



**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

**May 2020**

Welcome once again to our newsletter. As the country continues to be in lockdown we hope you are all able to keep safe. We are using the newsletter to share information from partner agencies as well as domestic abuse and sexual violence updates from national and local news.

The long-awaited Domestic Abuse Bill received its second reading in Parliament at the end of April via a 'virtual Parliament' where a number of MPs raised issues and concerns about the content. The next stage is for the Public Bill Committee to scrutinise the Bill then Committee is scheduled to report by Thursday 25 June 2020. A welcome announcement from the Bill was that the government will invite bids for grants from a £1.5 million pilot fund to cover the cost of support in a refuge or other safe accommodation for people with No Recourse to Public Funds. A pilot will be undertaken to assess better the level of need for that group of victims and to inform spending review decisions on longer-term funding.

The Home Office have launched a campaign to remind victims of domestic abuse that #YouAreNotAlone and that leaving home to flee or seek support for domestic abuse is allowed under the current lockdown restrictions.

And to end on some good news, Cambridgeshire's first Stalking Protection Order was granted in April – see page 4 for the press release.

**Julia Cullum**  
Partnership Manager



## DA and SV local support still available

The **IDVAs** are working remotely and doing telephone meetings with clients and are still accepting referrals, including MARAC referrals

For information on how to refer please visit

[https://www.cambsdasv.org.uk/website/referral\\_forms/296136](https://www.cambsdasv.org.uk/website/referral_forms/296136)

Professionals can email the Duty IDVA for advice [idva.referrals@cambridgeshire.gov.uk](mailto:idva.referrals@cambridgeshire.gov.uk)

**Outreach support** is still being offered, again this is by telephone

Cambridge City/East Cambs/South Cambs – Cambridge Women’s Aid 01223 361214

[www.cambridgewa.org.uk](http://www.cambridgewa.org.uk)

Fenland/Hunts/Peterborough – Refuge 07787 255821

The Victim and Witness Hub continue to pick up all standard risk domestic abuse where consent for support has been given. The team are also working with Women’s Aid Peterborough to offer support to medium risk domestic abuse victims.

The **ISVA** Service is also still working with clients by ‘phone

<https://www.caprccp.org.uk/isva-service/>

**The Elms SARC** is still open for victims of sexual violence <https://www.theelmssarc.org/>

Or call 01480 425003

All the national helplines are also still available and many have online chat facilities – please see our website for details of these [https://www.cambsdasv.org.uk/website/support\\_directory/95236](https://www.cambsdasv.org.uk/website/support_directory/95236)

## Children Affected by Domestic Abuse Funding for Cambridgeshire

Our county is one of a number awarded with additional funding to continue work supporting children affected by domestic abuse. This was formally announced by central government in the last week of April but highlighted in the last issue of this newsletter. We just want to clarify that the funds do not cover exactly what was funded in the first year; this has meant a number of posts will be ending in Family Action. We know that Julie Sturgeon and colleagues are exploring with local commissioners what work might continue, albeit in slightly different ways, if and when local funding streams become available.

[https://www.gov.uk/government/news/further-support-for-children-affected-by-domestic-abuse?utm\\_source=e2a3e4cc-11f0-44b1-86e0-0ab8c7a97ad2&utm\\_medium=email&utm\\_campaign=govuk-notifications&utm\\_content=daily](https://www.gov.uk/government/news/further-support-for-children-affected-by-domestic-abuse?utm_source=e2a3e4cc-11f0-44b1-86e0-0ab8c7a97ad2&utm_medium=email&utm_campaign=govuk-notifications&utm_content=daily)

## ‘Corona Virus Murders’

The media have put a new spin on domestic homicides in recent weeks, with headlines referring to Isolation Murders and Corona Virus Murders. Along with drugs and alcohol, Covid-19 does not cause domestic abuse and Karen Ingala-Smith, a national expert on women murdered by men, has written a blog on why this lazy reporting is dangerous to all victims. She also analyses an increase in femicide during the first three weeks of lockdown.

<https://kareningalasmith.com/2020/04/15/coronavirus-doesnt-cause-mens-violence-against-women/>

## BBC Children in Need Emergency Essentials Programme (UK)

The BBC Children in Need Emergency Essentials Programme which supports children and young people up to the age of 18 living with severe poverty as well as additional pressures such as domestic violence, disability or poor health in the family is currently open for applications from referral organisations that will be able to apply for grants on behalf of families or young people.

