

# MSM

MUTUAL SUPPORT MAGAZINE

MARCH 2019  
ISSUE NO. 14



## FEBRUARY CAMPAIGN

*Pictures from our  
#lovedoesnthurt campaign*



**YOU SAID YOU  
LOVED ME**

**WRITE YOUR  
OWN STORY**

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# FOREWORD

ISSUE NO:14 - MARCH 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.

Surrie Fullard

Projects Coordinator

Domestic Violence UK

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

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

**MSM**  
MUTUAL SUPPORT MAGAZINE

# WRITE YOUR OWN STORY

LUCY C.



I didn't die like you wanted me to. I didn't break the way you'd like me to. I came back stronger, fought harder.

I had to after what you did to me. I couldn't let you break me

At times I wanted to die but I couldn't. The more you hurt me the more you built me. I am stronger, I fight longer.



I came back bigger for each time you made me smaller.

When I looked into your eyes I saw evil. I knew that you don't deserve for me to hate. I could break you. I could hurt you like you tried to do to me.

But instead I'll come back stronger I'll be better. I can't say that you didn't leave marks and bruises.



No one survives such damage unscathed but I won't keep fighting for justice that won't come.

**Instead I'll fight to be happy once again.**

The wounds will heal with time. The scars may remain a while but I won't continue to feed them. I'm feeding my heart once again. I've found that alone I can be happy.

I realise it was you that had something wrong and not me. I hope one day you see that so you stop hurting good people you need. **I know I deserve so much better. I know my heart and soul are worthy of more and I'll accept nothing less than that in future.**

I no longer lie broken and bruised on the floor. The past is the past. I don't live there.

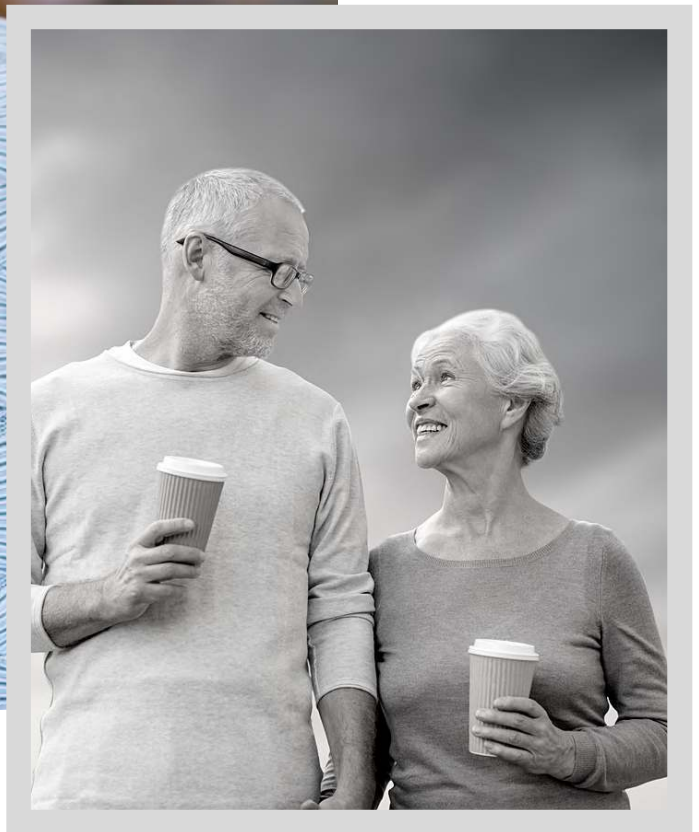
**The future is my open book. I might make mistakes and I know that but I am writing a happy ending to my book**

If you are in an abusive relationship and requires an urgent response or needs in-depth support please contact

The National Domestic Violence Helpline on 0808 2000 247,

The Men's Advice Helpline on 0808 801 0327

The National LGBT Helpline on 0300 999 5428.



