUARY IN 2021

Drinking to cope?

Drinking alcohol to help relieve stress, anxiety or depression can, in fact, make things worse.

For mental health support, visit:
<https://keep-your-head.com/>

ALCOHOL CHANGE UK

Cambridgeshire County Council

Off-radar Youth – *The Lancet Psychiatry Podcast*

In this podcast Niall Boyce discusses with Laura Fischer and Jane Chevous how we can improve outreach and empowerment and help make sure young people experiencing, or at risk of, abuse stay on our radars. To listen to the podcast, click [here](#). To read more on this topic, click [here](#) to read the report from our collaboration with McPin Foundation and Survivors' Voices on "Supporting 'off-radar' children and young people who are at risk of violence/abuse in their household"

Helping women affected by domestic abuse find employment

The Employers Domestic Abuse Covenant is a pledge by businesses to support women affected by abuse to enter or re-enter the workplace. Employers are invited to sign the covenant and identify opportunities within their businesses for women seeking sustainable employment opportunities. This programme is designed to create positive, long term and sustainable solutions by supporting women affected by abuse to enter or re-enter the workplace.

This is achieved through a commitment by businesses to identify employability opportunities. This can include, but is not limited to: workplace skills, job opportunities, mentoring schemes, sector specific courses, internships, work experience, apprenticeships and much more.

EDAC is being supported by the upcoming Domestic Abuse Bill.

Find out more at <https://edacuk.org/>

Older survivor of domestic abuse speaks out

BBC News recently published the story of a domestic abuse survivor who left her abusive husband after 55 years of marriage. The Crime Survey for England and Wales found about 180,000 women aged 60 to 74 were victims of domestic abuse in 2019-2020, and about 98,000 men during the same period. As the survey only goes up to age 74, this potentially means many more older victims aren't being counted.

<https://www.bbc.co.uk/news/uk-england-birmingham-55403234>

Family Safeguarding story

BBC Radio 4's PM follows the story of 'Emily', a mother who works with social services to keep her new baby, after nine of her children had been taken into care. This case is in Hertfordshire where the Family Safeguarding model runs (that also operates in Cambridgeshire and Peterborough).

<https://www.bbc.co.uk/programmes/p08jp61r>

Reminder to complete Safeguarding Training Needs Surveys

Our colleagues at the Cambridgeshire and Peterborough Safeguarding Boards would like to remind you to complete the Training Needs Survey.

Adult Training Needs Survey :

<https://forms.office.com/Pages/ResponsePage.aspx?id=ZLMn4x4EUUyC8skGp4-cyU1TZh4ti2VDkPzGYxkLntURVVJSE5UQlg4Tkg3Sk80T1JGVFAxRjhBSC4u>

Children Training Needs Survey:

<https://forms.office.com/Pages/ResponsePage.aspx?id=ZLMn4x4EUUyC8skGp4-cyU1TZh4ti2VDkPzGYxkLntUMTBEQVJHUE42WfPLUTAyN1RNTFZUNjhNMi4u>

Working with perpetrators in homeless settings

A guidance document aimed at practitioners to improve working with survivors and perpetrators in homeless settings has been published. The charities in the UK who published the document include SHP (preventing homelessness transforming lives), FLIC (Fulfilling lives in Islington and Camden), Standing Together Against Domestic Abuse.

The document has been produced after consultation with practitioners (women's specialists and perpetrator specialists in the domestic abuse field) and people with lived experience of homelessness and domestic abuse victimisation and perpetration.

The aim of the guidance was to:

- increase safety for survivors with multiple disadvantage
- to motivate perpetrators of domestic abuse to recognise and address their behaviour
- to enable staff to recognise abusive behaviour in homelessness settings
- to improve skills, confidence and safety for practitioners in these scenarios

The types of homelessness settings targeted were: outreach teams, supported accommodation, floating support teams and housing first services.

The report highlights factors which may be at play in these homeless settings with clients experiencing and perpetrating domestic abuse such as financial factors, drugs and alcohol problems, isolation and minimising/denying/blaming behaviours.