The fund will cover the purchase of critical items such as:

- Gas or electric cookers
- Essential household items
- Furniture and kitchen equipment
- Children’s beds and bedding
- Washing machines
- Fridges and freezers
- Baby equipment
- Clothing in exceptional or emergency situations.

**Applications must be completed by a registered referrer** who is part of an organisation that is supporting the family or young person and capable of assessing their needs. The referrer’s organisation should also be able to administer and supervise the grant on behalf of the BBC Children in Need Emergency Essentials Programme.

The Emergency Essentials Programme is currently operating as normal and aims to process applications within 10 working days.

To refer <https://www.familyfunds services.co.uk/emergency-essentials/>

## Cambridgeshire's first Stalking Protection Order granted

A man has been handed Cambridgeshire's first Stalking Protection Order, under new legislation which launched on 1 April.

Daniel Harrod, 34, subjected his ex-partner to harassment online after they ended their relationship in January. His behaviour involved sending numerous messages to the victim, a woman in her 30s from the Wisbech area, via Snapchat.

Harrod, of St Peters Close, West Lynn, Norfolk, was arrested at his home on 6 February. He admitted harassment at Peterborough Magistrates' Court on the same day and was handed a 12 month restraining order.

However, while legal proceedings were ongoing, officers, in partnership with Cambridgeshire's specialist domestic abuse worker, who is funded through the Office of the Police and Crime Commissioner, made an application to the court for a Stalking Protection Order to be authorised in an attempt to further safeguard the victim.

The application was granted and a three month order was imposed on Friday (24 April) at Peterborough Magistrates' Court. The order stipulates that Harrod must not:

- contact the victim or members of her family
- contact the victim via certain social media
- make or initiate posts about the victim on social media by any means
- engage in surveillance of the victim by any means
- use any device capable of accessing the internet unless it has the capacity to display and retain such access
- approach the victim or be within 50 metres of her.

Failure to comply with the above measures will result in arrest.

**PC Stacy Smith**, who investigated, said: "Harrod's actions caused the victim to experience months of anxiety and distress. We are thrilled to have had Cambridgeshire's first Stalking Protection Order granted, which imposes further measures to ensure Harrod stays away from the victim, giving her a chance to safely move on with her life. We will not stop in our efforts to ensure offenders are brought before the courts and victims are made safe. This case was a real team effort between the constabulary and Cambridgeshire's specialist domestic abuse worker, who was instrumental in supporting the victim throughout. No one should have to go through life feeling scared or worried of someone else's actions and I hope this case highlights a real multi-agency commitment to safeguarding victims of stalking and harassment."

**Acting Police and Crime Commissioner Ray Bisby** said: "Harassment is a serious problem which can have a devastating effect on victims including depression, anxiety and sleep disturbance. It is great to see that the first Stalking Protection Order has been granted and I sincerely hope that this outcome has given the victim some level of comfort and closure in what must have been a difficult few months. We remain committed to tackling stalking and harassment through the funding of specialist support services to keep safe any victims who are seeking emotional and practical support.

## Summary of Services currently available during Covid 19 crisis 2020

The Cambridge Mental Health Voluntary Network have shared with us an update from a range of services on how they are operating currently:

Change, Grow, Live have a new newsletter Reconnection Weekly that can be viewed on their FB page – [www.facebook.com/Recoveryservicecambs](http://www.facebook.com/Recoveryservicecambs) This is for the whole recovery Community and is meant both as an information service with links as diverse as Jazz Festivals to Children's stories and everything in between. It's a way of finding help for recreation and relaxation as well as mental and physical health links.

### Cogwheel Trust

The Cogwheel Trust has set up a remote counselling service although the waiting list is currently closed but will re-open in coming weeks. Clients who would like to be assessed online (or face-to-face once safe) can email [admin@cogwheel.org.uk](mailto:admin@cogwheel.org.uk). Their name will be added to a list and they will be emailed when Cogwheel are able to take their referral.

Dhiverse are still accepting referrals to their HIV Support Service and Counselling Service. All support and counselling is being provided through video call, telephone and email.