## **YOU SAID YOU LOVED ME**

**You said you loved me**

**I took your word for it**

**You said you would bring me the moon, if I asked...**



I believed you

You said all that was yours  
would be mine

I never questioned it

Your one request was for  
faith in you, implicit trust

Who was I to turn down a  
thing so good, so true, so  
pure or so it seemed

Never once did I question  
what love meant

Did it mean kindness; a  
tenderness only experienced  
by newborns.

Did it mean patience, when I  
haven't got it right without  
you being riled up

Did it mean I could dream  
big dreams and bring home  
laurels without you being  
resentful

Did it mean I could show off  
your laurels like they were  
mine as well

Did it mean that you would  
treat me with the courtesies  
only reserved for royalty

Did it mean you not being  
irritable all the time

**Did it mean that I'd be forgiven  
when I err and that my wrongs  
will forever be forgotten**

**Did it mean you would not grin  
when I am hurt**

**Did it mean when you're doing  
great and I haven't got it  
together, that you wouldn't rub  
my nose in mud**

**BUKOLA ODE**

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POSTMODERN  
PAINTING. Stella  
alternately paints in  
oil and watercolor

# YOU SAID YOU LOVED ME...CONTD

Did it mean that you would  
never lie to me even when the  
truth makes you look awful

Did it mean that my faith could  
rest in your promise

Did it mean you would believe  
me even when all else says not  
to

Did it mean that I would be  
sheltered if and when the  
storms of life blow pass me

Did it mean that we could  
aspire, plan and wish for things  
together

Did it mean an unfailing  
dedication.

## **Did love mean forever**

They told me love is all these  
beautiful things and more

They told me love nurtures and  
handles with care

Inspire Hope - Be A  
Voice  
Speak Out Against  
Domestic Violence

**They told me that  
to be loved is  
chiefly to feel safe**

**I told them that  
they must have  
not met you**



## YOU SAID YOU LOVED ME

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CONTD.....

For a long time I was alone, in pain, living a lie and separated from reality because I was in an abusive relationship.

I eventually summoned up courage and sought help from friends, family and most importantly specialist support organisations.

I am happy now because of my life changing decision.

It's given me so much peace within and made me realise that love doesn't hurt

### INSPIRE -HOPE



**THE NATIONAL DOMESTIC  
VIOLENCE HELPLINE -  
0808 2000 247**

**THE MEN'S ADVICE HELPLINE -  
0808 801 0327**

**THE NATIONAL LGBT HELPLINE -  
0300 999 5428.**



## THE ADVICE HUB

An Online Support Project  
Coordinated By Domestic  
Violence UK

GUIDES, PLANNERS,  
WELFARE  
INFORMATION, ONLINE  
DIRECTORIES

#LOVEDOE



“

**DOMESTIC VIOLENCE UK IS**

**7**

**#LOVEDOESNTHURT #INSPIREHOPE**



# OUR PROJECTS

We coordinate a number of projects such as The Advice Hub, The Portrait Project.....

**INSPIRE HOPE - BE A VOICE**

More info at [www.domesticviolenceuk.org](http://www.domesticviolenceuk.org)



THE PORTRAIT PROJECT



LOVEDOESNTHURT.ORG



MUTUAL SUPPORT MAGAZINE



CAMPAIGN MATERIALS

### 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, counsellors...

### 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.

The logo for 'The Advice Hub' features the word 'THE' in white on a black rectangular background, followed by 'ADVICE HUB' in black on a yellow rectangular background.

## THE ADVICE HUB

### 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.

The logo for 'DVUK E-Slides' is a purple square tilted at an angle. It contains the text 'DVUK E-SLIDES' in white, with 'Online Presentation Toolkit' in smaller white text below it.

## DVUK E-SLIDES

Online Presentation Toolkit

### DVUK E-Slides

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

The logo for 'DVUK.ORG' features the text 'DVUK.ORG' in a stylized, purple, outlined font. Below it, in smaller purple text, is the tagline 'RAISING AWARENESS AND INSPIRING HOPE'.

