



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

July 2018

Dear Partners

July has been busy with the second round of our Domestic Abuse and Sexual Violence Champions Network events. We now have over 100 Champions signed up across partners and we are getting more sign-ups from the voluntary sector which is great. The next events will be in October and the topic has changed – we will now be hearing from colleagues in mental health and from the Victim and Witness hub about how they support people experiencing domestic abuse. We are doing an evaluation of the sessions so far over the summer and will be sending out a short survey to Champions so please complete it to help us plan future sessions.

October 2018 – Mental Health, Victim and Witness Hub					
Cambridge	South Cambs	East Cambs	Fenland	Huntingdon	Peterborough
8 th October 10.00 – 12.30 Arbury Community Centre	17 th October 10.00 – 12.30 Sackville House	11 th October 10.00 – 12.30 East Cambs District Council	15 th October 11.00 – 13.30 March Community Centre	3 rd October 10.00 – 12.30 Medway Centre	23 rd October 10.00 – 12.30 Peterborough Town Hall

Those of you with musical interests may see some of us at the Cambridge Folk Festival in early August as Cambridge Live Trust have been kind to offer us a free stall to raise awareness of domestic abuse and sexual violence services in Cambridgeshire and also to promote the White Ribbon Campaign. So if you're there, come and say hello.

There is also exciting news about two new support programmes that will be running from early 2019 – The Recovering Together and Caring Dad's programmes are training facilitators during September so please contact Gareth.draper@cambridgeshire.gov.uk if you're interested and more information about the programmes will be in a future newsletter.

Vickie Crompton & Julia Cullum
Partnership Managers



Cambridge Women's Aid recognised nationally for high-quality service

Cambridge Women's Aid has been awarded the Women's Aid National Quality Mark, demonstrating that it provides a high quality of service to women and children experiencing domestic violence. The Women's Aid Quality Standards are national standards which measure the quality of specialist domestic violence services on a number of factors. Cambridge Women's Aid were particularly commended for their specialist knowledge and understanding of the needs of women and children fleeing domestic abuse and for their work to ensure their service is accessible and safe for all women. The award was presented by Katie Ghose to the CWA team, at the Women's Aid Federation of England conference on 12th July 2018.

Katie Ghose, Chief Executive of Women's Aid Federation England said:

"We are very proud to award Cambridge Women's Aid the Women's Aid National Quality Mark for their excellent work supporting women and children in Cambridgeshire. Specialist, high-quality domestic violence services can make the difference between a full, independent life and living in fear of your life for women escaping abuse. The hard work and dedication of the team at Cambridge Women's Aid is making that difference, and I thank them for the very high quality of the service they provide."

For more information about the work of Cambridge Women's Aid go to www.cambridgewa.org.uk

Rape Crisis takes part in Remembering Srebrenica Memorial Day – 11th July

Cambridge Rape Crisis Centre took part in this years' **Remembering Srebrenica Memorial Day** on 11th July to commemorate the survivors and victims of the systematic and widespread use of rape as a weapon of war, which was one of the brutal legacies of the Bosnian Conflict.

We sent signed cards to women in Bosnia to show our support and solidarity to them. We also tweeted picture with a message for survivors in Bosnia which read '*To our sisters in Bosnia & Herzegovina, we stand in solidarity with you. Your courage and strength are our inspiration*'.



To share a survivor's story you may wish to read Nusreta's story
<http://www.srebrenica.org.uk/survivor-stories/the-courage-to-testify-nusreta-sivac/>

Honorary Fellowship awarded to Director of Cambridge Rape Crisis Centre

The Director of Cambridge Rape Crisis Centre, Norah Al-Ani, has been invited to receive the award of Honorary Fellowship by Anglia Ruskin University. The Vice Chancellor Professor Iain Martin said the award was being given *'in recognition of your achievements as an advocate for women and girls and your inspirational commitment to social change... as well as your achievements in raising the profile of sexual violence as a major issue both locally and nationally. We believe you are an outstanding role model for all our students'*.

A new approach to forced marriage

A school in Leeds is attempting to tackle forced marriages by giving their pupils spoons to hide in their underwear to trigger airport metal detectors.

Students at the Co-Operative academy in Harehills have all been given the cutlery as part of a programme designed to raise awareness about “honour”-based abuse and forced marriage.

The scheme has been implemented in the hope that pupils who fear they are being taken overseas for an arranged marriage can hide the spoons in their underwear. This will then trigger airport metal detectors and allow students to raise the alarm with security staff privately.

Harinder Kaur, the social, culture and ethos leader at the academy said the spoons would “save lives.”

Ms Kaur said that 80% of UK forced marriages happened abroad during the summer holidays, making it peak time for parents to take daughters abroad to be married.

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For more information about forced marriage support, please visit <https://www.karmanirvana.org.uk/>

Domestic Abuse and Suicide

Refuge and the University of Warwick looked at the experiences of more than 3,500 of Refuge’s clients with the aim of informing policy and practice in relation to victims of abuse who are at an increased risk of suicide. The domestic abuse and suicide report is one of the largest studies of its kind, and the first in the UK.