HIV Support service information can be found using this link to our website <https://www.dhiverse.org.uk/our-services/hiv-support-and-information/> You can also email Angela Fagan, our HIV Support worker, at [angela@dhiverse.org.uk](mailto:angela@dhiverse.org.uk) or you can email us at [dhiverse.support@nhs.net](mailto:dhiverse.support@nhs.net)

The Counselling service information can be found using this link on our website <https://www.dhiverse.org.uk/our-services/counselling/> You can also email Lisa Helm-Cowley at [lisa@dhiverse.org.uk](mailto:lisa@dhiverse.org.uk) or you can email us at [dhiverse.support@nhs.net](mailto:dhiverse.support@nhs.net)

General enquiries should still be sent to [enquiries@dhiverse.org.uk](mailto:enquiries@dhiverse.org.uk) and our phone line, **01223 508805** is still open 10am to 5pm Monday to Friday.

Everyone Health health trainers are working from home but still accepting new referrals. They are offering telephone appointments to ensure continuity until we can get back to normal. We are keeping in contact with all of our service users and sign posting them to other support should they need it.

Phone service is still running in Cambridge on Mondays and Tuesday. Support is available to anyone with a mental health condition who wants help staying healthy during these difficult times. Individuals can book on as normal through the Clinical Contact <https://www.everyonehealth.co.uk/cambridgeshire-county-council/>

CamQuit Stop Smoking – running as we usually would except everything is over the phone. We have about 30 clinics running across the week at various times/days and anyone can book into any clinic by calling the contact centre, emailing us at [eh.camquit@nhs.net](mailto:eh.camquit@nhs.net) or self-referring via our website at [www.camquit.nhs.uk](http://www.camquit.nhs.uk)

Group Therapy Centre T. 01223 357221

Offering support via online groups <https://grouptherapycambridge.org.uk/>

Lifecraft (Cambs and Peterborough Lifeline)

Mental Health helpline has extended hours of support by 5 hours, now 2pm-11pm.

Freephone: 0808 808 2121

Potentiality Coaching are offering The Embodiment Circle Online. Online Embodiment Circles support well-being, learning and connection for the general public, and are free to all. If people would like to be with others in a positive virtual environment, reduce stress, and move a little to support their health, they can join at <https://embodimentcircle.com/embodiment-circle-online/>

COVID Calm which is bitesize stress management for all healthcare professionals. It is also free. 30 minute sessions for medical staff, that they can dip in and out of, offering 5 practical and effective tools to help them manage the pressures at work at this time. Here is the link: <https://www.covidcalm.org/>

### Rethink Carer Support (Cambs & Peterborough)

Rethink Carer Support continues to provide support for the families and friends of people with mental health conditions across Cambridgeshire and Peterborough. All actual face to face support groups have been suspended, but the phone support service on 07783 267013 - run by carers for carers - is still available.

## **Support for children from the Gruffalo**

Many children may be feeling overwhelmed and confused by the current situation in the world. Axel Scheffler (Illustrator of The Gruffalo) has illustrated a new, free information book all about the Coronavirus.

<https://www.booksfortopics.com/post/free-downloadable-coronavirus-book-for-children-with-gruffalo-illustrator-axel-scheffler>



## **Children & Young People/DA Podcast**

In this podcast Rachel Ozanne, Practice Advisor at SafeLives, talks to Georgia and Kathryn, SafeLives Pioneers both experienced domestic abuse in their family homes as a child.

They reflected on what they think it's like for children now, what they could do, and what those around them could do if they are worried. This includes agencies, including schools, and the importance of reaching in and not being a bystander.

<https://soundcloud.com/domestic-abuse-podcast/children-and-young-people-living-with-domestic-abuse-in-lockdown>

## **Substance use and DA – leaflet for social workers**

The British Association of Social Workers (BASW) has developed a pocket guide for social and health care professionals who support someone affected by substance use and/or domestic abuse. The leaflet includes information about child safeguarding, working with victims and how to offer support.

<https://www.basw.co.uk/system/files/resources/substance-use-and-domestic-abuse-pocket-guide.pdf>

## **NSPCC continue to support children and families**

At this time NSPCC can offer the following:-

- Work with parents as a point of contact to discuss their concerns and difficulties providing some strategies within this.
- Brief parenting work for those parents who have been identified to start a parenting courses that are on hold. This is about a 4 work holding resources to work with parents so that they have support.
- On line safety with professionals and with parents/C&YP
- Work with C&YP either by phone or video to do resources around anxiety/emotional regulation and keeping in touch to assist them during this time.
- Telephone support around practical issues, food bank vouchers, signposting to local community resources.
- Additional support to professionals that is identified by them, contact us and we will endeavour to do what we can.
- We are still taking referrals, and can offer our seeking solutions model of solution focused work, virtually.
- We will take referrals for LTFI as we do work around the safe carer aspect ready, for when we can resume face to face with C&YP.
- We can also do some of the P&R group work virtually on a 1-1 basis or assist Residential units with a bigger group.

