



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

January 2018

Dear Partners

We have been working for some time on two short films to explain the IDVA Service and Outreach Services and the first film is now available on You Tube. The film explains the IDVA Service and what happens at a MARAC meeting, and there is also a sign language version. The Outreach film will be available in February and we will also be releasing voiceovers in other languages in February. To see the film please visit <https://www.youtube.com/watch?v=iscFCuCzrxQ>
The BSL version is available at <https://www.youtube.com/watch?v=csFefJhb0nQ>

February brings the annual Sexual Violence and Sexual Assault Awareness week, starting on 5th February. There are a number of national events taking place and messages will be shared on social media with the hashtag #itsnotok. Anglia Ruskin University are holding a debate during the week, details on Page 4.

Another reason to look forward to February is that our new Partnership Manager will be joining us from February 19th. Julia Cullum worked with us previously as the Young People's Domestic Abuse, Drug and Alcohol Coordinator and we're really excited that she's coming back to take up the fixed term Partnership Manager post.

As always, this newsletter brings you a variety of updates and articles about local and national issues around domestic abuse and sexual violence. I hope you enjoy the newsletter and remember that you can submit articles to Amanda.warburton@cambridgeshire.gov.uk

Vickie Crompton
Partnership Manager



Training update

Please see our website for details of levels and training available in the joint training offer for Cambridgeshire and Peterborough http://www.cambsdasv.org.uk/website/training_1/86050

Please note that as the Council's Workforce Development Team has now moved to LGSS, courses are only free to employees of Cambridgeshire County Council, Peterborough City Council and Cambridgeshire and Peterborough Foundation Trust. LGSS charge £75 per day for all other attendees.

Next available courses

- ❖ Domestic Abuse Risk Assessment (Level 3) – 1st March
- ❖ Engaging with Perpetrators of Domestic Abuse (Level 4) 12th March
- ❖ Managing Domestic Abuse in Families (Level 3) – 1st February

To book: <https://www.cambslearntogether.co.uk/social-care-development-1/learning-and-development-children/-s/learning-and-development-childrens/> (scroll down to calendar at the bottom of the page) <https://www.cambslearntogether.co.uk/social-care-development-1/learning-and-development-children/-s/learning-and-development-childrens/>

Cambridgeshire and Peterborough Safeguarding Adults Board have just launched their new Training Brochure which runs up to December 2018 and can be accessed [here](#).

Against Violence and Abuse (AVA) run CPD accredited training throughout the year. There is a charge for these courses <https://avaproject.org.uk/events/>

DWP Domestic Abuse Guide

The Department for Work and Pensions have launched a new guide providing information for victims of domestic violence and abuse about the services and support offered by the DWP.

This includes special conditions for:

- Housing Benefit
- Jobseeker's Allowance
- Employment and Support Allowance
- Universal Credit
- the benefit cap
- removal of the spare room subsidy
- Discretionary Housing Payments
- Migrant partner support
- Child maintenance

<https://www.gov.uk/government/publications/domestic-violence-and-abuse-help-from-dwp>

DWP Legal Aid letters

The Department for Work and Pensions have provided template letters on their website for domestic abuse victims who are applying for legal aid to get proof from a housing authority or housing association to provide evidence of domestic violence.

To get a copy of a document referring you to a domestic violence specialist support service, you should:

- fill in the sample letter as much as you can
- send it to the housing association or housing authority

You can use this as evidence if you're applying for legal aid to help you divorce or separate from an abusive partner.

<https://www.gov.uk/government/publications/get-a-letter-from-a-housing-authority-or-association-providing-evidence-of-domestic-violence>

NSPCC Programme in Peterborough

Letting the Future In is a service designed by the NSPCC for children aged 4 to 17 years who have been sexually abused. Letting the Future In helps children come to understand and move on from their past experiences through activities such as play, drawing and painting and storytelling. Parents and carers are also offered support to move on from the impact of finding out about the sexual abuse and to help their children feel safe.

