



Ending
domestic
abuse

SafeLives' Newsletter Spring Edition 2024





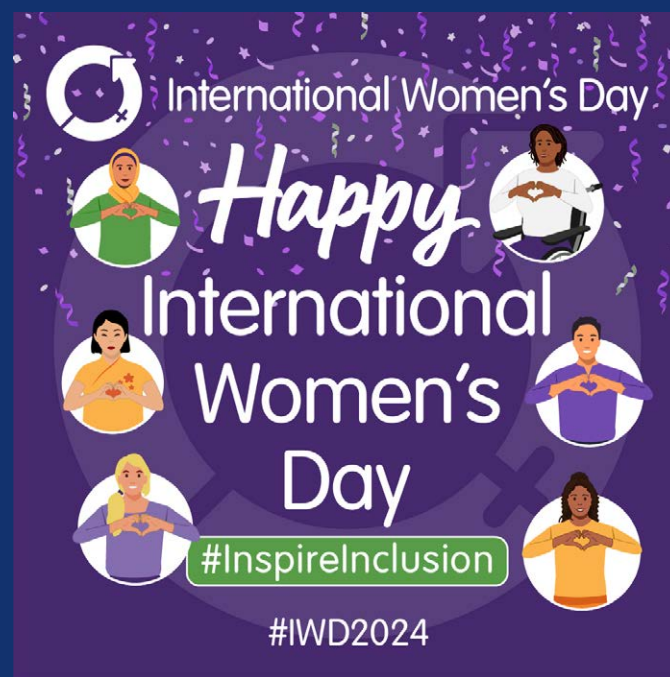
Welcome!

Welcome to our Spring 2024 Newsletter, which launches on International Women's Day (8 March).

In this edition, we share the incredible progress we've made over the past few months, which wouldn't have been made possible without the generosity and dedication of you, our wonderful supporters. From providing vital support to victims and survivors, to ensuring survivors everywhere have a voice that is heard and respected, your support has been instrumental in driving positive change for victims and survivors everywhere.

In this newsletter, you will find updates on the impactful projects we've been working on, stories of hope and resilience from survivors, and opportunities for you to continue supporting our work.

*Thank you...
for being an integral
part of our journey.*



International Women's Day 2024: Inspire Inclusion

This year's theme for International Women's Day 2024 is "Inspire Inclusion" - emphasising the importance of diversity and empowerment in all aspects of society. The theme encourages everyone to recognise the unique perspectives and contributions of women from all walks of life, including those from marginalised backgrounds.

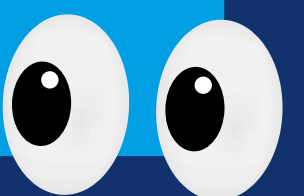
In celebration of International Women's Day 2024, several of our Changemakers will be joining a Women of the World (WOW) event at Buckingham Palace where they will meet other young people from across the UK and Her Majesty The Queen, President of The WOW Foundation. WOW – Women of the World – was founded by Jude Kelly in 2010 and, since then, has held WOW Festivals



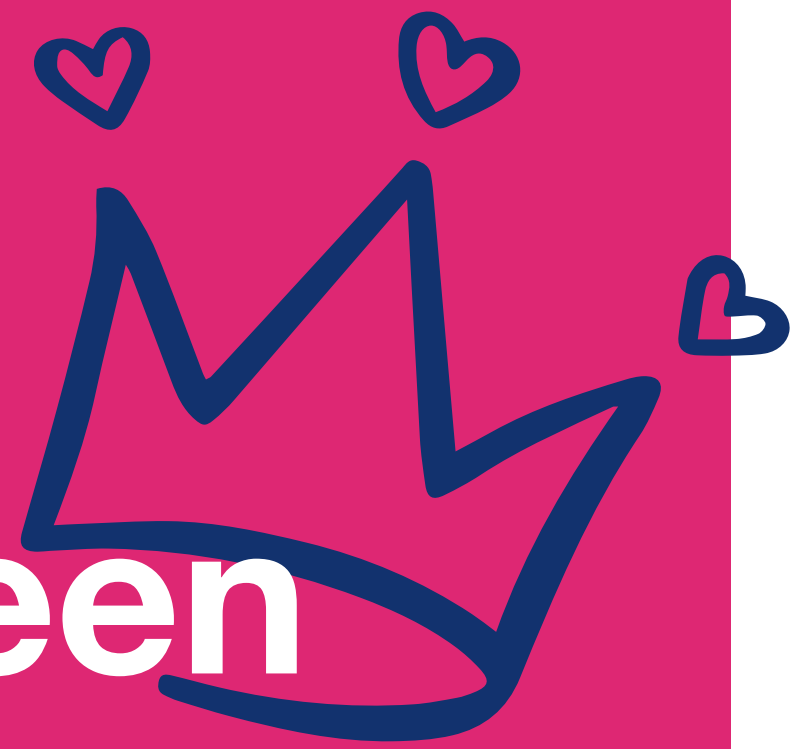
across the world celebrating women and girls. Through our Safe Young Lives programme, we are ensuring that children and young people are at the heart of, and included in, everything we do, and so this opportunity to join up with the WOW Girls Festival is fantastic! The event has been designed with and for young people and aims to change how society sees girls and their potential, and provides opportunities for their future.