Links to NSPCC pages are below:

Harmful Sexual Behaviour - [Turn the Page](#)

Sexual exploitation - [Protect and Respect](#)

Sexual Abuse - [Letting the Future In](#)

### **Freedom Programme online**

The Freedom Programme for victims of domestic abuse is available online and lockdown could provide a good opportunity for those that don't live with the abuser to find out how healthy their relationship is. There are versions available for both male and female victims and the cost is £12  
<https://freedomprogramme.co.uk/online.php>

### **Be the Juror!**

A researcher at Huddersfield University is recruiting participants for her MSc research. Her study aims to explore decision making, perceptions, and behaviours of mock jurors (you) in relation to intimate partner violence (IPV) cases among heterosexual vs same-sex couples. She is inviting anyone over the age of 18 to take her survey – full details and survey [here](#).

## **Safeguarding Board offer online learning**

The Cambridgeshire and Peterborough Safeguarding Adults and Children Partnership Board have started to develop a suite of virtual training that will be available free of charge for anyone to access.

We have added a new page to the website to include all the free virtual learning resources and webinars.

We have produced our first course focusing on Safeguarding Adults and Online Abuse around Covid-19 and more courses will be developed over the coming weeks.

These can be accessed here <http://www.safeguardingcambspeterborough.org.uk/home/covid-19/e-learning-during-covid-19/>

We have also listed national organisations who are providing free webinars and e-learning

## **Supporting off-radar children and young people who are at risk of violence/abuse in their household**

The Violence, Abuse and Mental Health Network have released a new survivor-led report which was coordinated by Survivors' Voices, with the Violence, Abuse and Mental Health Network and The McPin Foundation. It contains relevant possible actions to support children who are 'off-radar' (unknown to any statutory services) during and post pandemic 'lockdown' periods. To read the full report: [click here and please do share with your networks and contacts.](#)

## **Embrace Child Victims of Crime**

### CADA Project

Embrace have received continuation funding this year (2020/2021) through the DASV partnership to continue supporting young people in the County who have witnessed or experienced domestic abuse. This funding will enable Embrace to continue our services to young people within Cambridgeshire under the Children Affected by Domestic Abuse initiative through counselling provision from our highly trained cohort of Counsellors and staff.

The age range has changed this year, so we are supporting children and young people 7 – 19 years, through counselling provision using evidenced based Trauma Focused CBT, as our main approach.

Embrace will support up to 100 children and young people this year, taking referrals from Social Care, Early Help and Schools. All referrals must come through our on-line referral portal [www.embracevoc.org.uk](http://www.embracevoc.org.uk) using the Time4U tab. Once received we will confirm with referrers and proceed to contact with families immediately.



In addition to the CADA funding, Embrace will also be developing our service provision to families and young people through;

Practical Support – We have been able to support our families in the form of Support Packages during the COVID -19 period, which include food vouchers, games and tablets to Cambridgeshire families facing hardship. We are currently accepting referrals for this fund through front line police officers, Victims hubs and ISVA's / IDVA's only at this time.

Emotional Support – Embrace counsellors have been hard at work supporting parents and children through weekly telephone support during the lockdown period. Some of this has been through telephone counselling, but for the younger ones, check in calls to maintain contact and safety issues.

On-Line Advice & Support Videos - We have put together a series of videos parents can access from our website [www.embracecvoc.org.uk](http://www.embracecvoc.org.uk) giving basic advice around issues they may face. Our first series is around supporting an angry child at home, and this will be followed by a further series to support families with psycho-education around trauma.

OPCC funding - Embrace has also received further funding from the Cambridgeshire Police & Crime Commissioner for 2020/2021 to support children and young people who are victims of crime, but not specifically domestic abuse or sexual violence, but all crimes where a child requires emotional/counselling support. Referrals for support will only be accepted through the Police Victims & Witness Hub at Copse Court.

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Embrace along with our supporters continue to work hard to fundraise to support children and families especially now with the COVID 19 Pandemic. Please support us if you can!





MOUNTAIN  
HEALTHCARE

During the COVID-19 pandemic, Mountain Healthcare is still operating and providing Sexual Assault Referral Services. However, in line with current national guidance and healthcare best practice, please DO NOT BRING PEOPLE STRAIGHT TO THE SARC during this time.

