

# MSM

MUTUAL SUPPORT MAGAZINE

AUGUST 2020  
ISSUE NO. 16



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INITIATIVE**

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# FOREWORD

ISSUE NO:16 - AUGUST 2020

## 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





INSPIRE HOPE

# TALIA'S STORY

By Talia C

As I type, I am sitting in my lounge, a warm loving environment with my partner and two children.

This time 9 years ago was a quite different story for me, one that I often cannot believe was my life.

It all started in 2007 when I got talking to C online.

He was charming and at that point in my life I was extremely low. C told me he would 'show me a better life'.

So just turning 22 and naïve I thought this was a dream come true.

After a few months of dating, C hassled me for a long time to get a loan for him in my name, my friends advised against it, your true friends will give you advise because they care.

Make sure you listen to them!





## TALIA'S STORY.....

Within hours of the money transferring C had blamed me for a mishap and I ended up being strangled and nearly passing out on his bed. I had never been in this situation before and did not know if this was normal after an argument so I stayed. He said sorry for getting angry and that he would take me out to say thanks.

So that evening I had champagne for the first time and felt special even though my neck was still sore from the events that had occurred earlier that day.

As the weeks and months passed, the abuse became worse. He was now emotionally abusing me (which I was unaware of at the time) name calling, telling me I was fat and no one else would want me, I was 'damaged goods' etc.



# talía's story

BY TALIA C.....

I lost a lot of weight and my friends starting commenting on how I looked and were worried about me. I started to go out less and hardly saw my friends apart from C who I had clung onto for any ounce of affection I could get even if it was negative attention.

C started to see other women and he would find great pleasure in telling me. I started to question why I was not good enough, why I was still the 'ugly duckling' and gradually my self-esteem and confidence were non-existent.

In 2008 I had my nose broken by C but that was okay because he made up for it by taking me to a restaurant that night.

Whatever happened it was always my fault and it happened so often I started to believe that it really was my fault. It was now 2010 and C convinced me to rent a flat nearer to were he lived which I did but in doing so I had isolated myself from all my friends and family.

**A few months later I found out I was expecting a baby with C, he was furious and from then onwards the abuse began to get worse.**

He often threatened to push me down the stairs so that I would miscarry.

He would punch me in the stomach if he felt the baby move. On the day of my 20wk scan I was upset as we were running late so he slapped me really hard round the face - I felt that I deserved it, after all I was crying and it calmed me down.

A visit to the midwife while I was heavily pregnant was a major turning point for me.

**She had a sort of checklist of things to ask and one of her questions was 'Has your partner ever hit you?'** So, I responded 'yes, he slapped me round the face a few weeks back' and then I waited for the next question.





# TALIA'S STORY

BY TALIA C

The midwife stopped and looked alarmed; I was confused why she was not getting on with the other questions.

She then told me that I was being domestically abused.

I laughed and told her that I was crying, and he only slapped me to calm me down, she repeated 'that's abuse my dear'.

I couldn't believe what I was hearing, I think back to having that attitude 'if a

man ever hit me I'd leave him' or hearing the common phrase 'I'd never let a man do that to me' 'why don't you leave him?!'

The police had been involved a few times which therefore meant that social services were actively involved.

Because C was still living with us and I was defending him, they decided to put my daughter on a child protection plan as they felt I could not keep us both safe.





# TALIA'S STORY

I was up and down health wise and in late 2014 I received a letter to say that I was being taken to court by C for custody of my daughter. I was terrified.

I found out early on that I did not qualify for legal aid due to a loophole.

You had to have experienced DV in the previous 24 months and mine was 27 months, so I did not qualify - this I believe has since changed to 5 years.

I had to represent myself for the first few hearings which was awful, I was worried what would happen if I did not have any legal help. So, I reached out and my story was

given to an amazing barrister who offered to help me.

I could not afford a solicitor and therefore had to do the groundwork and court paperwork myself, which was daunting, but I was determined to protect my daughter. I was terrified that he would get access to my daughter.

I was fortunate to have a lot of evidence for my case - social service and police reports, photos of injuries and emails/texts.

In my opinion it is important to keep anything you have that can prove the abuse you are experiencing; you never know when you may need it.

**Once we were assigned a set judge for the case, I was made aware that due to there being domestic violence I was allowed to have a separate waiting area, a screen during the proceedings so that I didn't feel intimidated by C and he was not allowed to cross examine me - this was instead done by the judge**



**This is just a tiny element of my story, but I hope it can help save someone's life or even inspire someone.**

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I was extremely fortunate to have a judge who was clued up on domestic violence and all the different aspects of it.

A lot of people just assume that DV is just being 'beaten up' but in my opinion the emotional abuse was far more damaging and long lasting.

During the case I kept having flares ups with my Crohn's due to the stress of it all. But my daughter kept me going.