Sessions take place in Peterborough but transport can be arranged from Cambridgeshire in some cases.

There is also a version on Letting the Future In for children and young people with learning disabilities. Leaflets on the service can be downloaded from

http://www.cambsdasv.org.uk/website/children_and_young_people_/96818

Updated DV and Schools Guidance

The Education Child Protection team at Cambridgeshire County Council have updated the Domestic Violence Guidance for Early Years, Schools and Colleges.

The new guidance can be downloaded from our website at

http://www.cambsdasv.org.uk/website/children_and_young_people_/96818

Could you be a Domestic Abuse Champion?

The Cambridgeshire and Peterborough Domestic Abuse and Sexual Violence Partnership are looking for professionals from across all agencies to become Domestic Abuse Champions. It is an opportunity for those at practitioner level to become involved in Domestic Abuse and Sexual Violence related issues and be the link between their organisation and the work of the Cambridgeshire and Peterborough Domestic Abuse and Sexual Violence Partnership.

It is envisaged that Champions will be in a similar post to the people they are trying to influence and be a key player in developing new links at practitioner level to promote discussion and best practice around the issue of domestic abuse affecting users of the service.

The DA Champions' duties will be carried out during normal day to day work and the aim is to lead on domestic abuse issues within the team whenever appropriate opportunities exist, and in particular to:

- Proactively raise discussion about domestic abuse;
- Help address local barriers and identify improvements;
- Act as a person with some expert knowledge to provide support to peers when working with adults, children and young people and families affected by domestic abuse;
- Informing colleagues of updates and projects;

In addition, the DA Champions will:

- Attend quarterly Networking workshops;
- Report barriers to the DASV Partnership.

For those colleagues who have a particular interest in DASV issues, this is an ideal opportunity to develop a specialism, become the "go to person" for colleagues with DA queries and be an ambassador of their agency within a multi agency arena.

If you are a practitioner who is interested in becoming a champion, please discuss this opportunity with your line manager. If you are a manager within the service, please contact

Vickie.crompton@cambridgeshire.gov.uk, or Amanda.warburton@cambridgeshire.gov.uk

Can a Twitter Trend make a difference?

As part of Sexual Abuse and Sexual Violence Awareness Week 2018, Anglia Ruskin University and the University of Cambridge ask if the movement to combat sexual harassment is just a Twitter trend, or can lead to real cultural change. Join a discussion on 8th February focusing on how UK universities are dealing with sexual harassment on campus, with talks from an expert panel followed by a Q&A. The event is open to staff and students from both universities.

Panellists include Norah Al-Ani, Director, Cambridge Rape Crisis Centre and Simon Kerss, Criminology Lecturer, Dept. of Humanities and Social Sciences, Anglia Ruskin University

<https://www.eventbrite.co.uk/e/times-up-for-sexual-harassment-twitter-trend-or-new-dawn-on-the-horizon-tickets-42072919234>

News from the YMCA

YMCA Trinity Group has been awarded Big Lottery funding to raise awareness of domestic abuse amongst young people.

There are 3 strands to the Respect project for services/young people/families to utilise:

1. Strand 1

Raising awareness of domestic abuse amongst young people aged 16yrs - 25 in schools/colleges/premises. This is delivered in a 2hr workshop lead by a short film which is paused in chapters for 6 interactive exercises to take place. Class sizes can be no more than 20 young people. Young people will learn:

- What is domestic abuse
- What is manipulation/intimidation
- What is controlling behaviour/coercive control
- Warning signs & helping others
- Asking for help

2. Strand 2

Break4change (B4c) has written a bespoke 6 week programme for the YMCA Cambridgeshire team and has trained the staff, to support families where there is adolescent violence within the home. B4c holding programme designed be used **pre and post** a full B4c programme, which has previously been run by YOS. It can also act as **standalone** support should one not be available or if the family does not reach the threshold. Parents/carers and young people will work in groups at the same time but in **separate rooms**.

