

PDVS

Our Voices

Hello everyone,

In this issue we would like to share some fantastic news about the success we have had with funding and securing vital support services for victims.

As Chair of the Management Committee of Preston Domestic Violence Services I have great pleasure in announcing that we have been awarded a grant from the National Lottery. This money will give us financial stability for the next 3 years and means that we can carry on with the very important and necessary work of supporting the victims and survivors of domestic violence and abuse. Among our Services we provide a helpline, outreach work and counselling.

As well as the funding from the National Lottery we have also received grants from Garfield Weston Foundation, Office of the Police and Crimes Commission and Preston City Council. This additional funding will enable us to increase staff capacity and reduce waiting lists, enabling us to meet the demand for support.

I wish that we did not exist as an organisation as then the violence and abuse would not exist but it does and we are needed more than ever.

I would like to take this opportunity to thank all the hardworking staff at Preston Domestic Violence Services who have risen to the challenges of these very difficult times and also to my fellow Committee members who are a huge support and who have the vision to carry PDVS forward.

Thank you also to everyone who supports or who has supported us in the past, in whatever capacity. We are truly grateful.

Catherine Turner

WHAT IS THE FREEDOM PROGRAMME?

The Freedom Programme is a domestic violence programme which was created by Pat Craven and evolved from her work with perpetrators of domestic violence. The Programme provides information, not therapy.

The Freedom Programme examines the roles played by attitudes and beliefs on the actions of abusive men and the responses of victims and survivors. The aim is to help them to make sense of and understand what has happened to them, instead of the whole experience just feeling like a horrible mess.

The Freedom Programme also describes in detail how children are affected by being exposed to this kind of abuse and very importantly how their lives are improved when the abuse is removed.

Our Support Worker Kerry delivers this programme at PDVS. She runs it on a weekly basis as rolling programme. There is no waiting lists and you can join as soon as an initial assessment is completed.

Feedback from 3 of our service users who have recently completed the programme:

“The freedom programme has help me so much. At the start I was very apprehensive, didn't know what to expect or how I would feel but Kerry instantly made me feel very comfortable and relaxed with it all. Kerry was very easy to talk to, she's very easy to approach and so sooooo helpful. By the end of the programme I feel like I have found my confidence and myself again. I have gained better knowledge and understanding by doing the freedom programme it really has opened my eyes and also helped me move on. I feel so much stronger. Also by doing the freedom programme it has made me want to go out and help other people, show them what's right and wrong. This is something I'm currently looking into. The freedom programme really has helped me in more ways than one. I couldn't thank Kerry enough!”

“I really enjoyed the course, it was a little brutal at times as it brought things back up that I had put to one side or forgotten about but good to think about it and get it out.”

“It was good to speak and listen to other people who had been in a similar situation to know I'm not alone and reassurance that these things are not ok or normal.”

If you are interested in attending or finding out more information please call our helpline on 01772 201601 or email us at hope@pdvs.org.uk

The Legal System

In this issue we would like to share information on how the legal system can provide a variety of measures to protect victims of domestic violence so they can live a safe life.

The most common types are outlined below:

Non-molestation order

A non-molestation order is typically issued to prohibit an abuser from using or threatening physical violence, intimidating, harassing, pestering or communicating with the victim. An order could prevent the abuser coming within a certain distance of the victim, their home address or even attending their place of work.

Restraining order

This is the criminal court equivalent of a non-molestation order to protect an abused person from violence, the threat or fear of violence or harassment.

It is only imposed at the end of the criminal proceedings but can be imposed even if a defendant has been found not guilty of an offence if the Court believes the order is necessary to protect another from harassment.

The order can be for a specified period or until further notice.

Breach of a Restraining order is a criminal offence and carries the same penalties as breach of a non-molestation order.

Occupation order

You can apply for an occupation order if you're a victim of domestic abuse and meet the requirements. The order will say who can live in the family home or enter the surrounding area.