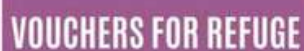
## DVUK.ORG

RAISING AWARENESS AND INSPIRING HOPE

### DVUK.ORG

You Can Also Support Us By Purchasing T-Shirts, Tank tops & Hoodies. Visit Our Online Store....

[www.dvuk.org](http://www.dvuk.org)

The logo for 'Vouchers For Refuge' consists of the text 'VOUCHERS FOR REFUGE' in white, bold, uppercase letters on a purple rectangular background.

## VOUCHERS FOR REFUGE

### Vouchers For Refuge Initiative

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.

GET INVOLVED



9812387

SUPPORT DOMESTIC VIOLENCE UK

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



# SOME BARRIERS TO LEAVING AN ABUSIVE RELATIONSHIP







**There is a common misconception that people can just leave an abusive partner.**

**The fact is there are so many practical and psychological barriers to ending a relationship with or leaving an abusive partner**

**It takes so much courage to leave an individual who possesses an intimidating or controlling behaviour.**

**Leaving an abusive partner can be quite dangerous and women are at the greatest risk of homicide after separation or leaving the relationship.**

It is important that you plan your departure safely and work with specialist support organisations if you are planning to leave an abusive partner.

Here are some of the barriers to ending a relationship with an abusive partner....

**People might be concerned about their safety:** There is a genuine fear of what the abuser can do to them or the children if they attempted to leave.

**Self Denial:** There is a tendency to accept the situation and believe 'it's not as bad as it seems'

**Cultural Influence:** There is a tendency to stay for cultural reasons which may be harmful in the long term.



**Shame:** There's a feeling of shame and embarrassment because they were not successful in their relationships

**Low self esteem and confidence:** Individuals could think that the abuse is deserved and believe it's their fault for those actions. There's also an assumption of not finding love elsewhere if they leave or end the relationship.

**Feeling Of Guilt:** The abuser creates a sense of guilt and manipulates individuals to think and accept the blame for their own abusive behaviour.

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

**Financial dependence:** People may not be able to support the rest of the family (including children) independently if they left or ended the relationship.

**Loyalty:** People are devoted to their abusers regardless of their actions. It may be as a result of cultural, religious, traditional factors.....

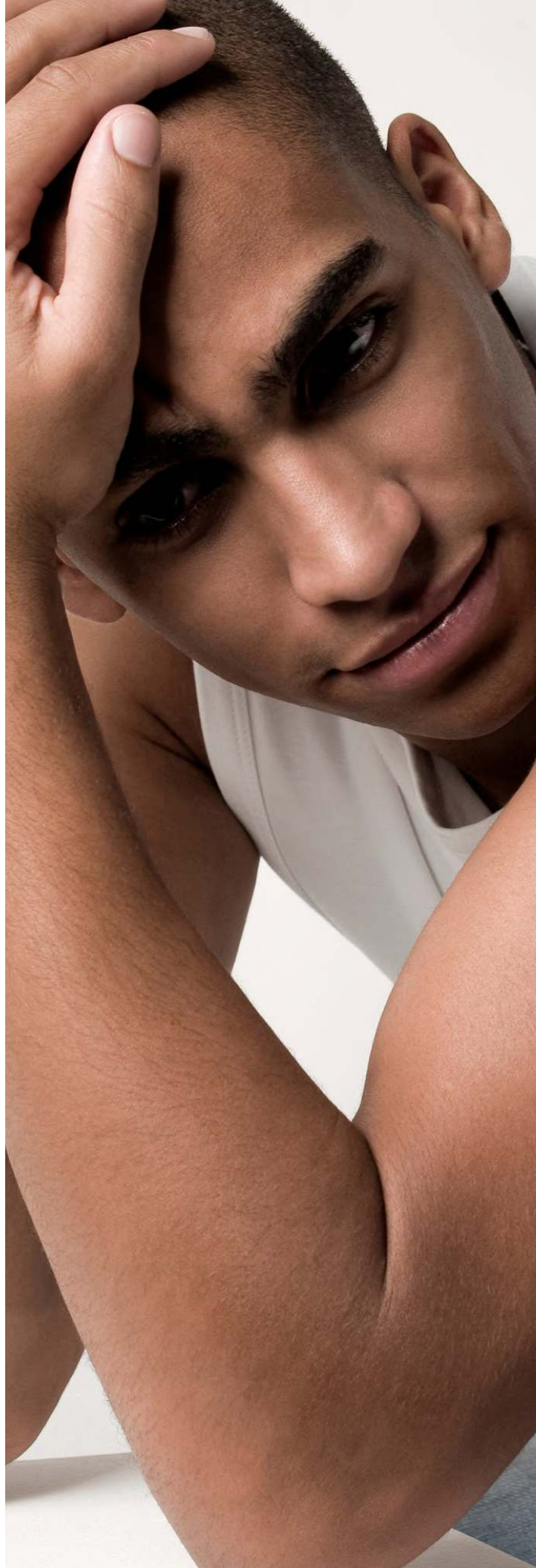
**Loneliness:** There are times when people are just scared of being alone.

