

Angie Stewart

Project Coordinator  
Cambridge Women's Aid

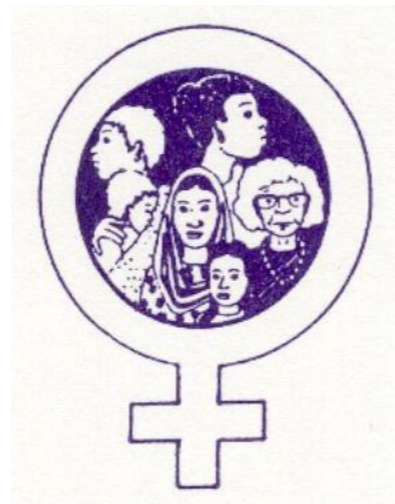
[angie@cambridgewa.org.uk](mailto:angie@cambridgewa.org.uk)

01223 350764

# Cambridge Women's Aid

Supporting women & children since 1977

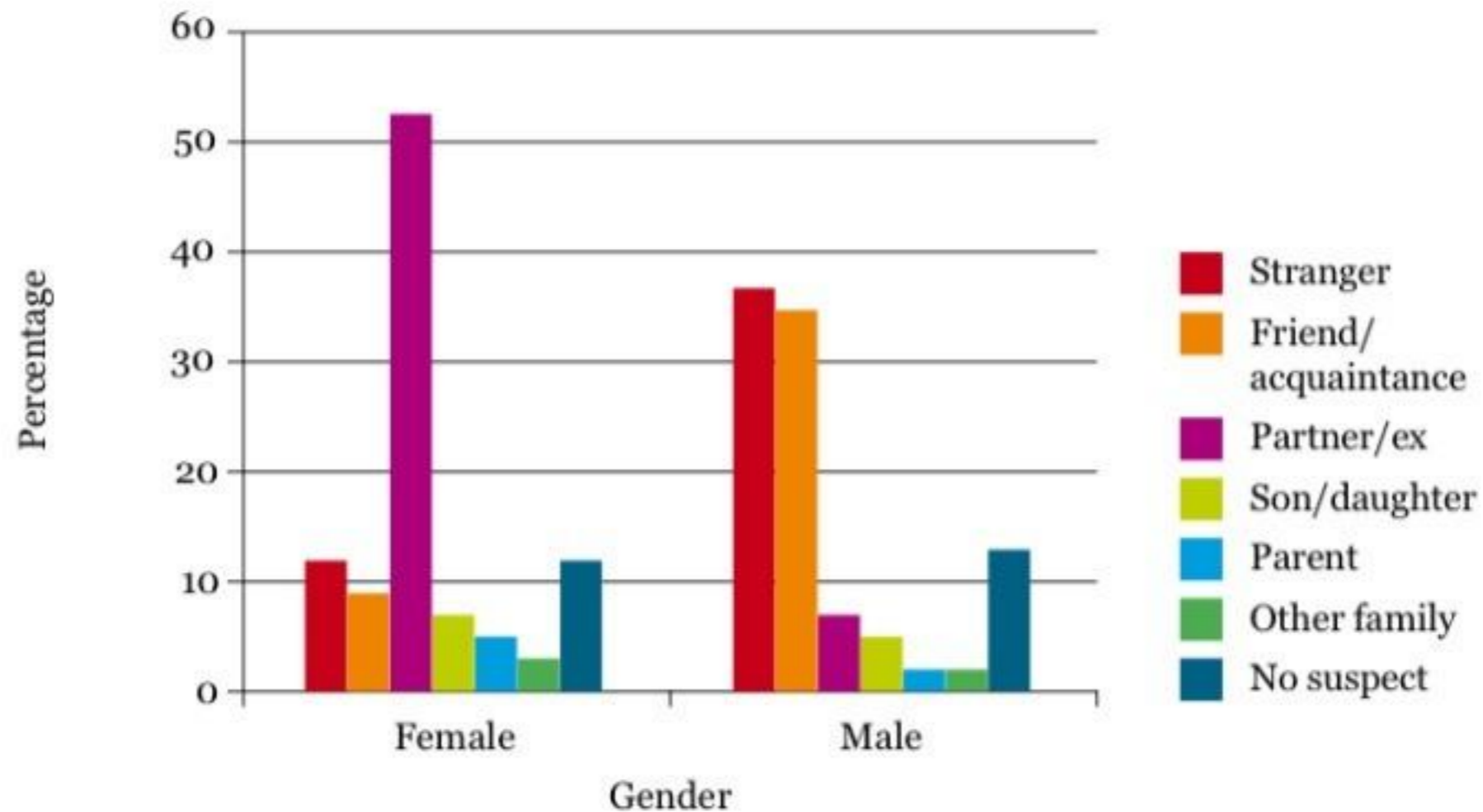
- Registered charity employing paid workers
- Established in 1977 by the Cambridge Women's Liberation Network
- Has much changed in 37 years?