You can apply if:

- you own or rent the home and it is, was, or was intended to be shared with a husband or wife, civil partner, cohabitant, family member, person you're engaged to or parent of your child
- you do not own or rent the home but you're married or in a civil partnership with the owner and you're living in the home (known as 'matrimonial home rights')
- your former husband, wife or civil partner is the owner or tenant, and the home is, was, or was intended to be your shared matrimonial home
- the person you cohabit or cohabited with is the owner or tenant, and the home is, was, or was intended to be your shared home

Domestic Violence Protection Notice

Another safeguard for victims is a Domestic Violence Protection Notice (DVPN) which police can serve on an alleged abuser who they view as posing a continuing risk of violence to their (ex-)partner. A police officer has to give the written notice to a perpetrator by hand.

A DVPN lasts for 48 hours and requires the abusive partner to leave the premises and not contact the victim.

They can be extended by up to 28 days by magistrates, who issue a Domestic Violence Protection Order (DVPO). Survivors can use that time to consider their options and seek further support.

Prohibited steps order

This order can prohibit someone with parental responsibility (under the Children's Act 1989) for your child(ren) from taking them away from your care and control.

This order is particularly appropriate when the person threatening to take away your child(ren) is ordinarily allowed to look after them.

You must have parental responsibility for your child/children in order to apply for a prohibited steps order.

You can apply for one on an emergency basis (without notice) if, within the last 7 days, the Respondent has taken your child (even if they eventually returned the child to you), attempted to take your child or threatened to take your child.

The Court will grant a prohibited steps order if it considers that order to be in the best interests of your child. It may consider a child arrangement order to be more appropriate.

<https://www.ncdv.org.uk>

For further information or support please visit the National Centre for Domestic Violence.


May is mental health awareness month, here are 10 ways to look after your mental health



For more information visit: <https://www.nhs.uk/every-mind-matters/mental-wellbeing-tips/top-tips-to-improve-your-mental-wellbeing/>


Coercive and controlling behaviour is now a crime but do you know what gaslighting is?

GASLIGHTING RED FLAGS

You apologize without knowing what you did wrong. 

There is an imbalance of power.



 They give you affection... then abruptly yank it away.

They assign motives to your actions that are the opposite of your intentions.



When you try to explain how you feel, they're dismissive. You are "overreacting" or "too sensitive."



Most interactions leave you feeling small or ashamed.



They insist it didn't happen that way.

~~Yes.~~
~~Maybe.~~
I don't know.

