

# MSM

MUTUAL SUPPORT MAGAZINE

ISSUE NO. 11 | OCTOBER ISSUE

## Upcoming Events For Domestic Violence UK

## My Life Matters

Kay Ska

## Tomorrow A Brighter Day

## Recognising Domestic Abuse

There Are Specialist Support  
Organisations Ready to Help



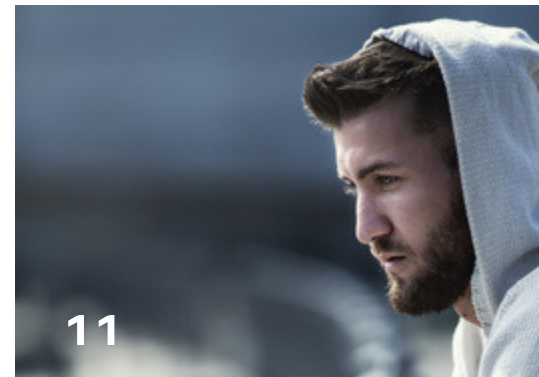
**LDH**  
#LOVEDOESNTHURT

# MSM

MUTUAL SUPPORT MAGAZINE

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MUTUAL SUPPORT MAGAZINE

For inquiries or submissions please contact  
Editor | [surrie@domesticviolenceuk.org](mailto:surrie@domesticviolenceuk.org)

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

# FOREWORD

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Welcome to the latest edition of DVUK's Mutual Support Magazine!

We've included a number of features for this issue such as upcoming events and real life stories of survivors.

Surrie Fullard  
Projects Coordinator  
Domestic Violence UK.

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



# MY STORY

MY LIFE AFTER DOMESTIC ABUSE



# My Life After Domestic Abuse

## MY STORY.....

I met my ex partner 2 1/2 years ago. I was swept along by a charming man. Never in million years did I think from that first date I would end up like I did. The lies he told were unbelievable. He lied about having cancer, houses, money and all sorts. Each time I found him out the anger would start.

When I fell pregnant 6 months after we met that's when I saw a nasty side to him. It was all my fault he didn't want anymore kids. I didn't plan it, it just happened and I unfortunately lost the baby 6 weeks later. All my family could see I had gone from a happy confident woman to a nervous wreck. How I wished I had listened.

He moved in with me & my 2 children. I was forever lending him money and getting in to debt for him. The first time he hit me, he threw a coat hanger which hit me in the eye causing a black eye, I didn't go to the police. I believed him when he said he was sorry and I made him lose his temper. I started to think it was all me, every time he said he was leaving I would beg him tell him I would change.

A few days later he was cooking dinner & lost his temper. He hit me hard in the back with an iron wok causing 2 broken ribs.



**“..A FEW DAYS LATER HE WAS COOKING DINNER & LOST HIS TEMPER. HE HIT ME HARD IN THE BACK WITH AN IRON WOK CAUSING 2 BROKEN RIBS....”**



That was the day I couldn't take any more. He loved getting drunk most nights and one night I asked him to go. I wanted him gone I saw my reflection in my patio doors I looked so tired so beaten down.

Many months later I'm  
in a good place I'm  
back at work full time  
& my kids have settled  
down



I was so beaten down by the emotional abuse, he came at me, grabbed my jaw so hard, screwed my face up & smashed my head to the wall.

This could no longer continue. I very calmly got up, walked to the lounge took a deep breath & rung the police, I didn't care if social services investigated me. I knew I had to get him out.

When they asked what service I wanted that's when I knew I would be safe.

The police arrived & arrested him, took my statement, pictures etc & charged him with 4 accounts of assault by beating.

The early days were hard because I was a nervous wreck but I did go back to work a few days later. I had to carry on for my children's sake.

He pleaded guilty to his charges & was sentenced to 110 hrs of community service, 30 days of an abusers course and probation for a

year. I got £150 compensation & a years restraining order.

Many months later I'm in a good place I'm back at work full time. My kids have settled down & don't live in fear of him & I have met the most caring kind generous man who has taught me their are good ones out there,. We spent an amazing week in Cape Verde.

