



SafeLives' Newsletter

Winter

Edition 2024





Welcome...

Welcome to your festive
SafeLives Newsletter –
Winter 2024 edition.

In this final edition for 2024, you will read the inspiring and powerful words of those working on the frontline; Her Majesty The Queen's documentary – Behind Closed Doors; our recent appearance on Loose Women; and about our celebration of survivors in Scotland.

It has been a busy and often challenging year, but we are inspired every day by the generosity and support of you – our supporters. Whether you've climbed a mountain, run a marathon, baked a cake or donated, we would like to thank each and every one of you for your support over 2024 – and wish you all a very Happy Christmas!

So, it's time to grab a mince pie and take a look inside!

SafeLives



Royal Parks Half 2025!

Due to the huge success of the Royal Parks Half Marathon 2024, we're thrilled to announce that SafeLives has secured eight spaces for runners in the Royal Parks Half Marathon, 2025!

This iconic event is one of the most sought-after runs in the UK, taking runners through the stunning scenery of London's Royal Parks in October 2025. This is a hugely popular race, and we would love to offer you the opportunity to run for SafeLives!

Places are limited and demand is high, so we'll be offering these places on a first-come, first-served basis, so do get in touch soon if you'd like to take part.

Click below to Register your interest...

Or email: fundraising@safelives.org.uk

Register your interest >>>

When you sign up, you'll receive a free running vest and lots of social media goodies to share your fundraising page with family and friends!

Her Majesty The Queen: Behind Closed Doors

Did you tune in to watch the ITV documentary, Her Majesty The Queen: Behind Closed Doors?

The documentary was aired on 11 November, and offered viewers a behind-the-scenes glimpse into how Her Majesty's support is helping to change the public perception of domestic abuse, bringing it out from behind closed doors and opening up the conversation.

"In 2020, Her Majesty became Patron of SafeLives and her involvement continues to bring critical, national attention to the issue of domestic abuse – reminding us that it is everyone's business and should never be allowed to thrive behind closed doors."

Ellen Miller – SafeLives' CEO

Over the past year, we have worked closely with the all-female production company Love Monday, to shine a light on domestic abuse. The powerful programme highlighted the scale of domestic abuse and

the importance of listening and learning from survivors' experiences. A number of remarkable survivors bravely shared their lived experience in the documentary, including SafeLives Pioneer and Trustee, Shana Begum, who spoke about her story and her views on campaigning to end domestic abuse.

The documentary also featured an intimate roundtable with Her Majesty and SafeLives Changemakers at Buckingham Palace earlier this year.

We featured the Changemakers meeting with Her Majesty in our Summer Newsletter, but if you'd like to find out more about the Changemakers visit to Buckingham Palace, click [here](#).

"I hope this powerful film reached behind closed doors and into people's homes, sparking conversations that can lead to change. Domestic abuse is everyone's problem. Together, we can make it stop."

