

# MSM

MUTUAL SUPPORT MAGAZINE

DECEMBER 2019

ISSUE NO. 15



## THE PORTRAIT PROJECT

THE IMPORTANCE OF FRIENDSHIP

SUPPORTING INDIVIDUALS WHO HAVE EXPERIENCED DOMESTIC & EMOTIONAL ABUSE

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# FOREWORD

ISSUE NO:15 - DECEMBER 2019

## 03

Welcome to the latest edition of DVUK's Mutual Support Magazine. We've included a number of features for this issue and some #lovedoesnthurt campaign pictures.

Thank you so much for supporting Domestic Violence UK.

**Inspire Hope - Be A Voice  
Speak Out Against Domestic Violence**

[WWW.DOMESTICVIOLENCEUK.ORG](http://WWW.DOMESTICVIOLENCEUK.ORG)

**MSM**  
MUTUAL SUPPORT MAGAZINE



## SUPPORTING INDIVIDUALS WHO HAVE EXPERIENCED DOMESTIC & EMOTIONAL ABUSE

INSPIRE- HOPE.



The way you respond to someone experiencing domestic or emotional abuse is very important and it can make a real difference.

There are a few practical things that you can do to support the person physically and emotionally.

**Please Note:** You may not be able to help immediately because they need to spend time thinking about the whole situation but it's important you are readily available to provide some form of support when it's required



The suggestions below may likely help you in supporting people you know currently experiencing domestic or emotional abuse

- Please do not judge them at all
- Show some concern about the situation and encourage them to open up with time.
- Always talk to them in private





- Ensure your response supports and encourages them to talk about the situation.
- It could create an opportunity for them to explore their options and in time make their decisions.
- Always be there for them even if they give excuses, reject your support, become defensive and deny there is a problem.
- It's extremely important you listen to and believe what you are told because it helps to build an ongoing relationship based on trust.
- You could also find further help and support from specialist support organisations
- Reassure them that the abuse isn't their fault. Violence is a choice the abuser makes and they(the abusers) are solely responsible for their abusive behaviour.
- Please do not assume the abuse experienced isn't that serious

## Reassure them of the many specialist support organisations and helplines that can support and assist them.

- Always have it at the back of your mind that the safety of them/their children is extremely important.
- Do not tell anyone to leave or criticise them for staying in the relationship.
- Allow them make the decision of leaving in their own time because it involves both emotional and practical considerations



## SUPPORTING INDIVIDUALS WHO HAVE EXPERIENCED DOMESTIC & EMOTIONAL ABUSE

- Endeavour to be clear that abuse is wrong BUT support them regardless of the decisions they make.
- Offer to go with them to the hospital or GP if they've received any injuries or require medical attention.
- As much as possible do not panic but be very sensitive, caring, cautious and respectful.
- Focus on helping them rebuild their self confidence
- You must be equipped physically, mentally and emotionally to support them through the whole situation
- Acknowledge their strengths and constantly remind them of the fact that they are coping well with a challenging and stressful situation.
- Do not mediate or be the contact person between them and the perpetrator

### HELPLINES

The National Domestic  
Violence Helpline -  
08082000247

The Men's Advice  
Helpline - 08088010327

The National LGBT  
Helpline - 03009995428





- Cautiously remind them of the importance of calling 999 if they are in immediate danger and offer the necessary helplines eg. The National Domestic Violence Helpline on 0808 2000 247, The Men's Advice Helpline on 0808 801 0327 or The National LGBT Helpline on 0300 999 5428.
- If you witness an assault, PLEASE CALL THE POLICE IMMEDIATELY ON 999.
- **Most of all be very patient and do not give up on them because your help and support can make a difference**
- Volunteer to keep copies of their important documents or items
- Remember to take things easy and look after yourself while supporting victims of emotional and domestic abuse.
- **Assure them of the fact that they are not alone and there is help available to them.**
- Encourage them to speak to a specialist support organisation if they haven't spoken to one already for further support
- Reassure them of the many agencies that can help and support them.





