

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

**June 2017**

Dear Partners

I am now back from my sabbatical and Vickie and I are looking forward to the challenges that are coming up over the next few months to ensure we remain one of the leading DASV Partnerships by developing a Domestic Abuse and Sexual Violence Strategy for the county in line with the Home Office VAWG Strategy. The countywide VAWG Needs Assessment will be out for consultation with key partners later this month and the DASV Delivery Group will be overseeing an action plan to implement the Strategy for Cambridgeshire and Peterborough. A new DASV Operations Group has started meeting monthly to discuss key issues at operational manager level and this group feeds into the DASV Delivery Group.

We would like to apologise for incorrect information sent out in April where we stated that Peterborough Women's Aid would no longer be providing services to victims in Peterborough. In fact, it is only the Outreach service that has changed and the refuge for women and children fleeing domestic abuse is still operational. The IDVA service is now provided jointly by Cambridgeshire County Council and Peterborough City Council and Outreach posts for Peterborough area are being recruited to currently.

Social media is one of the main ways we share information and, due to changes at Facebook, we have had to close our original page and create a new one. Please like and follow us on our new page <https://www.facebook.com/CambridgeshireDASV/>

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](mailto:Amanda.warburton@cambridgeshire.gov.uk)

**Simon Kerss**  
**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](http://www.cambsdasv.org.uk/website/training_1/86050)

### Next available courses

- ❖ Domestic Abuse Risk Assessment (Level 3) – 22<sup>nd</sup> November
  - ❖ Domestic Abuse Typologies, 25<sup>th</sup> July, 19<sup>th</sup> October
  - ❖ Introduction to Domestic Abuse (Level 2) - 28<sup>th</sup> & 29<sup>th</sup> June and 12<sup>th</sup>/13<sup>th</sup> October
  - ❖ Engaging with Perpetrators of Domestic Abuse (Level 4) 19<sup>th</sup> July, 6<sup>th</sup> November
- To book: <http://www.cambridgeshire.gov.uk/learntogether/social>

The [Safeguarding Adults Domestic Abuse course](#) is 1.5 days and attendees need to have completed the half day training on Making Safeguarding Personal before they attend.

Against Violence and Abuse (AVA) have a number of courses coming up. There is a charge for these courses.

[Parenting Post Abuse](#) – 6<sup>th</sup> September in London

[Safeguarding Vulnerable Adults from Abuse](#) – 5<sup>th</sup> October in London