**Hope:** There is a sense of hope that things will change or improve with time

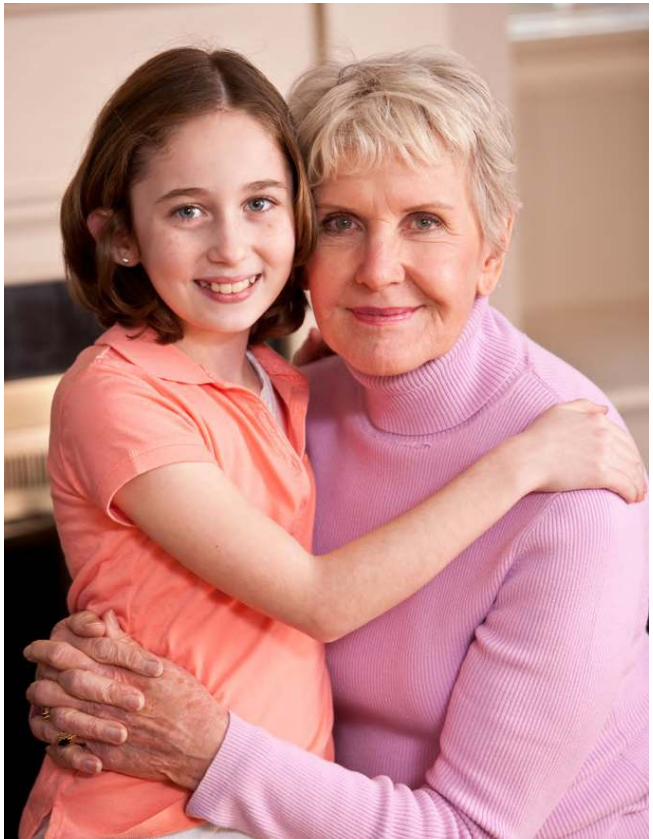
**Lack of support:** There is absolutely no one to turn to for help and support

**Love:** There is a possibility that the individual still loves the abuser despite their actions

**Possible Change:** Individuals believe they can make the abuser change



# SPECIALIST SUPPORT HELPLINES



**Religious/community beliefs:** There are times when people are under pressure not to break up the family. There is also the thought of wanting the children to be raised by both parents.