Inspire Hope - Be A Voice.  
Speak Up Against Domestic  
Violence

#LOVEDOESNTHURT





# THE ADVICE HUB

An Online Support Project  
Coordinated By Domestic  
Violence UK

GUIDES, PLANNERS,  
WELFARE  
INFORMATION, ONLINE  
DIRECTORIES







# OUR PROJECTS AND SERVICES

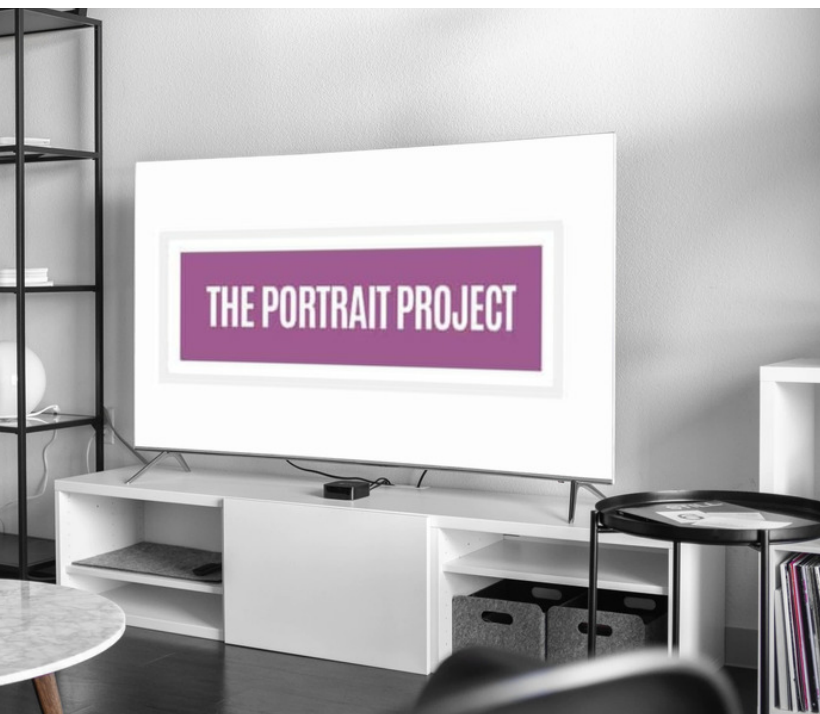
INSPIRE HOPE - BE A VOICE

## The Portrait Project

The Portrait Project is a photo shoot of individuals wearing our free #lovedoesnthurt t-shirts. Each portrait will be accompanied by a message raising awareness and Inspiring Hope.

## Love Doesn't Hurt Campaign

Our goal is to raise awareness on the issues of domestic and emotional abuse through the love doesn't hurt campaign.



## The Mutual Support Magazine

The Mutual Support Magazine is an online interactive magazine which contains articles written by professionals, bloggers, students, counsellors.....







# OUR PROJECTS AND SERVICES

## INSPIRE HOPE - BE A VOICE

### **DVUK E-Slides**

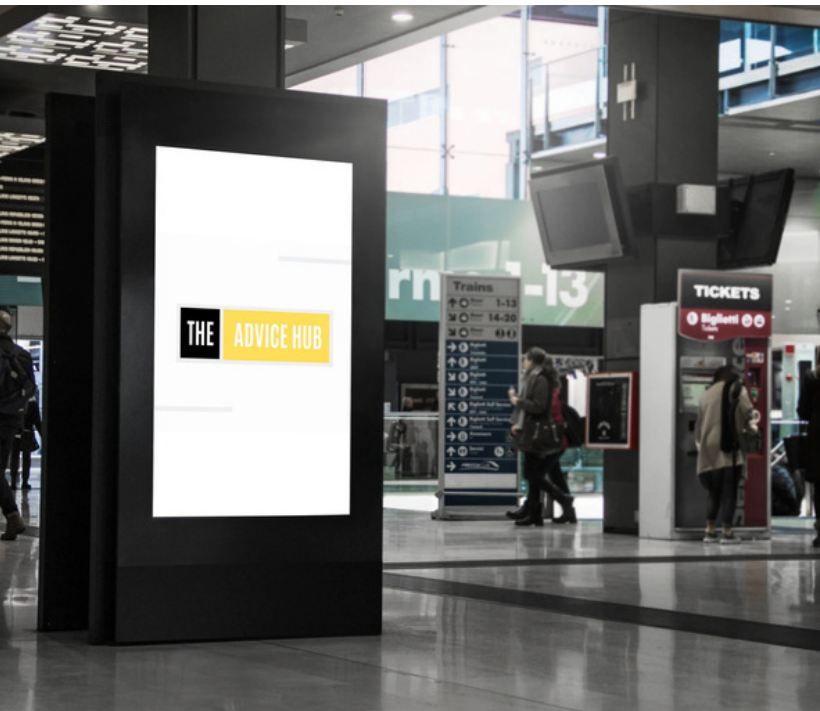
This is our free powerpoint presentation toolkit which can be accessed by everyone, and used by educational establishments.