## New study into control in young people's relationships

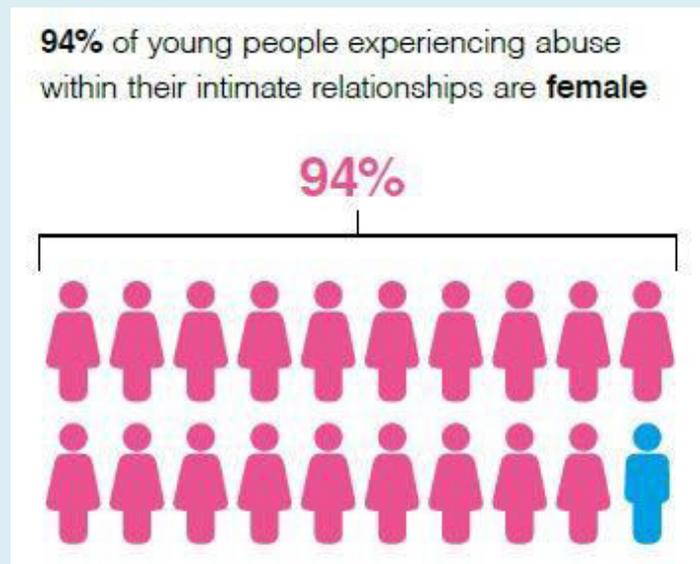
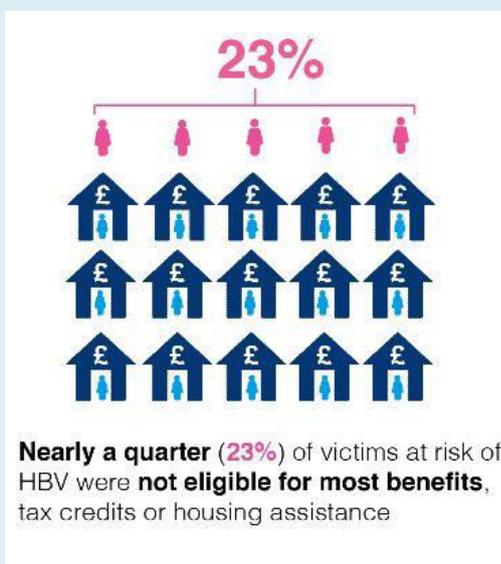
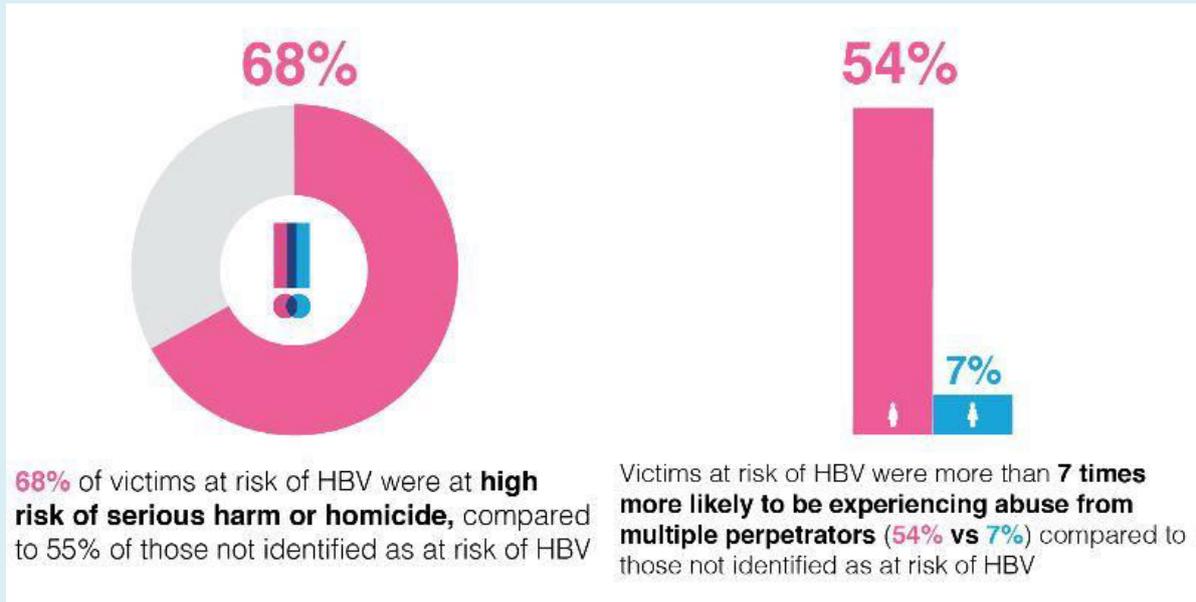
Define the Line, a new research study launched in March by Avon, in partnership with national domestic violence charity Refuge, shows that almost two fifths (39%) of 16-21 year-old girls think coercive and controlling behaviours in relationships have become normalised because of the amount of abuse they see in society and media. More than half of young adults (56%) said they have experienced controlling behaviours from a partner, and more than a quarter (26%) said that a friend, or someone they knew, had been a victim of an emotionally abusive relationship. This is the tip of the iceberg with almost 1 in 3 (31%) young people saying they find it difficult to define the line between a caring action and a controlling one.