Some of the top tips recommended in the report include:

Two professionals working with a couple (where domestic abuse is present in the relationship) to increase safety, validate the survivors position and to engage the pair in separate conversations. Recommendations are provided on how to link with perpetrator services available and ideas are given on how to validate survivor's experiences. A FAQ's section talks through common scenarios and practical advice for staff on how to respond to difficult situations when working with couples where domestic abuse is occurring.

You can access the report [here](#).

Adolescent to Parent Violence and Abuse

Adolescent to parent violence and abuse (APVA) may be referred to as 'adolescent to parent violence (APV)', 'adolescent violence in the home (AVITH)', 'parent abuse', 'child to parent abuse', 'child to parent violence (CPV)', or 'battered parent syndrome'.

There is currently no legal definition of adolescent to parent violence and abuse. However, it is increasingly recognised as a form of domestic violence and abuse and, depending on the age of the child, it may fall under the government's official definition of domestic violence and abuse.

It is important to recognise that APVA is likely to involve a pattern of behaviour. This can include physical violence from an adolescent towards a parent and a number of different types of abusive behaviours. Violence and abuse can occur together or separately. Abusive behaviours can encompass, but are not limited to, humiliating language and threats, belittling a parent, damage to property, stealing from a parent and heightened sexualised behaviours. However, some families might experience episodes of explosive physical violence from their adolescent with fewer controlling, abusive behaviours. Although practitioners may be required to respond to a single incident of APVA, it is important to gain an understanding of the pattern of behaviour behind an incident and the history of the relationship between the young person and the parent.

It is also important to understand the pattern of behaviour in the family unit; siblings may also be abused or be abusive. There may also be a history of domestic abuse, or current domestic abuse occurring between the parents of the young person. It is important to recognise the effects APVA may have on both the parent and the young person and to establish trust and support for both.

The first large scale study of adolescent to parent violence and abuse in the UK was conducted by the University of Oxford (see <http://apv.crim.ox.ac.uk/>) between 2010 and 2013. Practitioners and parents interviewed in this study described the abuse as often involving a pattern of aggressive, abusive and violent acts across a prolonged period of time. As well as physically assaulting their parents, those interviewed said their teenage children had smashed up property, kicked holes in doors, broken windows, had thrown things at their parents and made threats. Verbal abuse and other controlling behaviours were also commonly present. This pattern of behaviour creates an environment where a parent lives in fear of their child and often curtails their own behaviour in order to avoid conflict, contain or minimise violence. This study found that there was no single explanation for this problem. Families described a range of reasons which they saw to be the cause for APVA, including substance abuse, mental health problems, learning difficulties, or a family history of domestic violence or self-harm. Some families were at a loss to explain why their child was so aggressive towards them, having raised other children who did not display such behaviour.

Across Cambridgeshire & Peterborough the DASV Partnership are working to improve the response to APVA, in order to protect children and their parents, and improve their quality of life. Once services become available we will be sure to let you know!

The Organisation "AVA" are offering a free e-learning module, funded by the Home Office for professionals who would like to understand more:

<https://avaproject.org.uk/in-house-training/child-to-parent-violence-abuse/>

Support around APVA

PEGS has been set up to support both parents and professionals deal with the issues associated with child to parent abuse. They have awareness and training sessions help people to learn new tools and techniques when dealing with abusive children, what policies are out there to assist families, and what other support networks and frameworks exist in the UK.

https://sites.google.com/pegsupport.com/pegs?fbclid=IwAR0XuUaR27ojak9QjTQeS61m77ni0csrn3iSX9wZUCbTvb1udnXeOL03shY_hello@pegsupport.com

<https://www.facebook.com/PEGS-Child-to-Parent-Abuse-Support-111995540438423>

Yvonne Newbold MBE (www.yvonnenebold.com) has easily accessible resources for parents and professionals to understand the behaviours they see in their child, and has developed strategies to support parents where their child has diagnosed, or suspected neurodevelopmental conditions. Below is a summary of the issue.