**Don't suffer in silence. Please call the 24hr National Domestic Violence Helpline on 08082000247 (Managed by Women's Aid & Refuge Charity)**





CELEBRATING  
EXCELLENCE  
IN NURSING

**A DAY IN THE LIFE OF**


**MANDIE BURSTON**


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# A DAY IN THE LIFE...

Domestic abuse happens to both sexes and within all age groups, social classes and faiths. Award-winning nurse **Mandie Burston**, 49, is bringing victims the support they deserve

 **6.30AM** Time for a bowl of porridge before I leave for Royal Stoke University Hospital. After years of shifts, I'm lucky enough to work 7.30am to 3.30pm, Monday to Friday, although I often find myself at work much later. As a nurse it's something you sign up to – 24-hour care, 365 days a year. I started my training back in 1990. In 1996 – 20 years ago – I began my career in emergency medicine at Royal Stoke; two years ago I became a major trauma coordinator.

 **7AM** I say goodbye to my partner, Peter, 53, and drive the eight miles to work from our home in Weston Coyney, Stoke-on-Trent. I have one son, Josh, 22, studying marine biology at Aberystwyth University. Peter has four children and a grandson. We found each other later in life and appreciate every day together.

 **9AM** My pager alerts me to an incoming patient – as major trauma coordinator, supporting junior staff with caring for trauma patients is a big part of my role. And supporting victims of domestic abuse is my passion. Research shows that 12 per cent of attendances to A&E are abuse victims. This may not


Right: Mandie with the project team at Royal Stoke University Hospital  
Below: Mandie with husband Peter




be disclosed abuse – it may be wounds, broken bones, unexplained injuries and illness...

Domestic abuse is widespread – three quarters of us will know someone who has been affected. And I myself was a victim. People find it difficult to understand how a strong individual can become completely subservient, depressed and isolated just by the control of one person. But the strength of a perpetrator is bigger than the love of a family, stronger than the bond of a friendship; it's manipulative, damaging, subtle. Daily attacks change a victim. The ability to fight back is gone, the voice of reason in your head lost against the voice of control.

So although A&E staff are well placed to recognise victims of abuse, they need training to identify them. That's why we set up our project.

 **11AM** A woman has disclosed to a cleaner that her injuries were caused by her partner. The abuser has threatened that if she tells anyone, no one will believe her and she'll lose her children.

Our project is designed to help people like her. Four years ago I met two Independent Domestic Violence Advocates from Arch, which provides domestic abuse care locally. They had funding for a pilot programme to raise awareness in A&E departments. A training plan began for all A&E staff – from nurses and reception staff to porters and cleaners – as disclosure could be made at any time, to anyone.

 **12PM** I grab a quick lunch at my desk and catch up with colleagues. Lunch is just 'as and when' around patient care. I have baked a coconut cake, which disappears in 10 minutes!





I raise money for our hospital charity and have done many fundraisers including cake sales and a Christmas Day swim in the Welsh sea with Josh.

**2PM** A girl arrives with symptoms that may be related to female genital mutilation – another form of abuse that we have a duty of care to report. We also come into contact with victims of 'silver abuse'. This affects the older generation, who often subscribe to rules such as 'you've made your bed, now lie in it'. Many have endured a lifetime of abuse, unable to tell anyone for fear of breaking up the family. Now, with longer lifespans and increased fragility, they can no longer cope, eventually speaking out. They speak of shame, and the turmoil of risking walking away from a home they've known for 40 or 50 years, where memories were formed and families built.

**3.30PM** On the drive home I think about the day. It's so important to raise awareness about domestic abuse because victims lose their voice. The perpetrator strips them of all friends, family and social contact. They become isolated, in some cases not allowed to leave the house or have access to money. Feeling powerless, unworthy and lost, victims need advocates to speak on their behalf.

That's why I speak out as much as I can. Earlier this year I spoke alongside others such as Dame Esther Rantzen at a conference. And I've spoken on national TV, at universities, to groups of vulnerable girls... I will go anywhere, anytime, to get the message across.