Keep an eye on our social media where we'll be "getting loud", sharing voices that have long been silenced.



A Royal Visit from Her Majesty, The Queen



In January, our inspiring Authentic Voice Panel of survivors in Scotland, joined Her Majesty The Queen – SafeLives' Patron – to open a new Safe Space in Aberdeen Art Gallery where victims of domestic abuse can ask for help from staff. As a champion of our work to ensure domestic abuse survivors feel heard and believed, Her Majesty is making it clear that anybody with experience of domestic abuse matters.

We hear from some of our Authentic Voice Panel members who share their experiences about what being part of the Panel means to them.



Her Majesty, The Queen – and SafeLives' Patron – meets SafeLives staff and survivors in Aberdeen – January 2024

“Being part of the Authentic Voice Panel has been an amazing experience for me. This panel bridges the gap in the domestic violence sector between all the different professionals qualified to give support and we now give the lived experience input, which gives a greater understanding of what life as a survivor is actually like. This is a view that was so desperately needed. Being a member has helped me grow my confidence back so much and regain parts of myself that I thought I'd lost forever. I no longer feel shame when I think back. This panel continues to make a difference. It has a voice and we are being heard. We are raising awareness to show the different levels and effects that domestic abuse has on the mind and body, and that these effects remain for a very long time after the relationship ends. We are trying to make things better for others who will walk in our footsteps and make their journey easier so that they are able to get help and support so much sooner and heal faster.”

“I feel extremely fortunate to be a part of the panel. As a survivor of domestic abuse, I use my experience to affect change for other women. Whilst this may not change my past and can be triggering, every piece of work that I do, helps me heal a little bit more. I am comforted by the fact that it is bringing change to other women. As a woman of colour, I feel my work is particularly important in bringing change to my community, by encouraging women to come forward, as well as helping others to understand the barriers I have faced. One of my proudest moments has to be meeting Queen Camilla, who is patron of SaveLives, and being recognised for the work that we do. Perhaps it's a little cliché to say this, but I'll take the risk; my work at SaveLives makes me feel like a Phoenix rising from the ashes. Another proud and poignant moment was when my daughter wrote a poem about me, for me. It makes me well up every time I read it. Surely, I am doing something right. I am sharing the poem for those who may be interested”

[Read the poem here](#)

“As a survivor of domestic abuse I had struggled for years to build myself back up. As a victim your power is stripped from you. You lose all your self-esteem and confidence as a person. SafeLives has helped me to believe in myself again. Being a member of the AV Panel has been an amazing experience. It is a wonderful and caring group of ladies. We all have our individual pasts but working together gives us strength and a powerful voice. Knowing we are helping to change the future for the better is empowering and gives us all strength. Domestic abuse is never acceptable. Let's make it a thing of the past!”

Marking a New Chapter for SafeLives

After nine remarkable years, our CEO, Suzanne Jacob OBE, will be stepping down in April 2024. Suzanne has been an extraordinary leader and has championed the voices of survivors across the country.