<http://www.refuge.org.uk/2017/03/06/more-than-half-of-young-people-experiencing-controlling-behaviour-in-relationships/>

## Safe Lives Spotlights

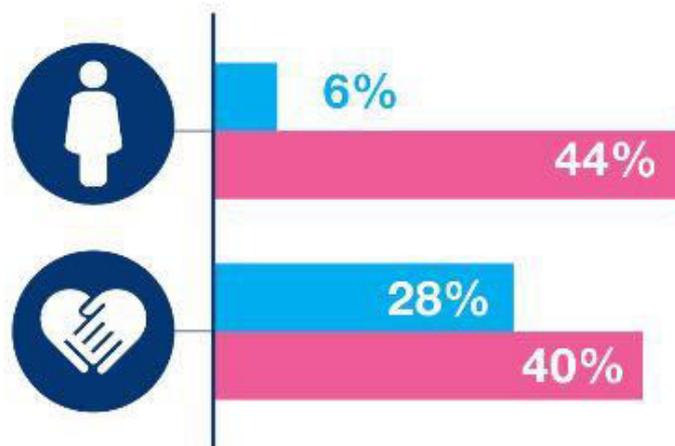
Following on from their in-depth look at older and disabled victims of domestic abuse, Safe Lives have now turned their focus to two new topics – ‘[Children and Young People](#)’ and ‘[Honour Based Violence and Forced Marriage](#)’. The links above will take you to the Safe Lives website which includes blogs from survivors and professionals, podcasts and downloadable tools and resources.

The Spotlights on [Disabled People](#) and [Older People](#) have recently been updated with the latest guidance and information. Below are some key findings from all four topics in the Spotlights series.

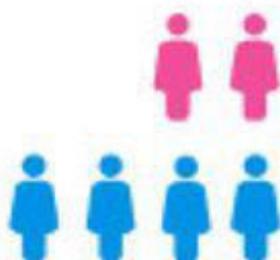


Victims aged 61+ are much more likely to experience abuse from an **adult family member** or **current intimate partner** than those 60 and under

- Victims aged 60 and under
- Victims aged 61+



Disabled women are **twice as likely** to experience domestic abuse than non-disabled women.



Disabled clients typically experience abuse for a **longer period of time** before accessing support. (3.3 years' average length of abuse vs 2.3 years)



## Nominations are invited for the John Latham Domestic Abuse Award 2017

If you know someone who has made a significant contribution to the safety of domestic abuse victims, please consider nominating them for this year's award. They could be a member of a statutory agency, or be from the private or voluntary sector. Last year there were 11 nominations from a wide range of organisations. The winner was responsible for introducing a DA programme for managing perpetrators and supporting victims.

This annual award by the Chief Constable of Thames Valley Police is named after the late John Latham, a solicitor who worked tirelessly in the field of domestic abuse. After the murders of Julia and William Pemberton in Hermitage in 2003, John supported the family and campaigned for the introduction of Domestic Homicide Reviews so that lessons could be learnt from such tragic events to help prevent future deaths. Nominations are open to all areas, not just Thames Valley.

To nominate, please complete the [nomination form](#) and send it to [D/Insp Ivan Reaney](#) by July 31, 2017.

## **Australian study shows women abused by partners suffer lifelong health problems**

Women who are abused by their partner suffer significant physical and mental health problems that persist throughout their lifetime, the first long-term Australian study to investigate the health impacts of intimate partner violence has found.

The research, led by the University of Newcastle's research centre for generational health and ageing, followed 16,761 participants from the Women's [Health](#) Australia study for 16 years from 1996.

Three cohorts of women, born from 1921-26, 1946-51 and 1973-78, were asked during surveys taken throughout their lives whether they had ever been in a violent relationship, and about their physical and mental health. The study only considered violence from a partner or spouse, and not general family violence, for example perpetrated by other family members.

At the start of the study, 8% of women born 1973-78, and 12% of women born 1946-51, had experienced intimate partner violence. Sixteen years later, 26% of women born 1973-78 had experienced intimate partner violence compared with 16% of women born 1946-51.