# What is domestic abuse?

- Physical, sexual, emotional, psychological or financial abuse that takes place within an intimate or family-type relationship
- Forms a pattern of coercive and controlling behaviour
- Includes a range of abusive behaviours, not all of which are, in themselves, inherently “violent”
- Anyone can experience domestic violence regardless of race, ethnic or religious, class, disability or lifestyle
- Crime statistics and research both show that domestic violence is gender specific (i.e. most commonly experienced by women and perpetrated by men)
- Domestic abuse is repetitive, life-threatening, and destroys lives

**Figure 6.5.2** Percentage of homicides by victim's gender and relationship to principal suspect in England and Wales, 2008/09<sup>61</sup>



Source: Home Office 2010.

Notes:

- 1 Stranger figures include cases where the suspect is not known.
- 2 Data for England and Wales were correct as at 24 November 2009; figures are subject to revision as cases are dealt with by the police and by the courts, or as further information becomes available.

# Abuse checklist - psychological

Insult you or call you names

Make you out to be stupid or mad

Make fun of or humiliate you

Blame you; make you feel guilty

Twist your words

Lie or deny what he has done

Ogle other women; threaten affairs

Sulk or withhold attention or support

Tell you to leave

Threaten suicide or self-harm

Manipulate the children to take sides

Threaten to involve social services

Accuse you of having affairs

Not keep to his agreements

Demand obedience from you

Force you to do housework to his standards

Treat you as a servant; act "Lord of the Manor"

Interrupt you or not let you speak

Ignore you, 'blank' you or refuse to listen

Dictate what clothes you wear

Prevent your contact with friends or family

Not let you go where/when you want

Restrict your use of the car or telephone

Make you account for every minute of your time

Listen to your phone calls or open your mail

Deprive you of food or sleep

Total

## Abuse checklist - financial abuse

Controlled how the family income is spent

Made you ask or beg for money

Made you account for every penny you spend

Left you house-bound with all the child-care

Sabotaged your paid work

Withheld money

Been secretive about money

Put you on an 'allowance'

Total

## Abuse checklist - sexual abuse

Got angry if you don't have sex

Touched you sexually without consent

Used pressure or threats to obtain sex

Made you perform sexual acts against your will

Physically attacked sexual parts of your body

Made fun of you sexually

Treated you like a sex object

Forced you to use pornography

Forced you into prostitution

Forced you to have sex

Total

# Abuse checklist - intimidation

Used aggressive looks or gestures

Sworn, shouted or screamed in your face

Made you do degrading things

Harassed you by spying; stalking; checking up

Threatened to hurt you

Threatened to harm pets or family members

Threatened you with weapon or object

Threatened to kill you

Ripped your clothes

Pounded his fists or punched the wall

Thrown food or objects around

Smashed up possessions

Driven fast or recklessly

Not left when asked

Stood over you

Prevented you from leaving

Total

# Abuse checklist - physical violence

Spat at you

Punched you with his fist

Cut or slashed with knife

Poked or prodded you

Kicked or kneed you

Violent sex/raped you

Pushed, pulled or tripped

Burned or scalded you

Thrown things at you

Held, grabbed or shook

Twisted your arm or leg

Used weapon or object

Pinned you to wall/floor

Banged your head/body

Violence to pets

Slapped, hit or spanked

Head-butted you

Violence to children

Pulled your hair

Choked or strangled you

Violence to family/friends

Sat or stood on you

Smothered your mouth

Tied or locked you up

Bitten, pinched, squeezed

Held you under water

Thrown you around

Total



## **Additional vulnerabilities**

- Immigration
- Insecure housing/homelessness
- Poverty/lack of resources
- Language barrier
- Alcohol/drug use
- Mental health challenges
- Pregnancy
- Isolation from traditional support networks
- Social exclusion,
- Disability (parents or children)
- Being a teenage mum

# Impact on health

## Physical Effects

- Bruising
- Recurrent sexually transmitted infections
- Constantly pregnant
- Broken bones
- Burns or stab wounds
- Gynaecological problems
- Stress & tiredness
- General poor health
- Poor nutrition
- Chronic pain
- Miscarriage
- Self-harming
- Substance misuse

## **Impact on health**

### **Psychological Effects**

- Fear
- Increasing likelihood of misusing drugs, alcohol or prescribed anti-depressants
- Depression/poor mental health
- Wanting to commit or actually committing suicide
- Sleep disturbances
- PTSD
- Anger
- Guilt
- Loss of self confidence
- Feelings of dependency
- Loss of hope
- Feelings of isolation
- Low self-worth
- Panic or anxiety
- Eating disorders