**7PM** For dinner I make a tagine – learned at cookery classes in Marrakech with Josh. He's bright and has a great sense of humour – we are very close. I also regularly cook for my Pops – an active, able octogenarian. Family is important. My sister Linda is my biggest supporter, both personally and professionally. I would not have achieved anything if it was not for her.

**8PM** I'm not a big lover of TV, although I like *MasterChef* and a good drama. TV, however, can help get the abuse message across. *Coronation Street* ran an excellent storyline on male abuse; *Panorama* and BBC Three have done brilliant documentaries as well as the award-winning fact-based drama *Murdered by my Boyfriend*. And I'm pleased Radio 4 has the coercive control storyline in *The Archers*. It's essential that as many audiences as possible learn about abuse.

**9PM** A bubble bath to unwind. I consider our team's achievements. Winning the Nursing Standard Award for Innovations in Practice last year was amazing. Our team of 10 travelled to London for a glitzy ceremony at the Savoy.



Top: Mandie receiving her Nurse of the Year award  
Above: Mandie with son Josh before their charity swim on Christmas Day



*I almost fell off my chair when I heard my name!*

At the end of that evening they announced the Nurse of the Year. I almost fell off my chair when I heard my name! I accepted the award on behalf of every victim of abuse, pledging to keep the conversation going. Then last July, I won an NHS Hero Award – another chance to get the message out there!

**10PM** Time for bed. I think ahead to the weekend. I'm a lifelong supporter of Stoke City FC and attend all home games. Peter is passionate about antiques, so we'll also be out browsing. Sometimes we'll go for a long weekend in Aberystwyth – eating ice cream mostly!

*Mandie will be speaking at a national TG event in Shrewsbury in October – see page 34.*