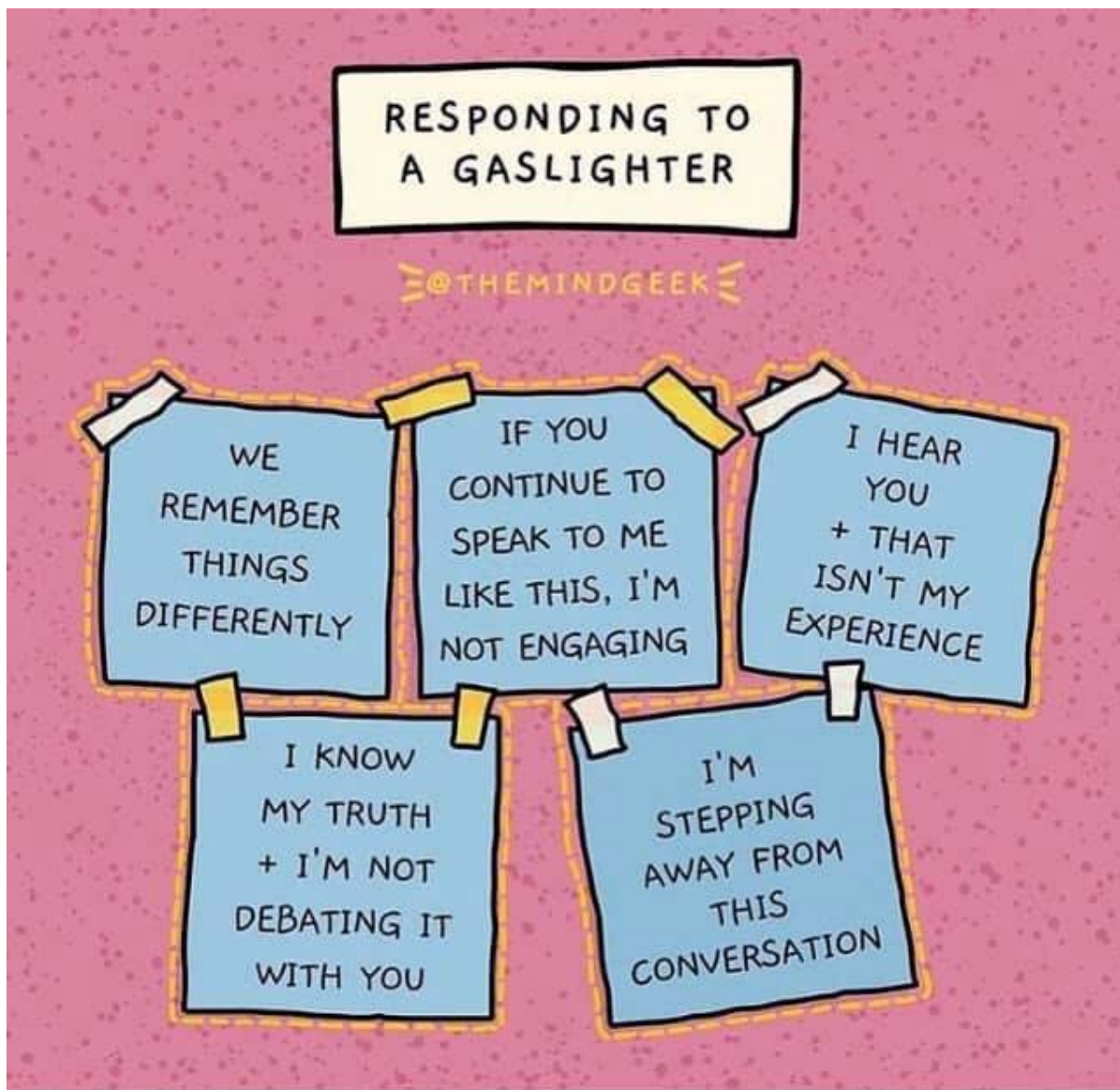
You find yourself questioning your beliefs & opinions. If your point of view doesn't match theirs, it's wrong.

You edit every word before you speak it, changing any thought that they could possibly misconstrue.

@introvertdoodles

THE SIGNS OF GASLIGHTING





Training with PDVS

PDVS offers various training courses to external agencies:

- Domestic Violence Awareness
- Forced Marriage and Honour Based Violence
- Impact on Children

The courses can be delivered as full or half day sessions and can be tailored to meet the need of your organisation.

For more information about the training we provide please contact us at enquiries@pdvs.org.uk

Are you one of the millions of people who feel everyone has a right to feel safe in their own home? Then join our 200 Club and support victims of domestic violence in Preston...

You can support victims of domestic violence in Preston and be in with a chance of winning a cash prize every month by becoming a member of the PDVS 200 Club. Shares are £2 each per month, (no limit to the number of shares you can buy). The 200 Club supports our support services to local victims (such as the helpline, the counselling service, and our advice and emotional support services

For more information please email enquiries@pdvs.org.uk

As an organisation delivering services for victims of domestic violence and abuse in Preston, we know COVID 19 will have serious impacts on the lives of victims and their children. We are fully aware that for people experiencing domestic violence and abuse home is not always a place of safety and access to support services will be even more difficult during these times.

We want to be able to continue to support our service users and those needing our services but can only do this with your support. We welcome any financial donation that will help us continue to deliver services during this difficult time.

Whilst we have changed some of our working practices to ensure the safety of our staff, we are committed to providing emotional support, advice and help to anyone who needs it during this time.

Donate now and help us to support those who are in very vulnerable situations and desperate for support.

To donate please follow the link below:

<https://www.pdvs.org.uk/supportdonate/>

Thank you for your support and stay safe.