In order for us to keep everyone as safe as possible, whilst continuing to provide important healthcare, please take the following steps and PAUSE before attending the SARC.

**P**

Police to engage with and support the individual in line with current processes, ensuring that all required initial information is recorded. We will need to document this when you contact us.

**A**

Appropriate agencies and services should be contacted, including social care (if required, i.e. for children, vulnerable adults, and where there are safeguarding concerns).

**U**

Use the existing Mountain Healthcare Pathway and Support Service (Call Centre) number, available 24/7/365, to arrange an initial telephone consultation.

**S**

Specialist telephone support from a SARC Doctor or Nurse (as appropriate) will be arranged by our Pathway and Support Service, who will triage, screen and risk assess the individual, to identify their needs (incl. health, wider vulnerabilities, requirement for a forensic examination).

**E**

Ensure the safety of all involved, by agreeing to 'appointment only' SARC attendance. Once one of our forensic clinicians has completed the initial telephone consultation, we will advise on an appointment time, as required, and discuss the next steps, including PPE.

Thank you for working with us to keep everyone safe,  
and for supporting our slight change in process during this time.

Musings of an IDVA

One of our IDVAs has offered the following article on the current situation

## Isolation

**“Quiet people have the loudest minds.”**

Stephen Hawking

Corona, for those of you who are old enough to remember, was once associated with a time of innocence, contentment and happiness. I am of course, referring to the Corona glass indented, carbonated pop bottles, which came in various multi-coloured flavours that defined our childhoods, delivered directly to our doorsteps by the corona man in a van. It was an era and a time where we lived our lives in relative peace and with a carefree attitude.

Fast forward to today and to our present reality. We are currently living in truly unprecedented times of chaos, misery and a world teetering on economic ruin. The word Corona has now taken on a totally new meaning in the form of what the World Health Organisation (WHO) has termed Covid19; a deadly and invisible virus that originated from the east. The corona of my childhood is now but a distant memory. It is now a word that is associated with fear, death, disease and isolation. Having reached our shores, this invisible enemy, has taken its hold and dominance over our lives, forcing us, like the majority of the world, into an isolation and an eerie darkness, not seen since the Second World War.

As families, around the world begin to go into imposed isolation and live within this new and surreal reality, drifting into the unknown of what lies ahead of us, some in very confined spaces, without the ability to embrace a loved one or friend outside the walls of their isolation, fearful of the fate of loved ones, brothers, sisters, mothers, fathers, sons and daughters, what is this isolation teaching us and what eternal lessons will it reveal to us about the human spirit and we as a human race?

Isolation will for some people be a frightening and all-consuming experience for we are essentially social animals that were not designed to be caged. Isolation can and will interfere with a person's mental and physical wellbeing especially if they are vulnerable and not used to being alone. For some people being alone may start a process of inner and [personal growth](#), including emotional, connecting with family and friends at a deeper level, and finding a new perspective on life as a result of their isolation. The current crisis which has draped the world in a veil of darkness has revealed to me these very outcomes.

For the first time in many years we are witnessing an old phenomenon which is making a positive comeback known as “talking”. Neighbours, which may in the past have only acknowledged you with a passing glance whilst going about their daily routines or the customary “morning” or “hello” are now peering over gardens fences eager to speak a little more, calling our mobile phones to ask how we are and how our families are coping. We are engaging in the art of conversation about things that are significant.

We find ourselves speaking to loved ones, friends and family more than ever before through various forms of technology, or from behind the safety of a window pane and asking questions which actually matter. We long for the warm embrace of a loved one outside our walls of isolation. We are actually concerned for the welfare of our loved ones and those around us. Our common sense of empathy and need is guiding us forward in a way like never before. The rat race of life

has finally slowed down to a gentle pace, as the majority of us work from home and we are finally noticing everything and everyone around us. Isolation, ironically, and the dreaded corona virus is actually bringing us closer together.

We are witnessing relationships which were once strained or even estranged being rekindled through positive dialogue, which before the virus reached our shores would not have been worth fighting for or would have been given up on. Having said that, there are sadly, those in society, regardless of the horrors outside their walls, that are still content to go on as before and treat their fellow partners like a virus.