### **The Advice Hub**

The Advice Hub is an online project launched by Domestic Violence UK. It provides a wealth of information on issues relating to welfare benefits, and signposts individuals to a range local and national support groups. It also provides access to short courses, factsheets and other helpful resources.

### **Vouchers For Refuge**

Help us show #lovedoesnthurt by supporting our Vouchers For Refuge Initiative. We currently support some refuges every quarter and they need several items. You can participate in this initiative by donating small items\*, gift cards or vouchers for supermarkets and stores.





# OUR PROJECTS AND SERVICES

## INSPIRE HOPE - BE A VOICE

### **Campaign Materials**

You can help us raise awareness and support our 'Love Doesn't Hurt' campaign by downloading and printing our posters, flyers and canvas images.

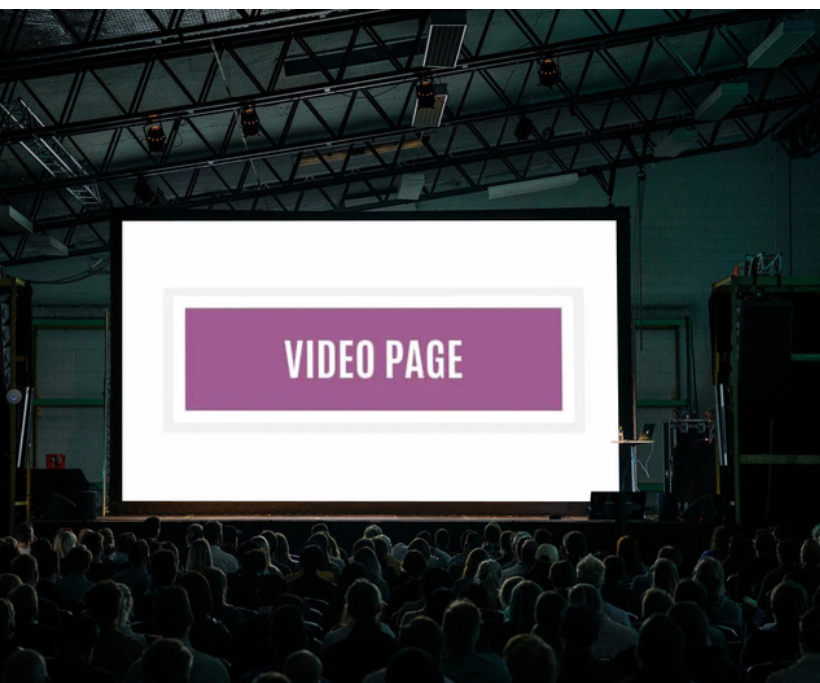
### **DVUK.ORG**

DVUK.ORG is our online store. You can support us by purchasing T-Shirts, Tank tops & Hoodies. Please visit our website [www.dvuk.org](http://www.dvuk.org)



### **Video Page**

Our video page showcases campaigns, talks, lectures and seminars from individuals, specialist support organisations and professionals.







# OUR PROJECTS AND SERVICES

## INSPIRE HOPE - BE A VOICE

### **The Online/Mobile Directory**

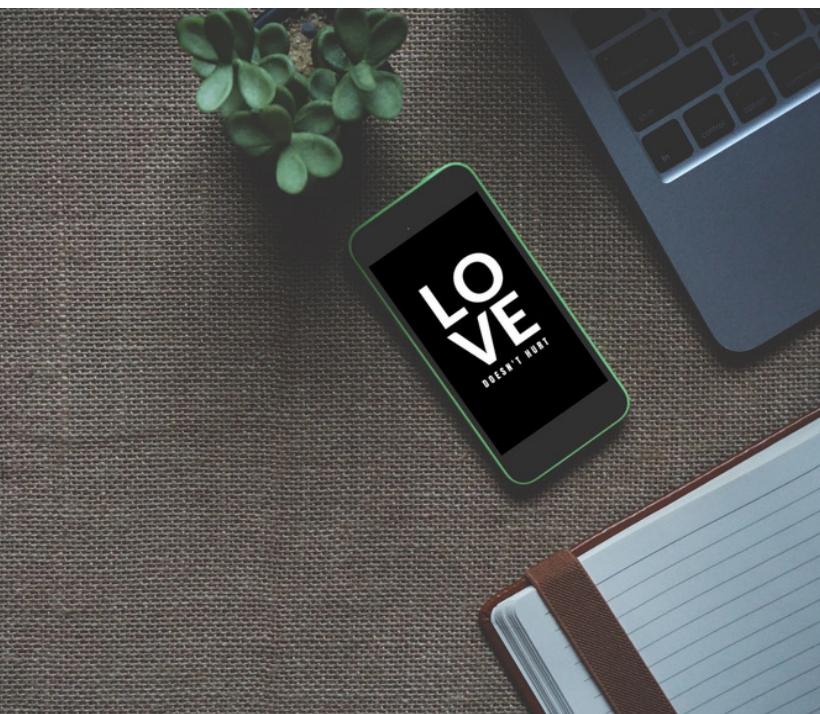
Our signposting directory is a service which helps individuals find their local specialist support organisations. It's constantly updated and you can access this service using your phone, tablet or computer.