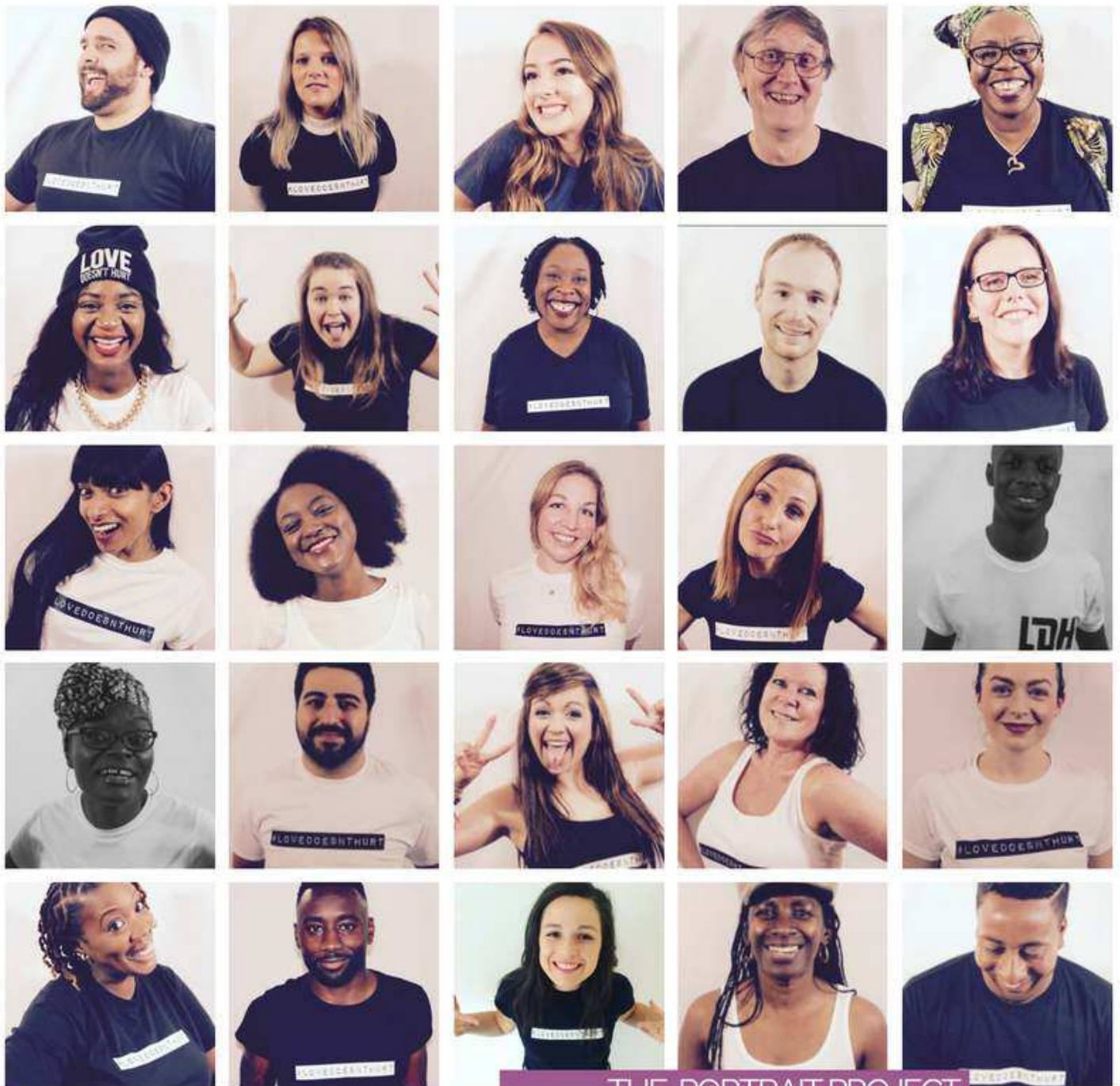
**WHERE TO FIND HELP**

Mandie offers support to victims of abuse. Email [Amanda.Burston@UHN.M.NHS.uk](mailto:Amanda.Burston@UHN.M.NHS.uk) or tweet @mandiejosh. Or try the helplines below.

- ✦ National Domestic Violence Helpline: 0808 2000 247
- ✦ Men's Advice Line: 0808 801 0327
- ✦ Broken Rainbow (LGBT): 0300 999 5428
- ✦ NSPCC: 0808 800 5000
- ✦ [www.womensaid.org.uk](http://www.womensaid.org.uk)
- ✦ [www.elderabuse.org](http://www.elderabuse.org)