Shana, SafeLives Pioneer and Trustee

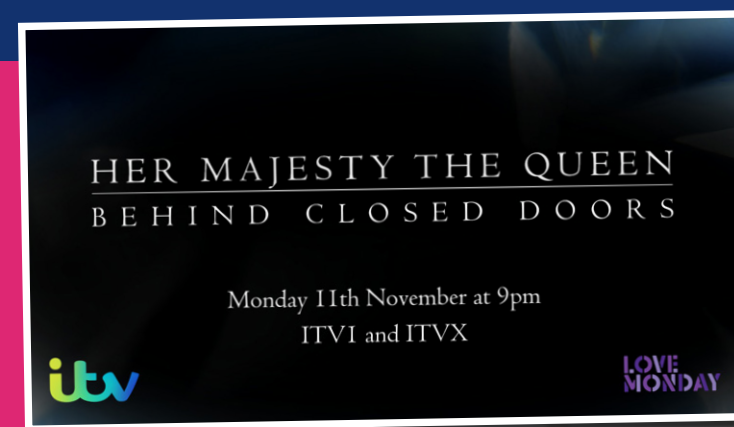


Image credit: ITV and Love Monday

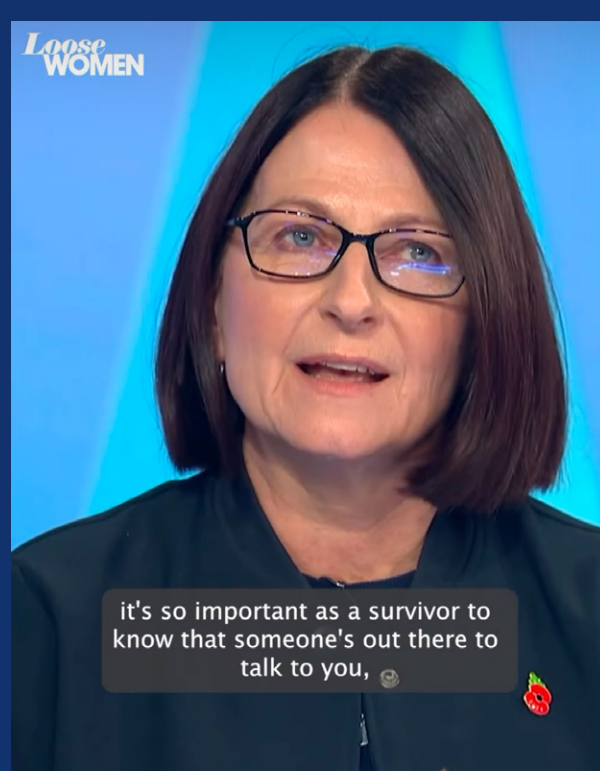


Survivors' voices are at the heart of the work we do at SafeLives, and this powerful documentary was a reminder that change can only happen by listening to their voices.

Don't worry if you missed it. There's still time to watch it on ITV catch-up – click here



A huge thank you from everyone at SafeLives to those of you who donated after watching the documentary.



Loose Women

The ITV documentary wasn't SafeLives' only TV appearance this Winter, we also featured on ITV's Loose Women!

Our Director of External Relations, Liz Thompson, joined the Loose Women panel

ahead of the ITV documentary Her Majesty The Queen: Behind Closed Doors to discuss the importance of Her Majesty's work in the domestic abuse sector and the importance of listening and believing victims of abuse. Liz was joined on the panel by Rachel Williams, survivor and founder of Stand Up to Domestic Abuse (SUTDA), who also shared her powerful story in the ITV documentary.

16 Days of Activism

16 Days of Activism Against Gender-Based Violence is an important international campaign to call for an end to violence against women and girls across the world. Violence against women happens in every country and every culture. No one should live in fear. It is not acceptable and not inevitable.

16 Days launched this year on 25th November (the International Day for the Elimination of Violence Against Women) and ran for 16 days until 10th December – Human Rights Day.

Our focus this year for 16 Days has been on celebrating the important and life-changing work of Independent Domestic Violence Advisors (Idvas), Independent Domestic Abuse Advocates (Idaas) and frontline services supporting victims and survivors – and calling for greater investment and support for the frontline. Idvas/Idaas save lives and help prevent harm – yet the role is chronically underfunded and there are high levels of burnout and vicarious trauma. We

spoke to over 125 Idvas/Idaas and have been sharing their words throughout 16 Days – as well as blogs written by a Changemaker (My Isva saved my life) and our Head of Training and Development, Brandy Hubbard (The Power of an Idva):



My Isva changed my life





The Power of an IDVA



Domestic abuse funding continues to decline sharply whilst cases continue to rise. Longer-term funding would provide stability, positively impacting frontline staff and survivors on their journey to safety and recovery. We are calling for more investment in Idvas, Idaas and specialist domestic abuse services across the country.

To read more about the domestic abuse response in the UK, click below...

[Read more](#) 

“What motivates me is knowing that I have the opportunity to make a positive impact in someone’s life during their darkest moments.”

Independent Domestic Violence Advisor (Idva)

“We give all that we can to this pursuit, and yet are faced with barrier after barrier from other services, funders, police, etc. We can see the risks and harm faced by our clients, but often feel powerless to make a difference.”

Independent Domestic Violence Advisor (Idva)

“The power of an Idva lies not just in what they do, but in how they do it - with compassion, resilience, and unwavering commitment to the people they support.”

- Brandy, SafeLives staff member and survivor of domestic abuse



#16Days



“My Idva was my lifeline. I owe a lot to my Idva and definitely would not be here today without her.”