After a long 2-year court battle I won my case together with my barrister who I am so grateful too. C is not allowed contact with me or my daughter. We were finally free!! Well apart from the fact that he still has parental responsibility so will always have that element of control sadly.

I began to wonder about how many other women and men were in my situation with no legal aid trying to fight their abusers. So, I decided with the support of my friends and barrister to further my education and do a law degree (yes crazy I know lol).

I will be starting my 5th year in October and cannot wait to be qualified and help others. If I did not have the help in my case who knows what might have happened.





## TALIA'S STORY

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**My new partner has helped my tackle the debt.**

**No matter how much debt you're in, there is help out there but don't bury your head in the sand as I did, I ended up paying hundreds extra in charges for late or missed payments where I was too worried to deal with it.**

I am happy to say that I am nearly debt free after getting interest frozen on my catalogues.

It took me years to find the courage to leave my abuser, even though people had told me to leave a few times - it doesn't work like that, you need to be ready and feel able to leave.

To those of you reading this, in similar situations.

You will come to the point where enough is enough, you deserve to be happy!

Fast forward to now, I have met the man of my dreams who supports me and builds my confidence every day, he has taken on my daughter and 13 weeks ago we added a baby boy to our family.

It is hard and scary, but you can get through this, there is lots of support out there.

This is just a tiny element of my story, but I hope it can help save someone's life or even inspire someone.

**If I can then anyone can!**

**Talia**

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

**#LOVEDOESNTHURT**



# BEC'S FUNDRAISER

LO  
VE  
DOESN'T HURT





## BEC RAISED £355

Thank you so much.....  
INSPIRE HOPE - BE A VOICE

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**LOVE**  
DOESN'T HURT

**LOVE**

DOESN'T HURT



## Remember please, love doesn't hurt.

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**Stephanie Poole**

They should not take away your  
freedom,  
Nor say you are weak and not strong,  
They should not push you over the edge  
and say they wish that you were gone

**They should not hurt you inside or  
out,  
Not with words, emotions or ever  
shout.  
They should not make you feel like  
you are alone, and trapped against  
your will in your own home**

Remember love,  
You can always rise from the  
challenges  
Remember please, love doesn't hurt.

They should not make you second guess  
the night time from the day,  
Nor make you do things or play games  
that you've shown no interest in.



# They should not make you feel like you are alone and trapped against your will in your own home

They should not take your stuff, phone,  
clothes, keys.....  
Nor stop you from seeing anyone, your  
friends or family.

They should not tell you what to say or what  
to wear outside,  
Nor make you uncover the truth from all the  
times they lied.

They should never stop you from getting in  
touch if you feel that you are unsafe,  
Nor tell you there's no hope, you are stuck,  
as long as we are here together -please  
don't lose faith.

Remember love, You can always rise from  
the challenges, Remember please, love  
doesn't hurt.

Remember love, You can always rise from  
the challenges, Remember please, love  
doesn't hurt.





# ANGEL'S FUNDRAISER





## ANGEL RAISED £1026 FOR DVUK & BCH

Thank you so much.....  
INSPIRE HOPE - BE A VOICE



## THE ADVICE HUB

An Online Support Project  
Coordinated By Domestic  
Violence UK

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



# HOLLY'S FUNDRAISER

INSPIRE  
HOPE





## HOLLY RAISED £265

Thank you so much.....

INSPIRE HOPE - BE A VOICE

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# THE HOPE

INITIATIVE

The Hope Initiative is responsible for a number of projects which assist local refuges, individuals and families

- 01 THE VIRTUAL FOOD BANK PROJECT
- 02 VOUCHERS FOR REFUGE PROJECT
- 03 THE TOILETRIES PROJECT
- 04 THE CLOTHING PROJECT







## THE HOPE INITIATIVE **VOUCHERS FOR REFUGE PROJECT**

Help us show #lovedoesnthurt by supporting our Vouchers For Refuge Project.

We currently support 5 local refuges every quarter with boxes containing essential items. You can participate in this initiative by donating small items\*, toiletries, gift cards or vouchers for supermarkets and stores.



## THE HOPE INITIATIVE

# THE VIRTUAL FOOD BANK PROJECT

The Virtual Food Bank project is part of The Hope Initiative and its objective is to deliver free food boxes to individuals/families who are in need of food supplies.

The boxes contain the following items: tinned vegetables, soup and baked beans, store cupboard staples such as – pasta, rice, noodles, cereal, coffee, tea and biscuits



## THE HOPE INITIATIVE

These boxes contain: tissue, tooth paste, tooth brushes, wipes...

## THE HOPE INITIATIVE

# THE CLOTHING PROJECT

The Clothing Project is part of The Hope Initiative and its objective is to support families and individuals with a limited number of free clothing parcels

These items are tshirts, blouses, children's clothes, sweatshirts.....