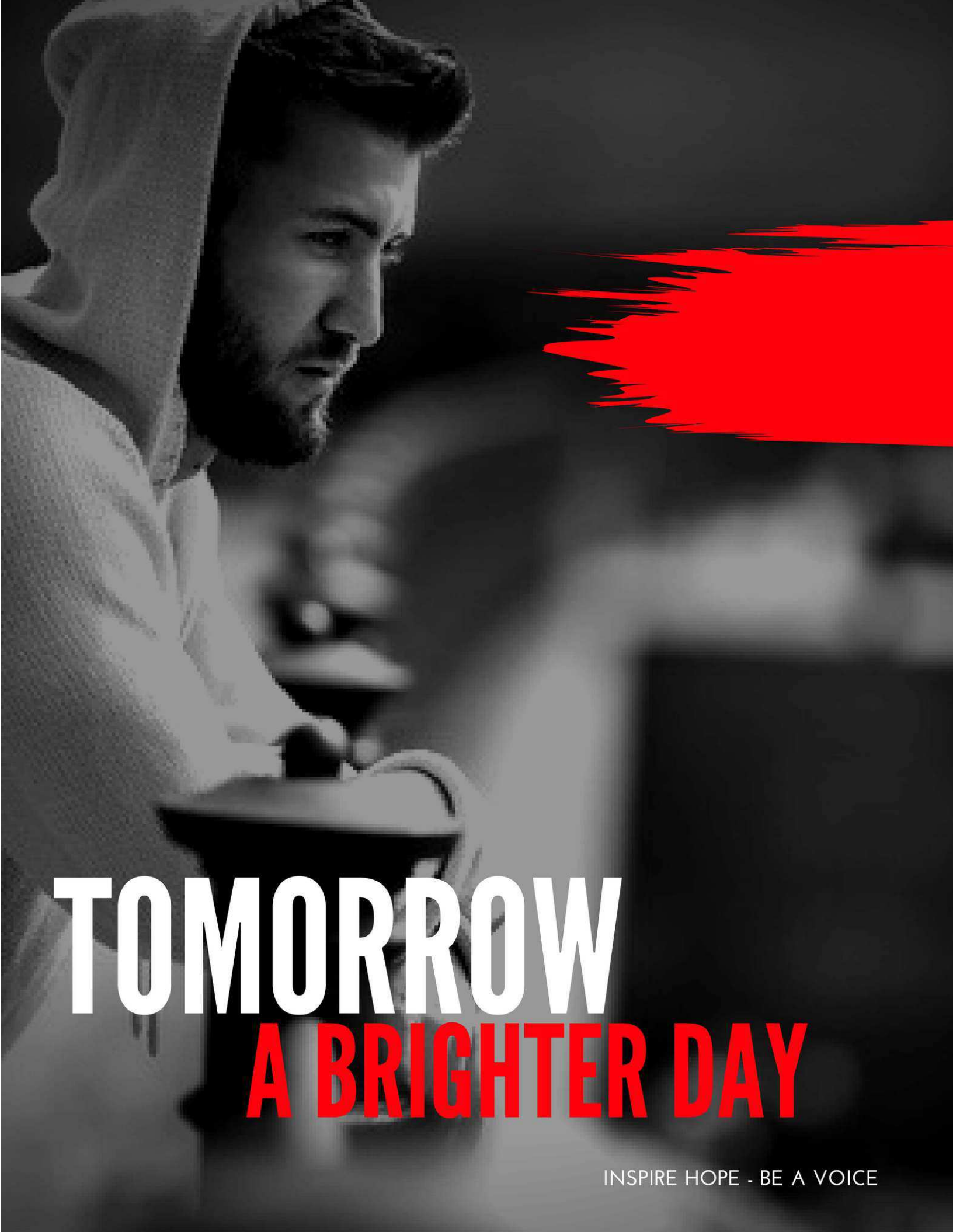




*You'll be pleased to hear we had an excellent turn out, and the project has been completed! A big thank you goes out to all that were involved in making this a success for us.*

*Our aim was to raise further awareness of the issues surrounding domestic and emotional abuse, and to inspire hope in people impacted by such abuse. We met people from all walks of life who all had their own experiences and were very keen to help us raise this vital awareness.*

*The day was full of happiness and joy, and plenty of new connections and friendships were made. The portraits and inspirational quotes and messages from the participants are now available to view on our homepage under 'The Portrait Project' tab. Please take a look, and help us continue to raise awareness by sharing these images on social media using the #lovedoesnthurt #portraitproject - if you tweet us or mention us on Facebook we will endeavour to retweet this!*



# TOMORROW A BRIGHTER DAY

INSPIRE HOPE - BE A VOICE

Growing up in a broken home has been the most definitive factor of the way I have led my life. Almost half of my twenty three years were lived under the climate of fear that comes with a childhood in a family of domestic violence, But every day that time grows further away and I grow into a person with no fear and no shame.

As a child it seemed to me I felt no emotions but these, and a lot of the times I had

absolutely no idea how to feel, confusion and angst, or even that there was another way to live: "all families are like this aren't they?"

Born into this situation I knew no alternative, a father was to be feared and a mother pulled all the pieces back together the best way she knew how.

She suffered more than any in my family, and she kept her three children as safe as

she could. Without a family life dictated by domestic violence the relationship between myself, my older sister, my younger brother, my mother (and later my grandmother) would never be as strong as it is today.

As a child walking home from school in anxiety of the bullying that would await at home I would want to jump in front of the next car, or the next one: "ok this one I'm really going to".

I never did thankfully, and the shining beacon of light that lived through a time of turmoil was the love my mother gave her children, and the love that my grandmother gave us when we were strong enough to break away.