### **Telephone Counselling Services**

Domestic Violence UK offers free telephone counselling services to individuals. The sessions focus on the individual's physical, mental, emotional and psychological wellbeing. This service is provided by an accredited counselling agency/counsellors.

### **The Wellbeing Centre**

The Wellbeing Centre is an online space where you can easily access a variety of resources, including articles, planners, podcasts, videos and other interactive tools which focus on physical, mental and emotional health. It is syndicated directly from the NHS website.





# TALK ABUSE

[Click Here For THE FULL VIDEO](#)



Olivia Egmore And Her Crew Have Created A Documentary Called 'Talk Abuse' They Are Trying To Understand What Universities Are Doing To Help & Support Students Who Have Experienced Assault. #lovedoesnthurt #inspirehope.



**INSPIRE HOPE - BE A VOICE  
SPEAK OUT AGAINST  
DOMESTIC VIOLENCE**

# TALK ABUSE



Click Here For THE FULL VIDEO



# SUPPORT DOMESTIC VIOLENCE UK



YOU CAN GET  
**INVOLVED**

Visit: [www.domesticviolenceuk.org](http://www.domesticviolenceuk.org)



## SOFT SKILLS (THE ADVICE HUB)

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If you feel like you are lacking the skills needed to land a job, chances are you're viewing yourself in the wrong light.

Almost everyone has a whole range of 'soft skills' ready and waiting to be utilised. Most people use soft skills on a daily basis and they can be applied within the workplace to everything from negotiating and selling, to managing your schedule.

[To find out how to make the most of soft skills and land that job, read our guide below.](#)





## What are soft skills?

Soft skills are general attributes that aren't specific to a certain job or industry. You don't need training in them and they're normally self-developed.

You can gain, and apply, soft skills to a wide range of roles, so they're very desirable, no matter what job you're applying for.

### Examples of soft skills

There's no definitive list of soft skills as they are a combination of social skills and character traits.

However, some common examples include:

- Communication skills
- Leadership
- Problem solving
- Critical thinking
- Team working
- Flexibility
- Resilience
- Negotiation skills

### Why are soft skills important?

Although some industries and jobs require specific 'hard' skills, soft skills are important across all roles.

They help bolster hard skills and ensure you settle in to a company and gel with the other employees.

Without soft skills you might not be able to effectively put your hard skills to use.

A candidate with a strong set of soft skills will stand out to employers.

**As with any other skill, you need to back up your soft skills with credible evidence and examples which illustrate times when you've put them to good use.**

### **What are the advantages of soft skills?**

The best thing about soft skills is that they can apply to every industry and role.

They are transferrable and make you appealing to potential employers even if you have limited experience in their field of work.

For example, if you have excellent communication skills you may decide to use them for

selling, attracting new customers, building relationships with suppliers or working effectively in a team.

Everyone has soft skills. You don't have to undergo formal training to pick them up and instead they develop as you go through life.

The odds are that you already have many great attributes that you can use to your advantage!

### **WHAT ARE THE DISADVANTAGES OF SOFT SKILLS?**

Unfortunately soft skills alone often aren't enough to get you a job.

Many roles and industries require some formal qualifications or relevant experience to get your foot in the door.

Soft skills can be difficult to measure, and as such some employers don't appreciate their real value until you've had the opportunity to actively demonstrate them.





# SOFT SKILLS



## How do I demonstrate soft skills on my CV?

As with any other skill, you need to back up your soft skills with credible evidence and examples which illustrate times when you've put them to good use.

For example, instead of saying "I have good problem solving skills" try elaborating and saying something like "I have good problem solving skills, as demonstrated when I successfully overcame x".