- SafeLives Pioneer


#16Days



“She was a huge part of my survivor story, supporting me through the separation from my partner, managing social services, managing feelings of suicide and deep depression, the legal journey and my eventual safety.”

- SafeLives Pioneer

#16Days





Eight women a month are killed by a current or former partner in England and Wales.

#NoExcuse

Survivors' Voices leading the way in Scotland

written by Jen Douglas,
SafeLives Engagement Lead

SafeLives' Scottish team and the Authentic Voice Panel held their very first conference in Glasgow on the 9th December. The event was a celebration of the incredible work being carried out across Scotland to promote the importance of survivor voice within services, structures and organisations.

Taking place during the 16 Days of Activism, the conference was attended by a wide range of colleagues, including those with lived and learned experience of trauma, professionals, leaders and funders.

Attendees were moved by the powerful testimony of survivors, highlighting why

lived experience must be at the heart of service design and decision-making in Scotland. A shining example of this is the work of the Authentic Voice Panel in partnership with Dundee City Council. This collaboration has already achieved a significant milestone: the appointment of a dedicated Authentic Voice Project Manager. This vital role ensures that survivors' voices and experiences are central to the Council's strategies, driving a collaborative approach to developing services that truly meet survivors' needs.

The discussions and workshops were equally impactful, bringing together a wealth of diverse perspectives. Key topics included mental health, the experiences of children and young people, and the justice system's role in supporting survivors. The shared insights were not only thought-provoking but also



laid a foundation for meaningful action and innovation in the sector.

The keynote speaker, Lisa Ward, closed the event by reflecting on the lessons learned whilst working in the gender-based violence sector and the day drew to a close with an incredible call to action, led by the Authentic Voice Panel.

If you'd like to know more about our work in Scotland, click below to meet the team or get in touch via scotland@safelives.org.uk

Meet the team



The Christmas gift that keeps on giving!

In November, Lady Glenconner launched her book – Lady Glenconner's Picnic Papers – and other Feasts with Friends.

This unique collection of extraordinary stories and nostalgic recipes is an invitation to a delightful feast of memories and culinary delights, and the perfect Christmas gift. A portion of the royalties from the sale of the book will be donated to us, so grab yourself a copy today!



Lady Glenconner's Picnic Papers and other Feasts with Friends

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We are very grateful for Lady Glenconner's support in helping us to transform the response to domestic abuse, so that those being harmed are made safer, sooner, and those doing the harming are held accountable.

Get involved

in 2025

We've got an exciting line-up of events planned for 2025 – and there's something for everyone!

Whether you're a runner, baker, adventurer, or have some budding ideas for a fundraiser, we'd love for you, your friends, family and colleagues to get involved. We'll be adding more events to our website over the coming weeks, so get in touch to find out how you can take part and make 2025 a year to remember!

- 1** Royal Parks Half Marathon
12th October 2025
- 2** AJ Bell Great Birmingham 10k
4th May 2025
- 3** AJ Bell Great Birmingham Half Marathon
4th May 2025
- 4** AJ Bell Great Bristol 10k
11th May 2025
- 5** AJ Bell Great Bristol Half Marathon
11th May 2025
- 6** AJ Bell Great Manchester 10k
18th May 2025
- 7** AJ Bell Great Manchester Half Marathon
18th May 2025
- 8** AJ Bell Great Scottish 10km (Glasgow)
5th October 2025
- 9** AJ Bell Great Scottish Half Marathon (Glasgow)
5th October 2025



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.

[Find our 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.

[Donate](#)

Skydiving

Raise money for SafeLives whilst ticking something off your bucket list. Your skydive will be covered if you 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, not inevitable 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!



A huge thank you: Meet some of our supporters

Meet ShowChoir!

Thank you to the Bristol Show Choir who have raised over £700 holding bake sales for SafeLives, and are still going strong. You can find their Just Giving page here. Well done, Show Choir!

Meet Tamara!

A huge thank you to Tamara who completed the Three Peaks challenge for SafeLives and raised an incredible £1,895! You're incredible!



Show Choir



Tamara

And finally.

Merry Christmas everyone!

Wishing you all a very Merry Christmas
on behalf of us all at SafeLives!

Sophie

fundraising@safelives.org.uk