The pain brought us closer than any other family I know, and I say that without bias but only pride.

**"In a perfect world there would be no such thing as domestic violence and my family like many others would never have to suffer as we did. ..."**

#### **SPECIALIST SUPPORT HELPLINES**

**The National Domestic Violence Helpline on 08082000247**

**The Men's Advice Helpline on 08088010327**

**The National LGBT Helpline on 03009995428.."**







## Upcoming Events For DVUK

Surrie Fullard

# DVUK'S UPCOMING EVENTS FOR 2016'S LAST QUARTER!

**T**hank you to all of our supporters who have taken part in raising awareness and funds for us throughout 2016.

We have a number of campaigns/events for the rest of the year upcoming, so please take part as and when you can – your support is greatly appreciated.

### 14th/15th of September

One of our ambassadors, Jenni Steele, spoke at Bromley and Orphington College.

### 14th November – 9th December:

#lovedoesnthurt Christmas campaign will feature the launch of our free badges and keyrings to raise awareness of domestic and emotional abuse. We hope to engage with schools, universities, youth clubs, small organisations and gp surgeries.

### 25th November – 19th December

#lovedoesnthurt Christmas T-Shirt campaign.

Much like our Summer T-Shirt campaign we will be launching our Christmas designs available for purchase over the festive period.



**“...WE HOPE TO ENGAGE WITH SCHOOLS, UNIVERSITIES, YOUTH CLUBS, SMALL ORGANISATIONS AND GP SURGERIES..”**



### 17th December

Vouchers for refuge Christmas campaign. We will be releasing some additional information surrounding our 'Vouchers for Refuge' campaign very shortly.

If in the meantime, you are interested in more ways in which you can help us raise awareness please get in touch via [surrie@domesticviolenceuk.org](mailto:surrie@domesticviolenceuk.org) or visit our blog articles titled 'How you can help'.



**MY LIFE**

**MATTERS**

**LOVE  
DOESN'T HURT**



# My Life Matters!

Kay Ska

## MY LIFE MATTERS! I AM SO MUCH STRONGER THAN I REALISE

**G**rowing up in a domestic violence environment can be extremely challenging. Constant walking on egg shells, preparing yourself for the next outburst whilst still getting over the last one.

I've experienced both physical and emotional abuse and also witnessed it overwhelmingly within the family/household.

It could be extremely intense but I found a few practical ways which has helped me cope through it all.

### It's important to note a few things:

- All children have a right to be safe
- What's happening is not your fault
- You don't have to deal with it alone
- There are people who can help you cope with what is happening

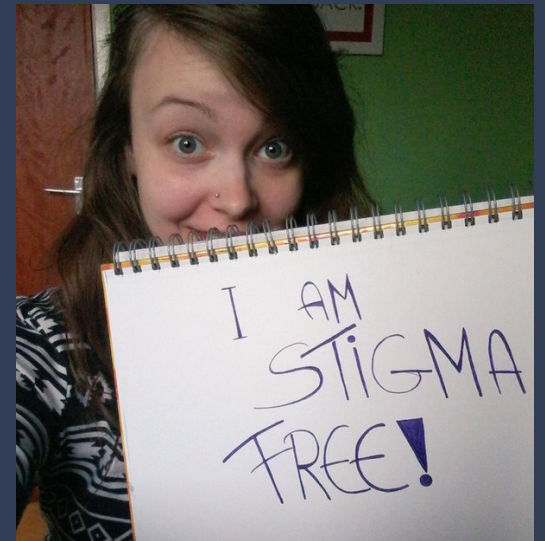
### Who you could talk to

#### The Police

If you are in danger and needs help right away, you should call the police. Dial 999 and ask for the police. You should give your name, address and telephone number and tell the police what is happening within your home.



**“...ALL CHILDREN HAVE A RIGHT TO BE SAFE  
WHAT'S HAPPENING IS NOT YOUR FAULT..”**



The police will come over to talk to the adults in your house. They make take away the perpetrator and make sure you are not hurt and okay.