If you're finding it hard to think of relevant skills, have a look at the job description for ideas as it will provide you with a list of attributes the employer is looking for.



### Can I learn soft skills?

Absolutely!

Although soft skills are normally self-developed and learnt through doing, they can also be taught. There are numerous courses available to help you improve skills like organisation or public speaking.

So don't worry if you feel there are things you need to improve on, there are resources out there to help you.

First, figure out the skills you need to build up, then find a course to get started.



## CAMPAIGN MATERIALS

You can help us raise awareness and support our Love Doesn't Hurt campaign by downloading and printing our posters and flyers. Visit [www.domesticviolenceuk.org](http://www.domesticviolenceuk.org)



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- #LOVEDOESNTHURT #INSPIREHOPE



**SPECIALIST SUPPORT HELPLINES**

**THE NATIONAL DOMESTIC VIOLENCE  
HELPLINE - 08082000247**

**THE MEN'S ADVICE HELPLINE  
08088010327**

**THE NATIONAL LGBT HELPLINE  
03009995428**





## CAMPAIGN PICTURES

INSPIRE HOPE - BE A VOICE  
SPEAK OUT AGAINST DOMESTIC VIOLENCE  
[WWW.LOVEDOESNTHURT.ORG](http://WWW.LOVEDOESNTHURT.ORG)

# CAMPAIGN PICTURES





# CAMPAIGN PICTURES



# CAMPAIGN PICTURES





# CAMPAIGN PICTURES



# OUR ONLINE STORE

LOVE  
DOESN'T HURT

WEBSITE: DVUK.ORG  
INSPIRE HOPE - BE A VOICE





# CAMPAIGN PICTURES





# CAMPAIGN PICTURES



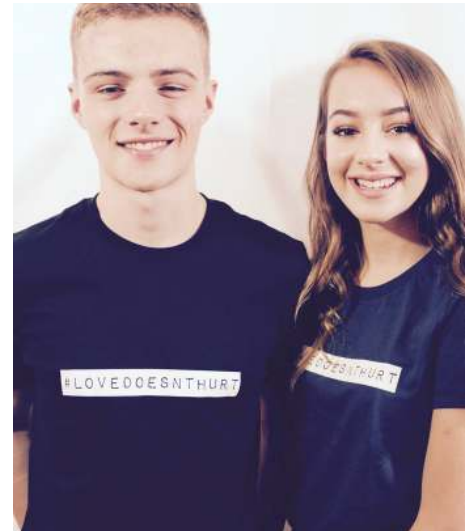
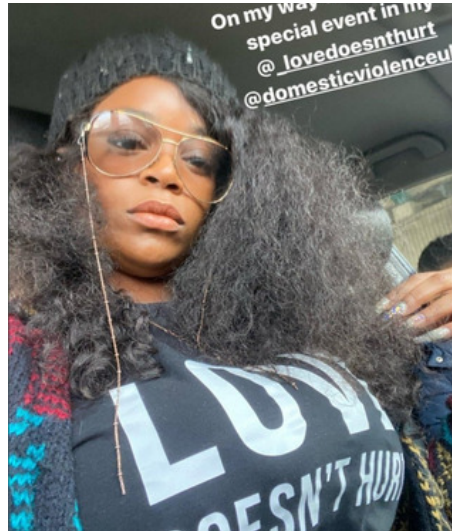


# CAMPAIGN PICTURES





# CAMPAIGN PICTURES





# CAMPAIGN PICTURES



# CAMPAIGN PICTURES





LOVE DOESN'T HURT CAMPAIGN



**LOVE**  
DOESN'T HURT

[LOVEDOESNTHURT.ORG](http://LOVEDOESNTHURT.ORG)

INSPIRE HOPE - BE A VOICE  
SPEAK OUT AGAINST DOMESTIC VIOLENCE  
[WWW.LOVEDOESNTHURT.ORG](http://WWW.LOVEDOESNTHURT.ORG)



# THE PORTRAIT PROJECT

**A CAMPAIGN COORDINATED BY DOMESTIC VIOLENCE UK**

[WWW.LOVEDOESNTHURT.ORG](http://WWW.LOVEDOESNTHURT.ORG)





# RECOGNISING ABUSE

INSPIRE HOPE - BE A VOICE

# RECOGNISING ABUSE



Domestic violence is an incident or pattern of incidents of controlling, coercive, threatening, degrading and violent behaviour, including sexual violence, in the majority of cases by a partner or ex-partner, but also by a family member or carer.