She has been an inspiration to so many and has led SafeLives with intelligence, conviction and a relentless passion for ending domestic

abuse. Suzanne has emphasised the importance of improving responses for entire families by providing real-time data and evidence about what works, the expertise of frontline professionals, and putting survivor voices at the heart of the conversation. She's also highlighted the vital need to stop domestic abuse before it starts, looking at prevention and early intervention, as well as challenging perpetrators and bringing men and boys into a whole society conversation about how to change attitudes and behaviours.

Suzanne Jacob says: *"Working with survivors of domestic abuse has been the privilege of my life. No one I've ever met has more courage, dignity and determination. SafeLives*

is always generating fresh thinking and a practical way forward that gives people hope. I can't wait to see all it will achieve in the future."

We are delighted to share the news with our supporters that Ellen Miller will join SafeLives as our next CEO. Ellen has long been a champion of SafeLives and took up the role as interim CEO for SafeLives in January 2023, covering for Suzanne's parental leave.

We wish Ellen all the success leading SafeLives into our next chapter.



Breaking the Silence: Shining a light on Black girls' experiences

Written by Dawn Munroe, Innovation Lead

Have you ever wondered whose voices are missing when we discuss critical issues like domestic abuse? Often, the experiences of communities who have faced marginalisation and oppression remain silent or unheard. This is particularly true for Black women and girls who have faced domestic abuse. At SafeLives, we're changing this narrative through our latest project, **If I Were a Stat%**.

This project aims to amplify the voices of Black girls who have experienced toxic relationships and domestic abuse. The

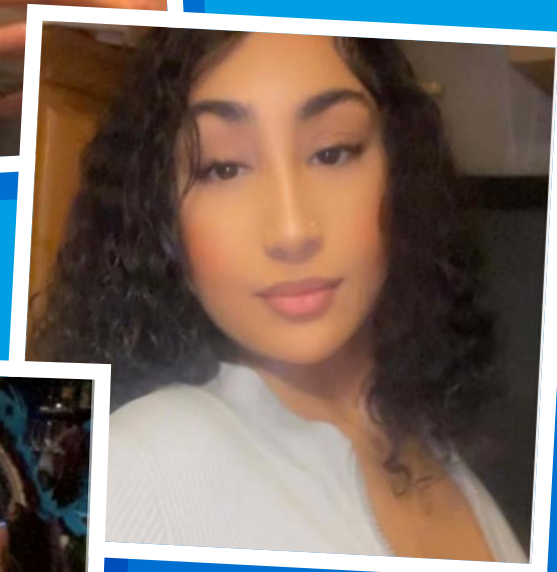
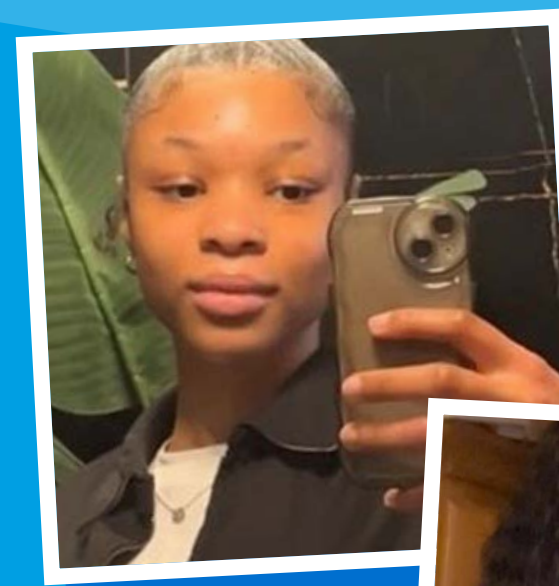
goal? To provide a platform for these young women, whose stories are often absent from research, shedding light on the barriers they face and potential solutions. Working alongside researchers and remarkable young individuals, we've co-created a video outlining challenges and solutions in supporting Black girls affected by domestic abuse.

We've identified significant gaps in the data for Black women and girls, who have told us "It's like we don't exist!". Every community must be part of the work to end domestic abuse. **If I Were a Stat%** provides Black girls with the opportunity to have a voice and highlight the gaps in the system.

Our upcoming video launch marks just the beginning as we celebrate these brilliant voices and ensure these resources are included in training, campaigning and influencing. Watch this space!