**If you are in an abusive relationship and requires an urgent response or needs in-depth support please contact 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.**

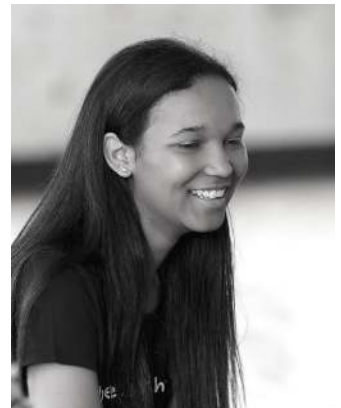


INSPIRE HOPE - BE A VOICE  
SPEAK OUT AGAINST DOMESTIC VIOLENCE  
[WWW.LOVEDOESNTHURT.ORG](http://WWW.LOVEDOESNTHURT.ORG)

# CAMPAIGN PICTURES



# CAMPAIGN PICTURES



# CAMPAIGN PICTURES





# CAMPAIGN PICTURES



# OUR ONLINE STORE

**LOVE**  
DOESN'T HURT

WEBSITE:  
[WWW.DVUK.ORG](http://WWW.DVUK.ORG)  
INSPIRE HOPE - BE A VOICE



# CAMPAIGN PICTURES



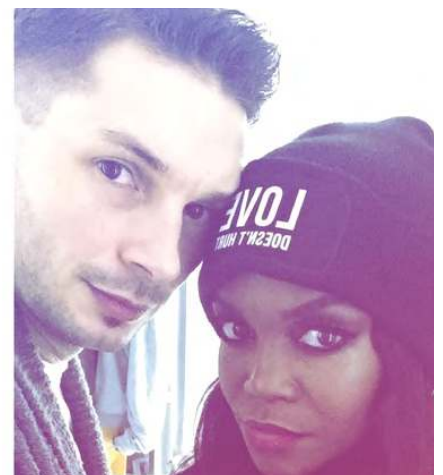
# CAMPAIGN PICTURES



# CAMPAIGN PICTURES



# CAMPAIGN PICTURES



# CAMPAIGN PICTURES



LOVE DOESN'T HURT CAMPAIGN



**LOVE**  
**DOESN'T HURT**

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

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# FLEXIBLE WORK

## THE ADVICE HUB

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If you have children, and particularly if you are a single parent, it is possible that full time employment might not be feasible for you if you're trying to juggle family responsibilities too. However there are many flexible working options available, which we've set out in the information below.

**Temporary work** - Often you will come across temporary jobs which are available for a set amount of time only, or the time it takes to complete a certain project. Sometimes this will be to fill in for other members of staff, for example if someone is taking annual or parental leave.

**Part-time work** - Part-time work is often a great way to fit in paid work around your other responsibilities. It will allow you to build up experience whilst getting paid, but will still leave you time to take care of your family and run the home.



**Flexible working** - Some jobs and employers will offer flexible working arrangements, which means you might be able to specify your available times of work, or work longer hours on some days so you can take other days off.

**Term-time work** - If you have children who are in school, you might want to look for an employer or role which allows you to work only during the term time, and take the school holidays off.

# FLEXIBLE WORK...



**Working from home** - This can be a great option if you have difficulties with transport to a workplace. Look for jobs which can be done remotely, perhaps ones which are computer-based and only require a phone line and good quality internet connection.

**Holiday work** - This is good option for those of you who are studying or in training.

During term breaks you could look for holiday-time work, which might be covering other students who work during term time but who have left the local area to go home for the holidays, or jobs which require more members of staff over busy periods like summer holidays or Christmas and New Year.

**Job-sharing** - Jobs will sometimes be offered as a job-share,

which means the hours can be split between more than one employee. If you already know someone who wants to share a job with you, suggest the idea to your employer.

**Self-employment** - Working for yourself rather than for someone else gives you excellent flexibility. Many people enjoy the challenge of being self-employed

For more information on flexible working options, visit the following websites, which offer advice on things like employment rights, Tax Credits and in-work benefits, parental leave and maternity discrimination.

Government information pages:  
[www.gov.uk/flexible-working/overview](http://www.gov.uk/flexible-working/overview)

Working Families website:  
[www.workingfamilies.org.uk/advice-information/](http://www.workingfamilies.org.uk/advice-information/)



,just remember that it includes extra responsibilities such as managing your own time and workload and paying your own tax and national insurance.