#### Childline and the NSPCC

If you can talk safely to someone about what is happening, you can call Childline (0800 1111) or the NSPCC (0808 800 5000). They will listen to you, talk to you about what is happening and help you decide what to do next.



## **A teacher, doctor or other adult you trust**

Talking to someone like a teacher, doctor or another adult you trust can help. They should always tell you what they are doing and who they are planning to talk to.

## **Specialist Support Helplines**

You can call the 24hr National Domestic Violence Helpline on 08082000247. This is managed by Women's Aid & Refuge Charity. There are specialist trained staff that would provide you with adequate support and guidance.

The practical things that have helped me so far as follows.....

I have found out that taking myself out of the situation, listening to music, meditating, journalling, yoga, volunteering online and offline have contributed to helping me. Find something you're passionate about, anything that you enjoy doing. Stepping back from the situation helps clear your head.

Moving my body really helped me because it releases stress hormones and for me, when I don't get it out by exercising it usually, would come out as a big panic attack.

So it's important to release that energy in a healthy way.

As much as I can, I try to maintain a positive attitude. I make an effort to replace negative thoughts with positive ones. Things will not always be this hard, I promise you, it will not last. Treasure and appreciate the good times as much as you possibly can.

I also try to get enough sleep. When stressed, your body needs additional sleep and rest. I know that night times are usually when I feel more anxious, that's why developing some sort of relaxation pattern really helps.

**PLEASE CALL THE 24HR NATIONAL DOMESTIC VIOLENCE HELPLINE ON 08082000247.**

Having a bath, reading, meditating, putting a candle on all contribute to my body relaxing.

I talk to friends, family and to a physician or therapist for professional help.

I also share my story! You won't believe how many people are going through similar things as you are in silence.

Finally, you are not your abuse. You are not what they did to you. You are not your trauma.

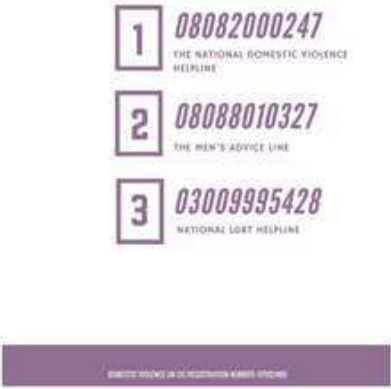
**Your life matters! You are so much stronger than you realise!**





# LOVE DOESN'T HURT

## CAMPAIGN MATERIALS



We have been working hard on re-designing posters and campaign information that can be shared online, downloaded for projects/events and distributed throughout the UK. We want to make the designs as striking, useful and eye-catching as possible to ensure our message of hope is conveyed in the best possible way.

More importantly, we want information regarding how to escape abuse and strive in your lives after abuse to be as easily accessible as possible for all audiences.



# RECOGNISING DOMESTIC ABUSE

By Surrie Fullard

**"..The National Domestic  
Violence Helpline on  
08082000247  
The Men's Advice Helpline  
on 08088010327  
The National LGBT Helpline  
on 03009995428.."**

Domestic violence is the abuse of one partner within an intimate or family relationship. It is the repeated, random and habitual use of intimidation to control a partner.

The abuse can be physical, emotional, psychological, financial or sexual.

It occurs all year round and it can happen to anyone, regardless of age, social background, gender, religion, sexuality or ethnicity.

### **Does your partner**

Humiliate or verbally abuse you in front of others?

Criticise you regularly?

Monitor your movements?

Control your life?

Blame you for their behaviour or abuse?

Threaten to hurt you or people close to you if you leave?

Threaten to take your children away?

Try to cut you off from your family and friends?

Threaten to harm themselves if you leave?

Destroy your belongings?

## **DON'T SUFFER IN SILENCE**

Force you to have sex?

Destroy your belongings?

Limit you access to money?

Keep you from seeing friends and family?

### **Do you:**

Feel afraid of your partner?

Avoid doing certain things out of fear of angering your partner?

Believe that you deserve to be hurt or mistreated?