For children with a neurodevelopment condition, violent and challenging behaviour is very common. Around one in four of all children with a diagnosis of autism or a learning disability, will develop behaviour which is both violent and challenging, also called VCB. Children with other conditions such as ADHD and PDA can also present with these behaviours. (See [IAN Community Scientific Liaison](#) Kennedy Krieger Institute), It is important to be aware that a child or young person may have an underlying, undiagnosed condition, rather than assuming they are badly behaved and need punishment to correct the behaviour.

The SEND VCB Project supports families of violent children who also have an additional need to help their child be happier & calmer.. They have over 300 success stories and a Facebook group for parents - <https://www.facebook.com/groups/421839288150939/>

The Connective Parenting group is for any and all parents wanting a more connective way to parent. Based on the Non Violent Resistance or NVR approach it helps parents to connect with their child and manage any difficult behaviours gently. It is a therapeutic way of parenting that engages the child to develop positive self confidence and helps create a harmonious family life.

The group is supportive, not judgemental.

<https://www.facebook.com/groups/connectiveparentingusingNVR>

Sarah Fisher - Support is provided to both parents and carer to parent in a way which is likely to increase connection and reduce violence and abusive behaviours

<https://sarahpfisher.com/?fbclid=IwAR0WPI6rR5Escv6vUO9rieYvbZt5jDXE-Rhn1okiB-3aFv7Hnt8Q9aXCco>

Does Drug or Alcohol use CAUSE domestic abuse?

Domestic abuse cannot be blamed on drugs or alcohol consumption. Some perpetrators may have been drinking or taking drugs when they are abusive, but many have not. Also they are not generally abusing everyone; they are able to control their behaviour so that it is only towards their partners or family members. Some studies suggest that many perpetrators do not use drugs or alcohol excessively as they wish to remain “in control” at all times.

Drugs and alcohol are mind-altering substances, meaning that when it is consumed it can cause people to do or say things that they maybe would never do or say or amplify negative behaviours that already exist in a person.

In relation to domestic violence, alcohol & drugs may be considered an agitator rather than cause. It is commonly misunderstood that someone who acts aggressively, angrily, and/or violently when under the influence of alcohol doesn't act that way when he or she is sober. Many people who struggle with their alcohol use continue abusive behaviour even when they are not drinking, and many people who are abusers drink alcohol. These behaviours are not a product of alcohol and the consumption of it, rather part of a different problem.

Abuse is a learned behaviour. Abuse is not something that occurs because the abuser has a problem with substances that is stopping them from gaining control over their behaviours. All abuse, including domestic violence, is a choice. For many, they choose to continue on with violent behaviour because it is what they have learned along the way.

The inclusion of drugs or alcohol into someone's life can increase the potential for violent behaviours, however, alcohol itself does not directly cause domestic violence or other forms of abuse. While a large number of police call outs for domestic abuse may involve an abuser under the influence of alcohol that number is not indicative of the behaviours of those with an alcohol problem or those who are abusers that are not alcoholics.

Domestic violence can be triggered by many things, however, alcohol is not one of them, as domestic violence is a learned, patterned behaviour. However, the inhibitions with alcohol use, may increase the likelihood of serious harm.

Drug and Alcohol Use of Domestic Abuse Victims

Being the victim of trauma, such as domestic abuse, [can make a person more likely to then experience mental health conditions and substance use disorders.](#)

Alcohol may be used as a coping mechanism to numb the physical and/or emotional pain and trauma caused by domestic abuse. Intimate partner violence can be a major contributor to stress and anxiety, and stress is often a factor in drug and alcohol abuse and addiction.

The journal the [Annals of the New York Academy of Sciences](#) reports on the well-known link between stress and the onset of problematic substance misuse. Alcohol is a central nervous system depressant that dampens anxiety and the body's natural reaction to stress by inducing relaxation, slowing heart rate and blood pressure, and lowering body temperature. Alcohol can therefore temporarily relieve feelings of stress and become a form of self-medication for stressful events or emotions.