Of the 3,568 women born 1921-26, 184 (5%) reported having experienced intimate partner violence in the first survey. This group were only asked about their experience of intimate partner violence during the first survey, given most of those women would be unlikely to have entered into a new relationship, but continued to answer questions about their health in subsequent surveys.

Researchers said "The results are striking," Across health measures including physical functioning, social functioning, general health, bodily pain, vitality, and emotional and mental health, women who had experienced intimate partner violence "recorded significantly poorer health than women who never experienced intimate partner violence, across generations and along the life course".

## **Domestic violence: five women tell their stories of leaving - the most dangerous time**

The Guardian in Australia published the stories of five domestic abuse survivors, highlighting how separation can be the most dangerous time in an abusive relationship. Part of Kim's story is below, you can read her full story and the stories of the other four women [here](#).

I was with him for six months. It happened very quickly. I had a top career in children's publishing and made very successful breakthroughs, and was looking at going over to New York when I met this lovely guy. And at first, he did everything I wanted, but then little cracks started to appear. It probably took about three months to realise it was a relationship I had to get out of.

I kicked him out and I came home that night and I went to bed. And then I heard noises and I thought something's upstairs, something's not right. I went upstairs and he was hiding in the spare bedroom. So he stayed upstairs I stayed downstairs with my dog and prayed all night he wouldn't hurt me and then the next morning I had to go to Sydney for a conference.

As I was leaving he said: “Do you mind if I take your dog for a walk, it’s the last time I’ll get to see her.” I said “That’s fine.” So I get to the conference and I get a phone call from him saying that I have to come home, the dog’s gone missing. And he said to me: “You loved her more than you loved me.” And I just knew something wasn’t right. He threw her off a cliff and into the ocean. He killed her. I knew I had to get out.

But there was all this other abuse. He made a big scene at my work, so I had to leave my job, and then I became financially dependent on him and I had to buy a car for us because I lost my company car, and he made me buy a manual knowing that I can’t drive a manual. Earlier on in the relationship little things happened, like I’d go to grab my swipe-card to go to work and it would be missing until the next day. Something like my car keys would go missing and then a couple of days later it would be my birth control pills. Just all these little things that would start building over time.

We were in the car one day and I was on a conference call, on speakerphone to a work colleague, and my ex-partner sort of took over the conversation. And then when I hung up he was like: “I don’t like you talking to all these male colleagues and people that you have to deal with.” And then he started going through my phone at night when I was asleep and contacting and writing down numbers of my male friends and calling them without me knowing and telling them not to have contact with me.

He actually suffocated me on my birthday. I stopped breathing and it was pretty horrific. I remember seeing stars, dots in my eyes. I survived. I managed to somehow phone friends in Melbourne, and we actually had to talk in code, they gave me some code to speak to them in so as not to raise alarm bells because he was standing right next to me. I knew that if I didn’t stand up against him in court I would never be safe, because he would hunt me down. because that’s what he does, it turned out he had a history of it.

A couple of times we were going to court and I had to be kept in the room upstairs for my own safety and I thought, hang on, I’m the supposed victim — I hate that word — he’s the offender, shouldn’t he be kept aside? He knew the court and the legal system and he abused it, he milked it for all it was worth. So you know, he’d go away when the trial was coming up and he’d say he was away on work and things like that so it would get adjourned. It was exhausting. You prepare your headspace for the court battle and you teach yourself to look at what happened as a movie in black and white, and break it down, and you have got to take a lot of the emotion out so you can hold it together. He is now in jail, I was one of three women to successfully prosecute him.

## **A Refuge for All, improving access for Disabled women**

We are excited to have been asked to join the Shaping Our Lives project, ‘A Refuge for All’, that aims to establish a user-led model of best practice for Disabled women experiencing or at risk of violence or abuse to ensure their needs are met through current service provision. Although Disabled women are twice as likely as non-disabled people to experience domestic violence and abuse, services are not always inclusive of Disabled women. Amanda will be joining the national advisory group meeting in London in July so look out for more information in the next newsletter.