B4c is for parents/carers and young people (11 – 17yrs) who are willing to change how they communicate with each other and want to improve their relationships. It aims to help break behaviour patterns where a young person could be:

- Controlling the home environment
- Being violent or aggressive towards parent/carer
- Putting the parent/carer down
- Making threats

Acceptance criteria:

Must be residing within Cambridgeshire

Young person does **NOT** have to be involved with the Police or YOS

Young person aged between 11 – 17yrs

Family experiencing abuse in the home

The 6 week programme will start on **Wednesday 7th March 2018 from 6 – 8pm**. Light food and refreshments will be provided.

Once a referral has been received, a member of the team will make contact with the family and conduct an assessment where you will be notified of the outcome

3. Strand 3

Respect has a bespoke counselling service for young people aged 13 – 24 yrs. who may have emerging or moderate domestic abuse behaviours - they do not have to have a DA offence in order to tap into this resource. One way this could be recognised is in unhelpful/unhealthy statements towards peers, tutors, parents. Counsellors can come and deliver 7 x weekly solution focussed sessions to individuals on your premises. Solution focused approaches differ from other ways of working in that the focus is on understanding **solutions** to work towards a problem free future, rather than understanding **problems**. **This is not a domestic abuse intervention**, but rather focus on addressing symptoms of adolescent depression and generalised anxiety disorders. This can contribute to reducing the risk of domestic abuse both presently and in the future.

In order to deliver this service on your premises, we would need at least **3 young people in one day** back to back.

All of the above are completely **free** to young people and parents/carers/services across the whole of the County for 3 years. I am happy to come and talk to teams regarding the above. Please contact Clare Taylor clare.taylor@ymcatrinity.org.uk or 07799 901502 for more information.

Police launch ‘step up’ campaign

Cambridgeshire Police have launched a serious sexual assault campaign to raise awareness of consent and encourage people to ‘step up’ and help prevent sexual assaults, in particular those linked to night-time economy. Serious sexual assault is one of the force’s priorities and in the past year there has been a 21.5 per cent increase in reporting.

The campaign follows initiatives like ‘Ask for Angela’, aimed at putting preventative measures in place to stop people becoming victims of sexual assault. The ‘Step up’ initiative works on the same principles as other bystander campaigns that have helped to reduce sexual assaults linked to night-time economy. People are encouraged to ‘step in’ and intervene if they see a situation where they believe someone’s behaviour is inappropriate and could lead to a sexual assault. Bystander campaigns have been successful in other parts of the country and world and, as a result, there has been a reduction in offences.

Detective Inspector Kate Anderson said: “Initiatives like our ‘step up’ campaign and ‘Ask for Angela’ are about providing people with ways of protecting themselves and others. Over the coming weeks we will be pushing the ‘step up’ message through targeted activity and by working closely with student organisations and venues to encourage people to take part. We know there have been cases where men and women, particularly teenagers and those in their early 20s, on a night out have been targeted by offenders who have isolated people from their friendship group and sexually assaulted and raped them. This is empowering people to be good citizens, to step up and speak out, creating a hostile environment for offenders”.

As part of the campaign the force will be working closely with colleges, universities, pubs and nightclubs to promote the ‘step up’ message.

Cambridgeshire's Sexual Assault Referral Centre – one year on

CAMBRIDGESHIRE'S Sexual Assault Referral Centre (SARC) celebrated its first anniversary on the 14th December 2017 as The Elms, based at Hinchingsbrooke Hospital, Huntingdon. The Elms, which provides a dedicated service to all survivors of sexual assault, was opened on 14 December last year. It provides survivors with a safe place to receive medical aftercare, forensic examinations, support and anonymously report assaults.