The findings show that 83% of clients came to Refuge’s services feeling despairing or hopeless – a key determinant for suicidality. The report calls for a commitment to sufficient, specialist services, both outreach and refuge, for the survivors of abuse.

[Download a PDF of the report](#) here

Spiritual Abuse

Restored reported recently that many survivors of domestic abuse have also experienced spiritual abuse, this may have been perpetrated by their spouses or by church leaders or members.

CCPAS (an Independent Safeguarding Christian charity in the UK) has produced papers and pamphlets on this topic. In their pamphlet entitled, [I Want to Understand Spiritual Abuse](#) CCPAS uses the definition of spiritual abuse as was outlined by Oakley, 2013 in Oakley & Kinmond, 2013 p21:

Spiritual abuse is coercion and control of one individual by another in a spiritual context. The target experiences spiritual abuse as a deeply emotional personal attack. This abuse may include:-manipulation and exploitation, enforced accountability, censorship of decision making, requirements for secrecy and silence, pressure to conform, misuse of scripture or the pulpit to control behaviour, requirement of obedience to the abuser, the suggestion that the abuser has a 'divine' position, isolation from others, especially those external to the abusive context.

Elements that may feel very familiar to survivors include using scripture or traditions:

- to encourage us to forgive
- to keep the relationship together
- to sacrifice ourselves for the relationship
- to excuse or minimize the abuse
- to remain silent or accept the suffering
- to impose gender roles that are abusive or coercive
- to assert authority, to reinforce male privilege
- to encourage us to submit
- to give commands or to punish us
- to justify abuse or blame us

Within relationships, spiritual abuse happens when one person misrepresents scripture in order to control and create dependence on the other person. This can happen between husband and wife and can happen in churches where church leaders encourage the victim of abuse to remain in an abusive situation or be ostracized by their community.

According to CCPAS, one way which can help prevent spiritual abuse is through **empowerment**.

Empowerment is encouraging individuals, within spiritual contexts, to develop autonomy. Healthy spiritual contexts encourage people to develop as individuals who can think for themselves and are able to express disagreement or concern.

What that might mean for survivors is to seek out churches and church leaders who have a understanding of domestic abuse and knowledge about how to address it appropriately when it becomes evident within their congregation and its members.

School holidays are a key time that children experience female genital mutilation – help us raise awareness



NSPCC - dedicated FGM helpline is anonymous and open 24/7

You can call them on: 0800 028 3550

The Kite Trust is recruiting.....

An exciting opportunity has arisen to join our ever expanding team supporting LGBT+ young people in Cambridgeshire.

We have been working in Cambridgeshire schools for the past 13 years, supporting thousands of pupils each year. Thanks to a grant through the Government Equalities Office, over the past two years, we have been delivering the Rainbow Flag Award to 43 schools through Cambridgeshire and Peterborough. To find out more about the Rainbow Flag Award [click here](#). We are now in our third year of delivery to our partner schools and will be launching the Rainbow Flag as a paid offer to schools across the area. This post will be instrumental in helping us achieve our vision of breaking down HBT bullying in schools, helping to make schools a more inclusive environment for LGBT+ pupils and educating our local communities and ensure the sustainability of our schools programmes into the future.

Senior Project Worker- Schools Lead

Salary: NJC point 29- £26,470 pro rata

22.5 hours per week

- Lead, develop and carry out The Kite Trusts' Schools programmes of work
- Lead on the co-ordination of the Rainbow Flag Award
- Looking for someone who has extensive experience and is confident in delivering training and a good understanding of the education system, LGBT+ communities and experience.
- Must have access to own transport for this role.
- Positively recruiting from within the LGBT+ community.

[Please click here to download the application pack](#)

Or email lara@thekitetrust.org.uk requesting an application pack.

NEW RELATIONSHIPS AND HEALTH EDUCATION IN SCHOOLS TO PREPARE YOUNG PEOPLE FOR MODERN WORLD

Today (19 July) DfE has published the draft statutory guidance on relationships education, relationships and sex education, and health education. The consultation will last 12 weeks – beyond the summer break - so schools have plenty of time to respond.

Here is a link to the consultation: <https://consult.education.gov.uk/pshe/relationships-education-rse-health-education/>

The announcement confirms that statutory status will now begin in 2020 to give schools a full year to prepare.

All schools will teach children about good physical and mental health, how to stay safe on and offline, and the importance of healthy relationships under bold new plans published today by Education Secretary Damian Hinds.

Under the proposals, all pupils will study compulsory health education as well as new reformed Relationships Education in primary school and Relationships and Sex Education in secondary school.

The guidance – which was last updated in 2000 – will become compulsory in all schools across the country from September 2020, and will put in place the building blocks needed for positive and safe relationships of all kinds. Schools will be supported as they prepare to teach the new subjects and will be able to begin doing so as soon as the materials are ready and available from September 2019, building on the existing best practice that will be shared by high performing schools.

Under the updated guidance, teachers will talk to primary school pupils in an age appropriate way about the features of healthy friendships, family relationships and other relationships they are likely to encounter. At secondary school, teachers will build on the foundation of Relationships Education in primary and, at the appropriate time, extend teaching to include intimate relationships as well.