<http://www.shapingourlives.org.uk/archives/a-refuge-for-all-improving-access-for-disabled-women>

## New Alcohol-related training

Please find below details of new courses being offered by Lucas Oliver in the Inclusion Recovery Cambridgeshire Team via Eventbrite.

### ALCOHOL & WELL-BEING

Thu 22 Jun 2017	Young People March, March	14:00 – 17:00	<a href="#">COURSE DETAILS &amp; BOOKING</a>
Tue 18 Jul 2017	Community Rooms, Tesco Cambridge, Bar Hill	13:00 – 15:30	<a href="#">COURSE DETAILS &amp; BOOKING</a>

### DUAL DIAGNOSIS LEVEL 1 TRAINING

Tue 27 Jun 2017	Fenland Hall, March	10:00 – 17:00	<a href="#">COURSE DETAILS &amp; BOOKING</a>
Tue 04 Jul 2017	Community Rooms, Tesco Cambridge, Bar Hill	09:30 – 16:30	<a href="#">COURSE DETAILS &amp; BOOKING</a>
Thu 13 Jul 2017	The Ferry Project, Wisbech	10:00 – 17:00	<a href="#">COURSE DETAILS &amp; BOOKING</a>

## Sons speak out about life with a controlling abuser

It's almost a year since Claire Hart and her 19-year-old daughter Charlotte were murdered in Spalding as they came out of a leisure centre after an early morning swim, Claire's husband, and Charlotte's father, shot both women after hiding under their car, then killed himself. As with many domestic homicide cases, the approach of the national media to the murder focussed on the murderer, with quotes from people who knew him saying what a 'nice guy' he was. The wording of some articles also suggested that he was 'driven' to commit the murder by his wife leaving him. There was little mention of the victims, other than their names, whereas their murder was described vividly as a 'DIY nut' and 'caring' person.

Charlotte's older brothers, Luke and Ryan, have now spoken out about the years of abuse the family endured from their father and how he was anything but a nice guy towards his wife and children. The brothers' recall how controlling their father was with money – taking Claire's wages from her and only allowing her to spend limited amounts with his permission. In contrast, he spent vast amounts of money on his gambling addiction. The controlling behaviour escalated with Claire not being allowed to use her mobile phone or social media without her husband's permission and, when the boys left home, he also restricted her talking to them on the 'phone. Claire and the children were continuously subjected to verbal abuse and emotional blackmail but did not consider themselves to be victims of domestic abuse as there was never any physical violence. Claire was even keeping a diary of her husband's behaviour but she didn't think the police would take her seriously because there was no physical violence. As the boys got older, they talked about leaving with their mother and younger sister but because Claire had very little money they felt it would be easier to stay and to continue to comply with her husband's control. Claire had multiple sclerosis and was also diagnosed with cancer at one point –her husband used her disability and health problems to exert more control over her and painted himself as a martyr figure.

Eventually Luke and Ryan helped Claire and Charlotte move out whilst their father was at work but it was only five days later that he murdered his wife and daughter. The brothers found evidence in the family home that the murders had been carefully planned, contradicting once again media reports that suggested he had 'just flipped'. Particularly harrowing was that in his suicide note he blamed Claire for his actions and claimed he was taking revenge for what she had done to him by leaving.

Luke and Ryan refuse to see Claire and Charlotte as victims and hope that by telling their story they can raise awareness of the bravery required to leave an abuser and the risks it places the survivor at. "Vulnerable women and children are not treated as heroes, for standing up to their oppressors even when they are murdered, or given a national day of mourning," Luke says. "But they should be."

Adapted from [https://www.theguardian.com/society/2017/jun/17/we-didnt-recognise-that-he-was-dangerous-our-father-killed-our-mother-and-sister?CMP=share\\_btn\\_tw](https://www.theguardian.com/society/2017/jun/17/we-didnt-recognise-that-he-was-dangerous-our-father-killed-our-mother-and-sister?CMP=share_btn_tw)

## Cambridge White Ribbon Stall

A Cambridge White Ribbon Campaign Stall was held on Sunday 11 June at the Abbey People Big Lunch, by kind invitation of Reverend Stuart Wood, Chair of Abbey People and Member of Cambridge Community Forum on Domestic and Sexual Violence/Abuse.