### **Don't suffer in silence. Please Call**

The National Domestic Violence Helpline on  
08082000247

The Men's Advice Helpline on 08088010327

The National LGBT Helpline on 0300 999  
5428.



## SPECIALIST SUPPORT HELPLINES

1

***08082000247***

THE NATIONAL DOMESTIC VIOLENCE  
HELPLINE

2

***08088010327***

THE MEN'S ADVICE LINE

3

***03009995428***

NATIONAL LGBT HELPLINE



A close-up portrait of a woman with her hair in braids, smiling broadly. She is wearing a dark-colored t-shirt. A white rectangular box is overlaid on the center of the image, containing the number '21' and the text 'LOVE DOESN'T HURT CAMPAIGN PICTURES'. At the bottom of the t-shirt, a white sticker with the hashtag '#LOVEDOESNTHURT' is visible.

21

LOVE DOESN'T HURT  
CAMPAIGN PICTURES

#LOVEDOESNTHURT











DVUK.ORG



PLEASE VISIT OUR  
**ONLINE STORE**



**TSHIRTS**

Tshirt- "Love Doesn't Hurt" Printed on front



**HOODIES**

Hoodie- "Love Doesn't Hurt" Printed on front



**SIGNED AUTOGRAPHS**

Signed Autographs Of Our Ambassador Janette Manrara & Aljaz Skorjanec



**WRISTBANDS**

Love Doesn't Hurt on wristbands



**THE HOPE NETWORK**

The Hope Network' is a collection of individuals/organisations that have committed to support our funding through a monthly or one off donation, enabling us to carry out the vital work that we do.

**DONATE TO DOMESTIC VIOLENCE UK**

We do not receive any grants or government funding and all our operations, projects, campaigns, telephone counselling sessions..... are made possible through sales from our online store, self funding and donations from individuals who want to make a difference in people's lives.



“

DONATE

**WE DON'T RECEIVE ANY GRANTS  
OR GOVERNMENT FUNDING.  
PLEASE CONSIDER DONATING £1  
OR MORE TO SUPPORT US**

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

”



VOUCHERS FOR REFUGE INITIATIVE

THE PORTRAIT PROJECT



THE MUTUAL SUPPORT MAGAZINE

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



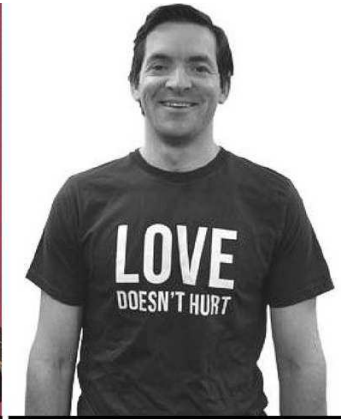
#LOVEDOESNTHURT



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#LOVEDOESNTHURT



#LOVEDOESNTHURT

CAMPAIGN

# LOVE DOESN'T HURT

SUPPORT DOMESTIC VIOLENCE UK  
VISIT OUR ONLINE STORE

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



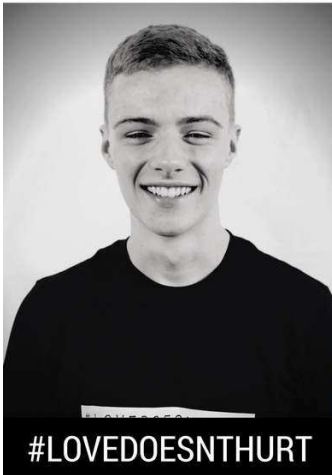
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**CONTACT DETAILS**

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

**ONLINE STORE: [WWW.DVUK.ORG](http://WWW.DVUK.ORG)**

**EMAIL: [INFO@DOMESTICVIOLENCEUK.ORG](mailto:INFO@DOMESTICVIOLENCEUK.ORG)**

**PROJECTS COORDINATOR: [SURRIE@DOMESTICVIOLENCEUK.ORG](mailto:SURRIE@DOMESTICVIOLENCEUK.ORG)**