# Harm to children

- Unborn and infants – 0-2 yrs – miscarriage, still birth, premature birth, low birth weight, brain damage leading to disability, fretfulness, flinching, sleeplessness, failure to thrive, eating problems
- 3 – 7 yrs – bed wetting and soiling, withdrawn, aggressive, attention seeking behaviour, nightmares, crying, sadness, anxiety, confusion, anger and fear, lack of concentration at nursery or school, play and social skills affected
- 8 – 12 yrs – poor performance at school, over achieves at school, poor school attendance, self harms, eating disorders, bullies at school or is bullied, tries to protect mum
- Teenage years – runs away, early pregnancy to escape home, offending, may join in abuse, may attack perpetrator, may become a perpetrator, drug or alcohol use

## Why don't they leave?

- Afraid to tell/nobody asked
- They want the abuse to end, not the relationship
- Concerns for safety & fear
- Anxious about being alone
- PTSD and can't make decisions
- Financial dependence
- Love
- Convinced they are worthless and no-one else will love them
- Hope for change
- Want their child to have both parents
- Prevent family upheaval
- 'hostage' syndrome
- They are too frightened

## What will you see?

- Not turning up for appointments
- Constant appointments for minor issues
- Excuses/explanations that minimise or don't add up
- Damage to property
- Clothing
- Financial issues
- Leaving and returning
- Mixed feelings for partner
- Dissatisfaction for services
- Internalising the stress

## What can you do?

- Focus on safety
- Exploit the opportunity of safe environment
- Supportive environment
- Non judgemental
- Provide information
- Let them make their own decisions
- Don't be a case worker
- Work with other agencies
- Keep accurate records
- Routine enquiry

## Focus on safety

- Do not collude with abusive behaviour or violence
- Work in partnership with specialist agencies
- Encourage victims and perpetrators to engage with appropriate services
- Avoid “blame and shame” approach, but not avoid the issue
- Encourage the seeking of help and support
- Monitor risk - share information with appropriate organisations (Children’s Services, Police)
- Remember - risk is dynamic! Revisit the issues as part of your ongoing relationship with the family



# What does Cambridge Women's Aid do?

Provides safe places for women to come for support, advice and when necessary accommodation.

- REFUGE
- OUTREACH

# Refuge

## Safe and supported accommodation

- Helping women & children in crisis
- Come far to be safe
- In need of practical & emotional support
- Specialist support for women and children
- Support to access other services and to be part of the community
- Move on to independence
- Staffed during normal office hours & an on-call worker at all other times

# Outreach

## Advice and support in the community

- Supporting women at all stages of their relationship
- Access to support without a full disclosure
- Advice and understanding
- Safety planning
- Growing her life
- Support from specialist workers and other service users
- One to one and groups
- Supporting women with life choices
- Supporting them to deal with other agencies
- Helping women to find themselves and build a life

# Yasmin's Journey

The true story of a domestic violence survivor, and what could have been

- What actually happened
- What could have happened with needs-led intervention



Yasmin has always suffered from OCD and depression. She meets her partner in 2012 and moves in soon after.

After 4 months the abuse starts when she discovers he is a heroin addict.



After the first violent instance she attends A&E.

A&E: £113

She is kept safe in hospital overnight, until she can be moved to a refuge.

overnight: £1,779

A&E staff call the police, and a nurse refers her to the A&E IDVA.

IDVA: £648

She is discharged with painkillers.

A&E + callouts: £102,938

advocacy + mental health support needed as result of abuse: £1,660

refuge: £9,500

The refuge helps her access mental health support.

After 6 months she moves into private accommodation, where she regularly sees family and friends.

fare: £13,700

She is housed near the perpetrator. He regularly breaks in, until she agrees to move back in with him.

rehoused: £5,300

Eventually she is referred to the local housing team.

He beats her regularly. She sees A&E every fortnight. She calls the police more than 50 times but doesn't feel supported to leave.

fare: £2,018,943

She now lives in supported housing because she can not live independently. She can not contact friends or family in case they lead him to her.

supported housing for rest of life: £47,323.50 per year

After she moves back in the violence starts again, and he begins injecting her with drugs against her will.

He breaks in and the downstairs alarm fails. He holds her hostage, repeatedly raping and injecting her.

After 5 days she makes it upstairs, setting off the upstairs alarm. He is arrested but escapes a custodial sentence.

He tries to burn down the house with her inside. She flees and a MARAC assesses her as high-risk. Alarms are put in a new property.

rehoused: £5,300

alarms: £452

MARAC: £11,900

#HearMe

[www.womensaid.org.uk/change](http://www.womensaid.org.uk/change)

women's aid

until women & children are safe

# Cambridge Women's Aid

During normal working hours

- Refuge - tel: 01223 460947
- Outreach - tel: 01223 361214

Outside of normal working hours

- On call worker - tel: 07730322098