Experiencing domestic and sexual violence, mental ill-health and/or problematic substance use can leave survivors in a cycle of being vulnerable and victimised, which can lead to increased problems with their mental well-being and increased use of substances to cope.

Training <https://avaproject.org.uk/events/free-webinar-alcohol-and-domestic-violence/>

For Drug or Alcohol support in Cambridgeshire – CGL, no referral required, very easy access, call 0300 555 0101 <https://www.changegrowlive.org/drug-alcohol-service-cambridgeshire/cambridge>

For Peterborough – Aspire – 01733 895 624, or 0800 111 4354
<https://www.changegrowlive.org/aspire-recovery-peterborough>

Job Vacancy: Domestic Abuse Outreach Worker

Duration: Fixed term one-year contract

Hours: 37 per week

Salary: £25,481.00 per annum (NJC. Spinal point 19)

We are looking for an experienced and enthusiastic domestic abuse outreach worker to take referrals and make contact with clients offering emotional and practical support. This will include supporting clients in the community, planning and implementing the needs of individual clients. You will also act as an advocate with external relevant agencies where appropriate. The post holder should be able to work on their own initiative as well as part of a team, holding experience of working in a confidential and safeguarding environment.

For a job description and application form please contact

Carole Epsom, Administrator:

Email: carole.epsom@wa-support.co.uk

CV's will not be accepted

**Closing Date: 1st February 2021
with interviews on 5th February.**

An enhanced DBS disclosure will be required for this role. This post is open to women only under the Equality Act 2010, schedule 9 (part 1).

Peterborough Women's Aid is an equal opportunity employer. Registered Charity No: 1180370

The Edge Café – Zoom and F2F Groups 11th January – 24th January 2021 All Edge Café workshops are free of charge
A link to Cambs Recovery Service (CGL) website for their Zoom Groups <https://www.cambsrecovery.service.co.uk/groups/>

Week		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
11 th – 17th Jan 2021	pm	12.30 -13.10 Edge Recovery Support Group ID 863 4437 0062	10.30 – 11.30 Fundamental Yoga with Iir ID: 827 2260 2868 Password: 031071 12.00 -13.00 Edge Support Group ID 863 4437 0062 13.00-14.30 Edge Recovery Writing ID 892 5883 6870 Password: writing	7.30 – 8.30am AA Hybrid f2f @ The Edge ID: 861 337 182 p/w - 020719 12.00 -13.00 Edge Recovery Support Group ID 863 4437 0062 19.00 – 20.30 NA meeting @ The Edge	12.00 -13.00 Edge Recovery Support Group ID 863 4437 0062 19.30 – 20.45 Places – Sober social. ID: 978 679 7918 p/w -wiAst4	11.00 – 12.00 Edgy Women- ID 829 56196653 13.00 -14.00 Tai Chi ID 840 0843 5061 18.30 – 20.00 Edge Recovery Group – ID – 826 7850 0638		19.30- 20.30 SAA meeting @ The Edge
18th – 24th Jan 2021	pm	12.00 -13.00 Edge Recovery Support Group ID 863 4437 0062	10.30 – 11.30 Fundamental Yoga with Iir ID: 827 2260 2868 Password: 031071 12.00 -13.00 Edge Support Group ID 863 4437 0062 13.00-14.30 Edge Recovery Writing ID 892 5883 6870 Password: writing	7.30 – 8.30am AA Hybrid f2f@ The Edge ID: 861 337 182 p/w - 020719 12.00 -13.00 Edge Recovery Support Group ID 863 4437 0062 19.00 – 20.30 NA meeting @ The Edge	10.30 – 11.30 The Edge Family Group ID 837 1673 4199 Password: family 12.00 -13.00 Edge Recovery Support Group ID 863 4437 0062 19.30 – 20.45 Places – Sober social. ID: 978 679 7918 p/w wiAst4	11.00 – 12.00 Edgy Women- ID 829 56196653 13.00 -14.00 Tai Chi ID 840 0843 5061 18.30 – 20.00 Edge Recovery Group – ID – 826 7850 0638		19.30- 20.30 SAA meeting @ The Edge