In the past 11 months the centre has supported 247 clients, of which 30 self-referred. Of these, 161 were adults and 86 were under 18. It also has dedicated facilities for children and young people, including paediatric clinics. Support is available 24/7 to anyone who has experienced sexual abuse by calling 0800 193 5434. Services at The Elms are provided by Mountain Healthcare Ltd, who are commissioned to provide forensic healthcare services by the NHS and Police, and regulated by the Care Quality Commission.

The Elms services are closely supported by Cambridgeshire and Peterborough Rape Crisis Partnership, Embrace, Victims Hub, and Cambridgeshire Constabulary.

Manager Rachel Matheson said: "The Elms supports abuse survivors when they are at their most vulnerable, ensuring they receive the highest quality care and ongoing support. The service we give survivors is vital and I am pleased we have been able to help 247 survivors of all ages and genders. While we work closely with the police I would like to reassure anyone who attends the centre that everything they tell us is confidential and will not be reported as a crime unless they specifically ask.

Jacqui Campey from the Cambridge and Peterborough Rape Crisis Partnership, said: "The Cambridge and Peterborough Rape Crisis Partnership offer survivors specialist support after the trauma of sexual violence. We recognise that strength comes from working in partnership with organisations like The Elms SARC to ensure the best possible outcome for survivors of sexual violence giving them means to move forward positively."

Police and Crime Commissioner, Jason Ablewhite, said: "I would like to take this opportunity to thank colleagues at The Elms who have offered support to victims over the past year. It will be of great comfort to survivors of sexual abuse to know there is a place where they can seek help, access support and advice in a safe, non-threatening environment. The SARC here in Cambridgeshire is already receiving national recognition and is being held up as a beacon of best practice. We should rightly be proud of our achievement in ensuring victims of these serious offences are wrapped in a blanket of care and support."

More information about The Elms is available online at www.theelmssarc.org The website includes an option to hide the webpage from your browser history to enable survivors to view it without fear.



Safer Internet Day event in Suffolk

In partnership with Suffolk County Council; Suffolk Constabulary; the Office of the Police and Crime Commissioner for Suffolk and Suffolk Community Foundation, the University of Suffolk is proud to announce that it will be hosting Safer Internet Day on 6 February, 2018. Safer Internet Day is celebrated globally in February each year to promote the safe and positive use of digital technology for children and young people and inspire a national conversation.

Building on the successful delivery over several years of the online safety partnership's annual conference, and following on the resounding success of the Hidden Harms conference, the Blurring Boundaries conference will bring together internationally renowned experts in online safeguarding and cybersecurity to provide practical insight into how we can better protect children and young people online through meaningful and respectful participation.

By adopting an inter-professional approach, the conference will be of interest to educators, health professionals, social care and safeguarding professionals and practitioners from statutory and non-statutory organisations working with children and young people, policy makers and commissioners. It will explore key issues in policy approaches and critically engage with current debates and provide practical 'best practice' guidance and advice on online safeguarding and security.

The University of Suffolk is delighted to welcome Professor Andy Phippen, from the University of Plymouth and Wayne Denner, Digital Ninja as key speakers. The conference will also cover a range of topics exploring new approaches to including workshops on supporting children after online sexual abuse; identity theft; online fraud and protecting vulnerable adults; online safety for foster carers and looked after children; using the 360 degree self-assessment tool for schools and what the new Data Protection Act 2018 means for schools, voluntary organisations and statutory agencies.

Other confirmed speakers include: Professor Emma Bond, University of Suffolk; Dr Maggie Brennen, University of Cork; Paul Maskall, Blue Light Digital; Simon Dukes, Cifas; Ron Richards, UK Safer Internet Centre and Victoria Green, Marie Collins Foundation.

This CPD event only costs £55 for the whole day including refreshments. We hope you will be able to join us for what promises to be a very interesting and engaging event. Please book online at: <https://www.uos.ac.uk/events/blurring-boundaries>

Searching for the Truth

The Truth Project was set up for victims and survivors of child sexual abuse to share their experiences in a supportive and confidential setting.