Hundreds of local residents of all ages and different generations attended the community event in the sunshine enjoying stalls, activities and a free BBQ. They enjoyed meeting Davey, the White Ribbon Campaign Mascot, with the opportunity to talk to Cambridge White Ribbon Ambassador, Shapour Meftah, and Cambridge City Lead Councillor on Domestic Violence/Abuse, Ann Sinnott.

Pictured below are White Ribbon Ambassador, Shapour Meftah, Davey the White Ribbon Campaign Mascot, Deputy Mayor Councillor Nigel Gawthrop and Councillor Ann Sinnott with a new recruit!



For more information on the White Ribbon Campaign UK, visit <http://www.whiteribboncampaign.co.uk/>

## I just Froze

I Just Froze is the latest campaign from Rape Crisis Scotland which aims to challenge common misconceptions that there is a 'right' way to react to sexual assault. Many people assume that if they were in such a situation they would scream or fight back but in reality the body goes into survival mode and this could result in any one of three responses – fight, flight or freeze. The I Just Froze campaign features videos and resources to help survivors and professionals understand the reactions to trauma and to de-stigmatise perceptions.



You can visit the campaign page at <https://www.rapecrisisscotland.org.uk/i-just-froze/>

## Queen's Speech

In breaking news just as we were going to publish the newsletter, The Queen's Speech on 21<sup>st</sup> June included a proposal for a new Domestic Violence and Abuse Bill and establishing a Domestic Violence and Abuse Commissioner to stand up for victims and survivors and monitor the response of the authorities.

Polly Neate, Chief Executive of Women's Aid, said: "We are pleased to see the government's commitment to tackling domestic abuse remains strong: domestic abuse is a huge social problem and the Domestic Violence and Abuse Bill is a once-in-a-generation opportunity to overhaul the way that we respond to it. We welcome the plans for new robust court orders, they mark a necessary move towards an approach that holds perpetrators to account. This programme of work must be delivered alongside specialist training for the police and judiciary.

"It is critical that the voices of survivors must be heard as this legislation is developed and Women's Aid looks forward to working with Government to ensure that happens."



**5 JULY 2017**  
**CRCC AGM, 6-8PM**

**Please join us for our Annual General Meeting**

With guest speaker Sarah Green from End Violence Against Women Coalition (EVAW) talking about their *Schools Safe 4 Girls* campaign.

EVAW's *Schools Safe 4 Girls* campaign was launched in 2012 just as the Savile revelations were breaking. The campaign helps parents, students and local women's groups to work with their schools to promote girls' safety. In the light of police figures, showing more than 5,500 sexual offences recorded in UK schools over the last three years, it is needed more than ever.

- Almost a third (29%) of 16-18 year old girls say they have experienced unwanted sexual touching at school
- 59% of girls and young women aged 13-21 said that they had faced some form of sexual harassment at school or college.
- 600 rapes in schools were reported to police between 2012-2015 – that averages out as a rape in a UK school every day of the school year.

  
Cambridge Rape Crisis Centre

**RAPE  
CRISIS**  
England & Wales

**END  
VIOLENCE  
AGAINST  
WOMEN**

**Cambridge Rape  
Crisis Centre**

**Annual General  
Meeting**

**Wednesday 5<sup>th</sup>  
July 2017**

**6pm – 8pm**

**RSVP to**

[norah@cambridgerap  
ecrisis.org.uk](mailto:norah@cambridgerap<br/>ecrisis.org.uk)  
or 01223 313551

**VENUE:**

Lab 109  
Lord Ashcroft Building  
Anglia Ruskin University  
East Road Cambridge

5<sup>th</sup> July 2017  
6-8pm