It can include but is not limited to the following: physical, emotional, psychological, financial, coercive control, sexual, stalking, online & digital abuse.

Please find below a list which might help you identify if you are experiencing domestic abuse:

- Are you fearful of your partner
- Do you feel isolated and cut you off from family and friends
- Is your partner extremely jealous and possessive
- Are you often criticised, humiliated and insulted by your partner
- Does your partner physically hurt you i.e. shove, slap, punch or kick you
- Does your partner tell you what to wear, where to go, what to think and who to see
- Are your movements monitored

**Everyone has the right to live a life free from violence.**

**It happens all year round and we should be encouraging people to reach out for support every day of the year.**



Are you pressured to have sex when you don't want to?

Does your partner control your money

Do you alter your behaviour because you are frightened of your partner's reaction

Does your partner use anger and intimidation to frighten you and make you comply with their demands

Has your partner ever threatened to take your children away, or stated you won't be allowed to take them with you, or even to see them, if you decided to leave



If you answered yes to any of the above questions, then you may be experiencing domestic violence please contact.....

**THE NATIONAL DOMESTIC  
VIOLENCE HELPLINE -  
08082000247**

**THE MEN'S ADVICE  
HELPLINE - 08088010327**

**THE NATIONAL LGBT  
HELPLINE - 03009995428**



**RECOGNISING ABUSE**



# THE IMPORTANCE

## OF FRIENDSHIP

The definition of friendship is a relationship between people who like each other and enjoy each other's company

People are drawn together and establish friendships because they have:

- Common Interests
- History
- Common Values
- Equality

**Friends can be that rock that you lean on when you are upset, your trusted confidants when you do not feel you can talk to your family, your support system when you are grieving and your problem-solvers when you do not know what to do next**





There are so many benefits to having friends and although you may not think of this - friends can make life so much better, even with the extra work you sometimes have to put into them.

Truth-be-told, friends can be inspiring and infuriating at the same time, but most of the time a good friendship is worth the effort.

Here are some reasons why friendships are important:

**1) You can always lean on your friends.**

Friends are important because you can always lean on them.

They are like “shadows” that are always there when you need them. If you are upset, angry, frustrated and/or confused, you can always turn to your friends for advice and support.

In addition, friends can boost your mood by helping you resolve issues that you cannot resolve on your own. *When you are sad, it is your friends that can make you laugh and when you do not feel like talking, they know how to step away and give you the space you need to process your feelings.*

**2) Friends are always there to listen to you**

Another reason friends are so important is that they are always there to listen to you.

## THE IMPORTANCE OF FRIENDSHIP

**True friends do not get “tired” or “frustrated” because you need to share your feelings with them, rather they actively listen to what you have to say and offer their opinions, when you ask for them.**



# FRIENDSHIP

Moreover, friends are not just available during the difficult times; they are also there to listen to your beliefs, feelings, thoughts, happy moments, ideas and dreams.

Furthermore, friends have the ability to reduce your stress and inspire you to make positive changes in your life.

### 3) **You can trust your friends to keep your secrets**

One of the best reasons to have friends is that they are trustworthy. You can tell your deepest, darkest secrets to your true friends and they will not betray you. In fact, your friends would rather take your secrets to the grave than betray your trust.

Knowing that you can be yourself and share your secrets with your friends not only takes a lot of stress off of you, it also improves your mood.

### 4) **Friends won't judge you**

Another important reason to have friends is that they will not judge you. True friends will not criticize you or inject their beliefs into your situation.





# FRIENDSHIP

They will also not offer their advice and/or opinions unless you ask for them.

The goal of your friends is to help you resolve your issues and live the best life possible. Friends support you regardless of the issue, and they love you unconditionally, even when you do not do what they think you should do.

## 5) **Friends push you to be your best**

Friends are great motivators; which is why it is important to have them. When you feel like throwing up your hands and giving up, it is your friends that push you to keep going.

Your friends not only want you to accomplish your goals, they are ecstatic for you when you do. They are your biggest supporters.

# DONATE

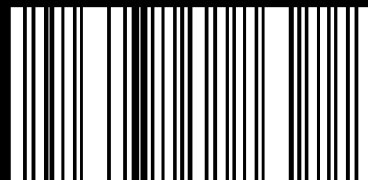
WE DON'T RECEIVE ANY GRANTS  
OR GOVERNMENT FUNDING.....

PLEASE CONSIDER MAKING A  
DONATION TO SUPPORT US.....

[www.domesticviolenceuk.org/donate](http://www.domesticviolenceuk.org/donate)







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