It's part of the [Independent Inquiry into Child Sexual Abuse](#) (IICSA) which was set up in 2015 to investigate organisations and institutions that have failed to protect children from sexual abuse. We need to understand the past to help protect children now and in the future.

By sharing their experiences, victims and survivors make an important contribution to the work of the Inquiry and their experiences will feed into and influence our findings and recommendations.

Get in touch using our online form, phone, email or by post, choose how you want to share, Attend a private session with a trained facilitator

<https://www.truthproject.org.uk/i-will-be-heard>

Losing your mind?

'You've put carrots in the Bolognese'

'That picture's been there for weeks'

'The bus broke down'

All fairly innocent sounding aren't they? But these are extracts from stories of survivors of coercive control. We often hear that it's so hard to define coercive control but the key thing is the pattern and being accused of putting carrots in the Bolognese was just one of the things that one survivor experienced from her husband – other things included not being allowed to go to the hairdresser, not allowed to talk to any other men. Now it starts to stack up.

Three survivors have shared their stories with the BBC under it's theme of Gaslighting. One thing they all share is that their abuser made them feel like the abuse was a figment of their own imagination – a tactic that so many abusers use to make the victim feel even more vulnerable.

You can read the three stories at this link <http://www.bbc.co.uk/news/stories-42708922>

Why I am a White Ribbon Ambassador

The White Ribbon Campaign is a charity working to prevent and inform about violence against women by engaging men and boys in the conversation. It's a charity particularly close to my heart for two reasons: first, because as a family lawyer I see the effects of violence and abuse against women more frequently than I might hope; and secondly, because I have the very great privilege of being an Ambassador for the charity.

The White Ribbon Campaign is part of a global movement to put a stop to male violence against women and girls. It specifically uses male ambassadors to educate and inform men about the problem of violence against women, and enlist their commitment to playing a part in stopping it.

As a family law solicitor, I hear about violence and abuse perpetrated by women on men, and by people of the same gender on each other, and of course on children. The White Ribbon Campaign acknowledges that violence against women is not the only form of violence that matters; but it is the primary form of violence with which the organisation, specifically, is concerned: "Our central focus is on men's violence against women. Comparing violence committed by women and by men, the British Crime Survey notes that the result of men's violence is five times as likely to require medical attention. Women are four times as likely as men to fear for their lives, and three and a half times as likely to be murdered by a male spouse than vice versa."

Across the world, the problem is endemic, as was highlighted last year by the debate surrounding the Government's ratification of the Istanbul Convention on taking Action against Violence against Women and Domestic Violence, nearly derailed by the [attempted filibustering of Philip Davies MP](#). The Council of Europe notes, "Preventing violence against women and domestic violence should not be left to the state alone. In fact, the Convention calls on all members of society, in particular men and boys, to help reach its goal of creating a Europe free from all forms of violence against women and domestic violence. Violence against women is pervasive because misogynistic attitudes towards women persist. Each and every one of us can help challenge gender stereotypes, harmful traditional practices and discrimination against women. It is only by achieving real gender equality that violence against women can be prevented."

This resonates with a disturbing survey conducted by The Fawcett Society, [Sounds Familiar](#), on what the UK currently looks like for young women. It found residual hostility towards women and girls even amongst some young men, with a significant minority saying women's equality has "already gone too far".

My own involvement with the White Ribbon Campaign arose from being part of the Cambridge Community Forum on Domestic and Sexual Violence /Abuse, after working with Women's Aid. It came to my attention that Cambridge City Council had become a 'White Ribbon Council' to mark its commitment to involving men in gender violence prevention and awareness strategies, and I became an Ambassador myself at the suggestion of local Councillor Ann Sinnott.

