



Preston Domestic Violence Services Newsletter

In this Issue:

- International Women's Day
- DV and the Community
- Rachel's Sponsored Climb
- Safe Spaces
- Fundraising for PDVS
- Platinum Jubilee Cupcakes!
- Thank You!
- The "I Am" Project
- DV in the News



International Woman's Day 2022:

We had a wonderful time celebrating International Woman's Day! Our event was a success and we would like to thank the staff for helping make it happen! This year, we were able to man a stall within the Preston Markets! We would like to say a massive thank you to the Preston Markets for allowing us to have a stall and for being so welcoming.

PDVS also joined forces with Disability Equality North West for the day as we celebrated Women and shared who has inspired us over the years. We would like to thank all that came to the stall to show their support and to all those that donated. We rely heavily on

donations to fund our services and we were amazed by the generosity shown.

We were also very pleased to have a student from The University of Central Lancashire visit our stall so they could write about domestic abuse as part of their university project. It is fantastic to engage with young people and spread the awareness of our services to students.

It was a busy week as we also took part in UK SAYS NO MORE campaign to raise awareness of Domestic Abuse and sexual violence. We shared the campaign on our social media pages, spreading the awareness of Safe Spaces

that anymore can use if they need to escape from an abusive relationship. You can find more information on Safe Spaces on page 4 of this newsletter!

As always we want to say a big thank you to all those who have helped Preston Domestic Violence Service whether it be visiting us at an event or sharing our events on social media!

We look forward to planning and running more events in the upcoming months so keep a look out on social media and hope to see you there!

DV and the Community



School Visits

We have been busy out in the community here at Preston Domestic Violence Services! Our recent visits were to local High Schools Penwortham Priory Academy and Hutton Grammar. We were thrilled to be invited to promote awareness of domestic abuse to the students and advise them on how they can access support if they ever need it!

If you would like us to come and visit your school or workplace, please email us at enquiries@pdvs.org.uk. Remember, you are not alone and PDVS are here to help, listen and support you. You can call our helpline on 01772 201601.

Racheal's Sponsored Climb

Rachel Haslam is a trustee for PDVS and in celebration of her 50th Birthday, she wants to set herself the challenge of climbing the Yorkshire Three Peaks to raise money for Preston Domestic Violence Services.

She plans to walk the 24 mile trail with her good friend Ian Freckleton on the 28th May and complete the peaks in under 12 hours.

Rachel started her IDVA career here at PDVS and knows how many people are affected by domestic abuse, therefore by completing this challenge, she hopes to raise some more funding for PDVS to keep our services running.

If you would like to sponsor Rachel, please email Lauren at admin@pdvs.org.uk to acquire a sponsor form. You can so support Rachel by donating to PDVS via our website:

www.pdvs.org.uk/supportdonate/



Charity Number: 1061953

Safe Spaces

HSBC has now joined the UK SAYS NO MORE campaign and will offer a safe space for anyone that is experiencing domestic abuse. These spaces can be used in anyway which is convenient for you, weather it be calling a helpline or searching for refuge. Other safe spaces can be found at:

- Morrisons
- Superdrug & Boots
- Pharmacies
- TSB Banks



Fundraising for us

Would you like to raise money for PDVS? Contact Lauren on enquiries@pdvs.org.uk or call 01772 201301 for more information!



Issue 7

Platinum Jubilee



Jubilee Cupcakes!

Why not make Celebrate the long week and the Queen's 70th year on the throne by making our Jubilee Cupcakes! Perfect for the little ones to help with too.

You will need:

- ♥ 110g butter
- ♥ 110g golden caster sugar
- ♥ 110g self-raising flour
- ♥ 2 Eggs
- ♥ 1tsp vanilla essence
- ♥ 1-2 tbsp milk , plus a little extra for the icing



For the icing:

- ♥ 125g Butter
- ♥ 185g Icing Sugar
- ♥ Sprinkles
- ♥ Raspberries (Optional)

Method:

1. Preheat the oven to 180C/160C fan/gas 4 and place cupcake cases in a shallow muffin tin. In a large mixing bowl combine the butter, caster sugar, plain flour, eggs, vanilla essence and milk until you have a light mixture.
2. Evenly spoon the mixture into the cases and bake for 12-15 minutes or until golden, then leave to cool completely.
3. To make the icing, beat the butter until it is very soft. Beat in the icing sugar a little at a time, then beat in a splash of the milk as you need to give you a soft icing that can be piped easily
4. Pipe the icing onto your cold cupcakes and decorate with sprinkles

**Don't forget to
share your cakes
on our
social media!**

Service Updates



Thank you!

Preston Domestic Violence Services would like to thank The Lesley Kelly Foundation for their very generous donation to us! The foundation was set up in memoriam of Lesley Kelly who worked closely with women and children who had been affected by abuse. We will not forget the vital work that she did and are so thankful for her foundation for helping fund our services for all those who are or have been facing domestic abuse.

We would also like to thank Jonesco for hosting a "dress down" day and raising money for PDVS! We are so grateful to be supported by local companies like Jonesco so our services can continue to operate.



DV in the news

There has been multiple news articles recently in regards to domestic abuse. Home Secretary Priti Patel launched a new Tackling Domestic Abuse Plan informed by victims and survivors. And Valerie's Law was debated in parliament asking for specialist training to be given to police that support black women and girls who have/ are experiencing domestic abuse. This is a step in the right direction to support all who experience abuse



The "I Am" Project

Photographer Allie Crewe has created a new project named "I Am" highlighting the impact of domestic abuse on the survivors lives. 12 large photographs of both men and women will be displayed at the SICK! Festival in Manchester alongside their stories of domestic abuse from an intimate partner.

This series is also available online where an additional 33 anonymised stories can be read. Some of the content may be upsetting, reader discretion is advised.

To view the series online you can follow this link: <https://www.allie-crewe.uk/i-am>



Check out our social media pages:



@Preston_DVS



@PrestonDVS

Thank you!

A big thank you to all that continue to support our charity, and those affected by Domestic Abuse. We strive to support all through their difficult times.