Our children, now they are no longer allowed to go to school, even though they may be driving some of us a little crazy, their constant presence by our side provides a degree of comfort and solace in these difficult times. We are seeing them in a different light and appreciating them more. We shield them from the horrors of what is happening in the world outside and live in the hope that the future favours their existence for we are the sole custodians of their future and never more so than now.

We now engage in a frenzied activity of clapping every Thursday evening at 8pm with the whole of the nation from the relative safety of our doorsteps, with our families and the same neighbours that were once strangers but are now slowly becoming our friends for the brave men and women of the NHS and others that are battling day and night to save as many lives as possible. Yet again the virus and isolation has led us to this course of action - to recognise the heroic efforts and personal sacrifices that they are making for us all. Our greatest shame is that we never clapped before and our admiration and gratification is long overdue.

Our togetherness, selflessness and humanity, which was always there, but has required a little persuasion, is once again shining through. As a people, we had lost our way, but our combined sense of empathy and spirit of defiance is bringing us back on course. It has taken a virus from a distant land cloaked in a veil of death and destruction that has led us to re-assess our goals, our understanding of each other and what is truly important in our lives. It has started a process of self-reflection during this period of isolation and solitude.

By engaging in conversation we are spreading new ideas, remembering times gone by, loved ones, the good and bad times and in the main families are coming closer together realising the time and energy that had been previously lost in argument, self-deception and penchant idleness is longer of any significance. Our isolation has created a freedom that we did not expect. It has been a freedom of our minds, actions and a reflective re-examination of our lives.

People are now washing cars again with their own hands outside their homes which had been absent for many years. It is as if the ways of the past are being adopted by us all. The laughter within our homes, which is currently in short supply, echoes throughout our homes like never before and as more of us laugh together it drowns out the misery of the world outside. For now more than ever, our laughter and togetherness is the antidote to the insanity outside our walls.

Our sanity and for some their entire existence is now defined by the generosity and kindness of others be they those on the front line who are sacrificing their own lives or the worried neighbour, son and daughter who places a bag of food at your door so that you do not go hungry. Our togetherness and sense of community is ensuring that the vulnerable and those in need are no longer suffering in silence.

Our isolation has also led to pollution levels around the world declining to all-time lows and on the rare occasions that we do step outside our front doors the air feels as fresh as an alpine mountain breeze. It is as if the earth is finally breaking free from the shackles of our ignorance and

arrogance and being allowed to breathe again. Are we beginning to finally appreciate all that we are content on destroying or is this merely a pit stop on the road to inevitable destruction, should we continue on the path of yesterday?

The greatest pain of isolation is that the virus that has and is taking the lives of the young and the old does not discriminate. By its very nature people are by its definition dying in isolation, alone, away from the tender gaze, comfort and touch of loved ones by their sides due to the piercing nature of the virus on all those around us. This is by far the greatest regret of isolation and is something that is beyond our power to rectify.

The world will prevail and we all must believe and know it will. The world as we know it will never truly be the same again. We will have lost people both young and old. At the time of writing this piece of work the virus has claimed the lives of 51,000 souls and it will claim many more.

Out of this misery there is the possibility for new beginning for humanity as this isolation will have taught and guided us to realise what is truly important in our lives. No amount of wealth could have saved those that have now gone for there is currently no cure. Your status and power in society does not make you immune, even Prince's and Prime Ministers have endured the wrath of the virus. Isolation has in many ways stripped us to our naked self's and forced us to be human again. It has shown that we are all connected, regardless of colour or creed, man or women and that without each other we cannot truly prosper in any meaningful way.

Isolation has taught me that we need to live for each other's happiness not by each other's misery. It has reinforced all that I always believed to be true, that the things that really matter are not the size of our bank balances, the size of our homes or the status that we have achieved, what matters has always been in front of us but for some, have been blinded by our artificial and self-indulgent lives to see it. Our families, friends and children are our true wealth and the good that we do, everything else is just but a side show. Isolation has taught me that we must continue to look out for each other and move together in a direction that favours humanity and strives for the greater good. How we ultimately treat those in their time of need will define us.

The lives lost today will be in vain if we fail to change our thinking, strive to build a better tomorrow and have the courage to bring those responsible to account. For this, governments around the world will need to show great leadership, put aside greed and self-interest and fight for the common good otherwise the next dark shadow under a different guise will engulf the world again. Humanity stands together in these dark days, as it once did 80 years ago, when a man goose-stepped his way to misery and bloodshed. If I remember correctly, we as a world, together and united defeated that enemy as we will with the current one.