YOU CAN GET  
**INVOLVED**

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

1

**08082000247**

ENGLAND: THE NATIONAL DOMESTIC ABUSE HELPLINE

2

**08000271234**

SCOTLAND: DOMESTIC ABUSE HELPLINE

3

**08088021414**

NORTHERN IRELAND: DOMESTIC & SEXUAL VIOLENCE HELPLINE

4

**0808801080**

WALES: LIVE FEAR FREE HELPLINE

5

**08009995428**

NATIONAL LGBT HELPLINE (GALOP)

6

**08088010327**

THE MEN'S ADVICE LINE

7

**01823334244**

MANKIND INITIATIVE

8

**WOMEN'S AID WEBCHAT**

[HTTPS://CHAT.WOMENSAID.ORG.UK](https://chat.womensaid.org.uk)





## THE PORTRAIT PROJECT

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

## CAMPAIGN PICTURES





## CAMPAIGN PICTURES



## 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



## CAMPAIGN PICTURES



# CAMPAIGN PICTURES





# OUR ONLINE STORE

**LOVE**  
DOESN'T HURT

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



## CAMPAIGN PICTURES





## CAMPAIGN PICTURES



## CAMPAIGN PICTURES







# TODAY IS A GOOD DAY

It is in the silence.  
It is in the darkness.  
Of the sleepless night.  
That the mind begins to  
run, filled with thoughts of  
the day before

Of the egg shells.  
Tiptoeed on once more.  
Of the feeling of dread.  
As the key turns in the door.

The fear deep inside that begins  
to churn.  
Hearing the footsteps come ever  
nearer,

As you wonder will today be a  
good day.  
Where just for a while.  
You can breathe.  
You can smile.  
You look at the face before you

And today is going to be a  
good day.  
There are flowers.  
And a gentle kiss.

An endearment of affection.  
Today is going to be a good  
day.  
But that fear that churns  
deep inside.

Will never leave because you  
know in your heart tomorrow  
may not be a good day

*Karen Browne 2020*

## CAMPAIGN PICTURES





## CAMPAIGN PICTURES



INSPIRE  
**HOPE**



## CAMPAIGN PICTURES



@jennisteelfoundation  
@officialjennisteel  
Loving the mask!!





## 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 CROOKED ROAD

BY KYLIE

She was 12 when her road went crooked.

Led her to a path of self destruct.

She was 14 when it really got rough.

Stepdad abused her, she felt that nobody liked her.

She needed an escape then it led to one of her worst mistakes.

A mumma at 16 when it should be sweet 16 following all of her dreams.

Her dreams shattered because she got battered.

Young, isolated with a baby.

Oops she's pregnant again.

No friends, the beatings and the promising he won't do it again..

Enough was enough then things really got tough.

This is now her spiral drinking from morning till night she lost the light.

Desperate and alone seeking solace wherever she could find it.

The crooked path got longer.. even though she thought she was stronger.. led her to another mistake.

So charming she couldn't see it.

When I say it the narcissistic.Bleeds you dry, sucks the soul right out of you.

You just can't win no matter what you f..... do.





# THE CROOKED ROAD

He stands asking the same questions what did I do??

It's all your fault it's always you. It's never me.. it's what you make me do that's why I beat you black and blue. He will never admit to what he's done.

Because he thinks he the invisible one.No way now I'm done. Manipulative, callous and cruel. Now it's time for her to make the rules.

Who on earth would take your worth..This is not what she deserves. He plays the victim. Makes her think it's not really him, he doesn't mean it - he will change.

People are starting to think shes strange .He won't do again he says, so be nice to me to make me stay.

Do everything I say because I will still hurt you the next day.Don't leave your family to cry asking why?

Don't be the next angel in the sky.I'm not going to lie but women die.

So please walk away with your head held high.

The end gets better she got stronger.. for no longer.. would she wonder what it will be like to be free.

The broken parts like body parts piece by piece she put back together - the girl she once thought was gone forever.

But never did she ever give up. She deserves to be free and as happy as she can be

She is free and she is happy as she could be..Lucky her lucky you and lucky me.

"Going through domestic abuse is not only to suffer in your home and be hurt by someone close to you, but to lose sight of yourself, question everything, doubt yourself, and to be doubted by the people around you.

Are you what you say you are? Or are you what they say you are? The two portrayals of you might be so vastly different. Until you back yourself, and stand by yourself it can feel so lonely.

Courage is to be your own best friend, give yourself the compassion and validation you give your loved ones and simply do your best. Everyone is entitled to an opinion, but who cares when you are sticking to the facts and doing the right thing."

Tori

INSPIRE  
HOPE

'What is love? Baby don't hurt me.' You know what, love doesn't hurt. 'Love is patient and love is kind.' It is everything good and understanding. Search for the good souls!

Jess



# 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)