At both primary and secondary, pupils will learn about staying safe online – complementing the existing computing curriculum – and how to use technology safely, responsibly and respectfully. Lessons will also cover how to keep personal information private, and help young people navigate the virtual world, challenge harmful content and balance online and offline worlds.

The new guidance has been developed in response to a national call for evidence earlier this year and includes topics like mental wellbeing, consent, keeping safe online, physical health and fitness and LGBT issues. It will now be subject to a further 12-week consultation on the content and how the subjects are taught.

As well as teaching about the benefits of healthy eating and keeping fit, the new compulsory health education will include content on the prevention of health problems. It will help support the development of qualities such as confidence, resilience, self-respect and self-control. Good quality education on wider social and economic issues will continue to be taught in schools across the

country through PSHE or other subjects, for example teaching about financial issues through maths and citizenship.

A story of elder abuse

Cathy, a survivor of domestic abuse, wrote the article below for the Huffington Post.

Unfortunately, it is all too often assumed that domestic abuse mainly happens to young women and that if abuse is experienced by older people it is always in institutional settings. These assumptions can mean that the abuse of older people in a family context is missed, simply because it is not being looked for. When the abuse is carried out through coercive control it can be even more difficult to spot. But what is coercive control of older people?

I had the opportunity to contribute to a ground-breaking conference dealing with this issue in Cardiff earlier this year. Jointly hosted by Action on Elder Abuse Cymru, Welsh Women's Aid and sponsored by Assembly Member Julie James, the event was a much-needed opportunity to address the reality that domestic abuse can happen to anyone, of any age, from any background, in any walk of life, including older people. More, that it is not confined to partner relationships but can happen across the generations of a family.

The conference first highlighted some fundamentals: at the end of the day, abuse is about wielding power over others, and coercive control is the term for the way in which it is perpetrated. So physical violence is only one aspect, often, but not always present. Controlling someone's life can include removing access to money, friends, family, work, monitoring phone calls, intercepting letters and emails, always being present at visits to the GP or hospital, undermining someone, criticising all they do, telling them what and when they are permitted to eat or sleep - all these can have a devastating effect on someone's autonomy and well-being. Such behaviour is also not a one-off occurrence, but a repeated pattern over time. For some older people they may have experienced this type of abuse for many, many years.

Significantly, Action on Elder Abuse defined the abuse of older people back in 1995, a definition that was then adopted by the World Health Organisation. It is encouraging that World Elder Abuse Awareness Day is now a way of increasing understanding. The definition is:

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'A single or repeated act or lack of appropriate action, occurring within any relationship where there is an expectation of trust, which causes harm or distress to an older person. It has at its heart the 'expectation of trust' that an older person may rightly establish with another person, but which is subsequently violated.'

The consequences of being on the receiving end of such a breach of trust is that *'it can complicate the ability of an older person to accept or confront what is happening to them.'*

Coercive control happens behind closed doors, can be difficult to distinguish from genuine care, but when such care and concern seems a little over-the-top and overbearing, perhaps alarm bells should be ringing? The victim might feel ashamed that it will bring stigma on the family, the perpetrator may have threatened that the victim will not be believed, belittling them and eroding their confidence to speak up. So it is understandable that people may find it difficult to contemplate disclosing what is happening to them and who is doing it.

In 2013 the Home Office issued new guidelines on domestic abuse which underlined the importance of understanding that it can be perpetrated by one family member against another, the definition of family members used being: *mother, father, son, daughter, brother, sister, grandparents; directly-related, in-laws or step-family*. Unfortunately, five years later, the awareness of this broad context of who is capable of perpetrating control is not as wide-spread as it should be.

The conference in Cardiff opened up discussion on strategies to tackle this issue for older people. I spoke about one way of making it easier to spot these problems - the vital work to change how we perceive older generations. Some years ago I was asked to find a group of people in their 80s and older, to be some of the many contributors to a large-scale investigation by the Joseph Rowntree Foundation: *Widening Choices for Older People with High Support Needs*. It looked at the support which is given and received, not by service-providers, but by older people for each other. This support is often under the radar, so to speak, and the report illustrated that if we see people with support needs as only that, it is easy to fall into the trap of forgetting that they also have capabilities which they wish and need to exercise and share.

Older members at the community centre I was running were only too eager to meet the researchers, who were quite frankly bowled over by the feisty, self-assured attitudes they encountered. These so called 'senior citizens' were in no doubt about what they wanted for themselves and what they were capable of. Coercive control, by contrast, seeks to persuade people that they do not know what is best for them and that they are not capable.

The Adult Safeguarding and Domestic Abuse Guidelines, issued in 2015 by the Local Government Association and Directors of Adult Social Services emphasised this issue:

'Domestic abuse approaches historically have had an emphasis on partner violence. More focus now needs to be given to family and inter-generational abuse and the way in which it may be different from partner violence, for example if the perpetrator is the victim's (adult) sibling, child or grandchild.'

So things are moving slowly in the right direction to a better understanding of who can be affected by abuse and how, and that this includes older people.