**Voluntary Work:** If you're struggling to get paid work, think about what kind of volunteering you could carry out to boost your skills and experience.

Think about the type of paid job you'd like to do and see if you can find a volunteering opportunity that involves developing and using a similar set of skills.



# FLEXIBLE WORK



# REASONS

## TO SPEAK OUT AGAINST DOMESTIC & EMOTIONAL ABUSE

The Home Office defines domestic violence as:

“Any incident or pattern of incidents of controlling, coercive or threatening behaviour, violence or abuse between those aged 16 or over who are or have been intimate partners or family members regardless of gender or sexuality.

This can encompass but is not limited to the following types of abuse:

- psychological
- physical
- sexual
- financial
- emotional

**2 women are killed every week in England and Wales by their current or former partner.**



## CONTROLLING BEHAVIOUR

Controlling behaviour is: a range of acts designed to make a person subordinate and/or dependent by isolating them from sources of support, exploiting their resources and capacities for personal gain, depriving them of the means needed for independence, resistance and escape and regulating their everyday behaviour.

## COERCIVE BEHAVIOUR

Coercive behaviour is: an act or a pattern of acts of assault, threats, humiliation and intimidation or other abuse that is used to harm, punish, or frighten their victim..

\*This definition includes so called 'honour' based violence, female genital mutilation (FGM) and forced marriage, and is clear that victims are not confined to one gender or ethnic group.

## REASONS

It can happen to anyone, regardless of age, social background, gender, religion, sexuality or ethnicity.

It happens in all kinds of relationships: heterosexual, lesbian, gay, bisexual and transgender.

It can be physical, emotional, psychological, financial or sexual.

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

**It is not acceptable and should not be tolerated whether the victim is male or female.**

**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.**

**THE NATIONAL DOMESTIC VIOLENCE  
HELPLINE - 0808 2000 247  
THE MEN'S ADVICE HELPLINE -  
0808 801 0327  
THE NATIONAL LGBT HELPLINE -  
0300 999 5428.**

1 in 4 women experience  
domestic violence over their  
lifetimes.

2 women are killed every week in  
England and Wales by their current  
or former partner.

1 in 4 women experience domestic  
violence over their lifetimes.

Domestic violence has a higher rate  
of repeat victimisation than any  
other crime.

On average, a woman is assaulted  
35 times before her first call to the  
police.

It represents one of the most  
serious risks to children in our  
society.





## **SOME REASONS TO SPEAK OUT AGAINST DOMESTIC & EMOTIONAL ABUSE CONTD.....**

No child should have to live with the thoughts of violence or fear

It leads to anxiety, depression, truancy and the possible fear of abandonment in children.

**Children may later on have ambivalent feelings towards both the abuser and the non-abusing parent.**

It would break the stigma surrounding the issue of teenage relationship abuse.

It will draw attention to the fact that men are also victims of domestic and emotional abuse.

It will break the stereotypical belief that men ought to shrug off verbal, emotional and at times physical violence from their partner.

1 in 6 men experience domestic violence

It will contribute to removing the fear of being ridiculed or disbelieved by friends and family members.

It leads to isolation from friends, family, colleagues....

Inspire Hope - Be A Voice  
Speak Out Against Domestic  
Violence

The individual becomes increasingly  
dependent on the abuser.

It affects the self-esteem of the  
individual experiencing the abuse.

**You could be saving a life.**





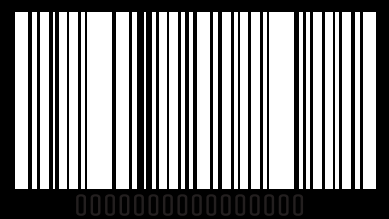
# DONATE

We Don't Receive Any Grants Or Government Funding.....

"Please Consider Donating £1 Or More To Support Us....."

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









**LOVE  
DOESN'T HURT**

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