"I've loved every minute of being involved in bringing 'If I were a Stat' to life. I am extremely privileged and grateful to be a part of the project which ultimately shines light into darkness, providing hope for black girls and women like me. My hope for the future is that mainstream services reflect on our work and do their own research in order to provide equalised, effective and long-term solutions, increasing the awareness of the differences and eventually reducing the statistics of the amount of black victims dealing with the many types of domestic abuse."

Nevaeh-J'neah



"Being part of "If I Were a Stat" has been an incredible journey. It has allowed me to connect with amazing people and share stories that inspire change. My hope for the future is that If I Were a Stat continues to raise awareness and support those affected by domestic abuse, creating a safer and more compassionate world."

Shantay

A Blooming Partnership with Katy Botanicals

Botanical artist, Katy McIntyre Brown, is creating a bespoke floral fabric design for SafeLives.

Katy McIntyre Brown, a botanical artist based in Hampshire, captures the beauty and tranquillity of nature through her hand-painted prints. To mark the beginnings of Spring, Katy is creating a design with SafeLives users and supporters in mind.

Katy has been painting and teaching for twenty years, and during Covid, she developed her own label, Katy Botanicals. After being commissioned to create floral wall designs for hospitals, she then turned to fabrics, to make her work more accessible to a wider audience.

“Lots of people are not in a position to enjoy nature’s benefits so I try to make fabrics that bring calm and joy, bringing the beauty of nature to life in a usable form. I want this design to take you to somewhere heavenly, somewhere that is light and soft, a cloud of flowers. Hopefully the fabric and profits from the fabric will be of benefit to a very important charity.”

We are honoured that Katy has chosen to support SafeLives with a bespoke design – and everything it symbolizes to support victims and survivors of domestic abuse to feel safe and grounded through nature.



 katy@katymcintyrebrown.com

 www.katybotanicals.com

 [@katy_botanicals](https://www.instagram.com/katy_botanicals)

THE QUEEN IS MAD

BY TOM JAMES McGRATH & AMY CLARE TASKER
A NEW MUSICAL



‘The Queen is Mad’ A story of power and resilience



WHEN

19-23 March 2024,
19:30-21:00



WHERE

Lion & Unicorn Theatre,
Kentish Town, NW5 2ED

“If she were a man, they’d call her a powerful ruler.
But as she’s a woman, they call her mad.”

We are thrilled to be a charity partner for a new musical psychodrama – The Queen is Mad, written by Tom James McGrath and Amy Clare Tasker. The musical is inspired by “Joanna la Loca”, the elder sister of Catherine of Aragon and came to inherit the throne of Castile in 1504. However, her father and husband conspired to usurp her power by claiming she was “mad” and locking her away. Against the brutality and fanaticism of 16th century Spain, the show charts Joanna’s quest for freedom and control of her own life.

A post-show panel discussion with charity partners from the domestic abuse and mental health sector on Thursday 21 March will ask the question: What if “Joanna the Mad” wasn’t crazy, but furious?”



Click to book tickets [Use discount code JOANNA10 to purchase discounted tickets \(£10 - usual price is £14\). Subject to availability.](#)

Spring into Action with SafeLives

There are still plenty of ways to get involved and support SafeLives in 2024. We have charity places available in the following challenge events – and many more opportunities to get involved!

Looking for other ways to make a difference?

Join our Monthly Giving Circle

With a regular monthly donation you'll be making a consistent, meaningful and lasting contribution to our mission to end domestic abuse. Plus, it's convenient and flexible – you choose the amount that works best for you, and your donation will automatically be processed each month.

[Click here to find out more!](#)

Make a one-off donation

With a one-off gift, you can make a big difference to those living with domestic abuse in the UK.

Skydiving

Raise money for SafeLives whilst ticking something off your bucket list. Your skydive will be covered if your raise £395. [Apply here!](#)

Your donation will help make sure that victims and survivors, and their families, are made safe and are given support to rebuild their lives.

Nobody should live in fear. It's not acceptable and together, we can make it stop. Join #TeamSafeLives today!

Contact us: fundraising@safelives.org.uk



Scan the QR code or [click here](#) to register your interest in any of our events. A member of the team will then be in touch to send you a Fundraising Pack and a SafeLives t-shirt!