I feel passionately that men need to be involved in 'calling out' threats, intimidation and violence by men on women and girls wherever we see it. It's important for men to be part of the conversation about what's not acceptable in relationships, in a bar, on the street, in the workplace or online. Too many of us stay silent on the issue, believing that it doesn't have anything to do with us. The fact that violence and abuse disproportionately affects women and girls – our daughters, mothers, sisters, partners, friends and colleagues – is a problem that we have to be involved in tackling.

Adam Moghadas

Partner, Mediator and Collaborative Lawyer and White Ribbon Ambassador Cambridge City



Courses and workshops running at Cambridge Women's Resource Centre

Careers Guidance: Wednesdays (by appointment only)

1-2-1 appointments helping with interview techniques, updating/building a C.V and preparing for interview. We also offer telephone Careers Coaching for those that would like to develop confidence and self-esteem, uncover hidden skills and strengths and to move stumbling blocks.

Psychology: Wednesdays (Starting 24th January) 9.30 – 11.30

Our Psychology course is back! Why not join this friendly group and learn aspects of psychology to understand more about yourself and your relationship with others. We will look at different theories of personality and some of the reasons that prevent people from changing. Other areas of discussion will include anxiety, stress and depression. You are welcome to contribute as much or as little as you wish in this small group of likeminded women. There is a £2 charge for this class.

Art group: Wednesdays 12.30 - 3.00 (this class will run over half term and summer holidays)

Art for all levels, from beginner to experienced. Come and join a friendly group and learn new techniques and improve your skills. Through the summer holidays we will leave the art equipment and card making kit set up for use on Wednesdays - This group is guided by a Volunteer with a love for Art.

Becoming Confident and Assertive: 1.00 – 3.00 starting 25th January – 8th March (Break during half term holidays).

This six week course will offer you tools to build your self confidence and your ability to communicate in an assertive rather than aggressive way. This course will help you to develop your listening skills and communicate your ideas in a way which helps others to understand your goals. You will be asked to participate in practical work in each session.

If you are interested, please leave your details with a member of staff.

Birth Choices: 2nd Friday of every month (Drop-in)

A chance for Mum's-to-be, to meet midwives and Doulas to discuss options around birth/feeding/Pre/post birthing experiences. This is a FREE drop-in group for you to explore your choices in childbirth.

These classes are subject to change. For further information on any of the above call **01223 321148**, visit our website: www.cwrc.org.uk email: info@cwrc.org.uk or why not arrange for a visit to the centre.

“I’m so grateful someone stepped in to check I was ok. I found him really aggressive and I wasn’t sure what to do.”

#stepup

You can help stop sexual assault by stepping up and stepping in

Call: **101**
Textphone: **18001 101**
Visit: **www.cambs.police.uk**
Follow:      **CambsCops**
Subscribe:  **Cops.org.uk**

#safercambs





2018 Conference

Safeguarding - Everyone's Business

Thursday 15th March 2018

Registration 08:45, Start 09:15 -15:30

Executive Suite, Peterborough United Football Club, ABAX Stadium
London Road, Peterborough, PE2 8AL

Who should attend: Safeguarding Leads and Practitioners, Domiciliary, Residential and Nursing Registered Managers and anyone with an interest in safeguarding adults, including volunteer groups.

Sessions will include Victim Statements, Information Sharing, Making Safeguarding Personal, Learning from a local SAR - where safeguarding concerns arose from poor care at home

Speakers include:

Dr Russell Wate: Chair of Cambridgeshire and Peterborough Safeguarding Boards

Dr Adi Cooper, OBE, Care and Health Improvement Advisor

To book please go to <http://safeguardingpeterborough.org.uk/availabletraining/> and use our on-line booking system.

The Conference is free but a charge of £75 will be made to those agencies whose staff book a place and do not attend without giving 48 hours notice.

A buffet lunch and refreshments will be available on the day.

Should you need any further information please contact 01733 863747

Cambridgeshire & Peterborough



Safeguarding Adults Board

Safeguarding is everyone's business