

AAFDA DEVELOPMENTS

Welcome to our first edition of the AAFDA Newsletter. Thank you for all of your input – this has been invaluable.

As an organisation leading on specialist advocacy and support following fatal domestic abuse (one of its kind), our funders see great work funding and supporting our growth. This has led to more recruitment, expanding the team with new roles, including Advocate Support Workers which means more support for families. We now have a dedicated Volunteer Co-ordinator who has been working on building an AAFDA volunteer pool and developing our new Peer Support Model following your amazing feedback. We also now have a dedicated Fundraising Manager in post.

March

March saw the return of our two day annual conference. This event was a positive step into 2023, with nearly 300 attendees, including family members, professionals and our staff team.

AAFDA thanks all the attendees and speakers for making it a supportive success.

AAFDA now has two staff members who are accredited healing together facilitators, supporting children impacted by Fatal Domestic Abuse, well done!



April

April was a good time to look back at the advancements since the DA Bill was given royal ascent on 29th April 2021. This bill is now an Act and introduces many new changes to help victims of domestic abuse. This is a great step in the right direction, offering protection to victims of domestic abuse. It also, for the first time in legal history, recognises that children are also victims of domestic abuse.

Please see the link below for more information, [Landmark Domestic Abuse Bill receives Royal Assent - GOV.UK \(www.gov.uk\)](https://www.gov.uk/government/news/landmark-domestic-abuse-bill-receives-royal-assent)



Quote

“Death leaves a heartache no one can heal, love leaves a memory no one can steal”.

May

Saw the launch of our new Peer Support Model. We now have more sessions per week, introducing fortnightly day sessions, specific group sessions, activities and guest speakers that we hope benefits all family members. Our first guest speaker was Nicole Jacobs (Domestic Abuse Commissioner) who enjoyed meeting our family members. This gave Nicole the opportunity to update on her current work with questions from families that joined us.



May Continued...

May also saw the welcome introduction to our Peer Support music sessions, which was led by Catherine Razzell. This day session enabled family members to work with Catherine putting their feelings into words. The feedback was great for this uplifting and creative session. Catherine was kind enough to come back this month (July) to offer an evening session, for those who missed out previously.

To join Peer Support sessions, please log on as normal via the Peer Support link or contact your advocate for details and a discussion on how to get involved in our Peer Support Community.



Domestic Abuse Sector news/updates/changes

Home Office Domestic Homicide Review Consultation

The Home Office are undertaking consultation on the statutory guidance for Domestic Homicide Reviews to bring this in line with the Domestic Abuse Act 2021, they are also considering changing the title of Domestic Homicide Reviews (this is more reflective of the ask through the consultation).

The consultation can be accessed at:

<https://www.gov.uk/government/consultations/domestic-homicide-review-legislation-consultation> until 5pm on 11th August 2023. We look forward to hearing your views and encourage you to circulate the consultation to your networks.

The Government are also undertaking another consultation that you maybe interested in. They are seeking views on recommendations made to the Home Office for changes to the legislation on firearms, licensing, possible changes to the system of referees, and changes in other areas of firearm licensing.

The consultation can be accessed at: [Firearms licensing: a consultation on recommendations for changes made to the Home Office \(accessible\) - GOV.UK \(www.gov.uk\)](https://www.gov.uk/government/consultations/firearms-licensing-a-consultation-on-recommendations-for-changes-made-to-the-home-office-accessible) until 23rd August 2023. We look forward to hearing your views and encourage you to circulate the consultation to your networks.

June

We welcomed Volunteer Week from 1st-7th June with an online celebration to thank AAFDA Volunteers for their time, dedication and work. We gifted them with a card and a cuppa on us!

The Volunteers also enjoyed the start of their training programme and celebrated our first Peer Support session co-facilitated by a volunteer.



Domestic Abuse Sector news/updates/changes continued...

As we reflect back on the year since Non-Fatal Strangulation and Non-Fatal Suffocation (NFS) became a criminal offence on **7th June 2022**, this was a memorable win. The hard work put into making this happen should be recognised each year, as this is another level of protection for victims.

You can find this legislation in section 70 of the Domestic Abuse Act 2021.

[Domestic Abuse Act 2021 \(legislation.gov.uk\)](https://legislation.gov.uk)

Over the last year there have been **8375** non-fatal strangulation and suffocation offences reported.

Please have a look at the latest Office for National Statistics (ONS) data report via the below link, from the Institute, which is now available on their website, for more in-depth information.

[ONS-Data-on-Non-Fatal-Strangulation-Suffocation.pdf \(ifas.org.uk\)](https://ifas.org.uk)

The DHR Repository is now live, please see the link where you will find nationwide DHR's- Please be warned, as some may find this upsetting & could be triggering. [Search DHRs: Search the Domestic Homicide Review Library – GOV.UK \(homicide-review.homeoffice.gov.uk\)](https://homicide-review.homeoffice.gov.uk)

Research

We all know how important it is as family members of lost loved ones and professionals to ensure we're raising awareness of domestic abuse and capturing the learning lessons to keep victims safe. AAFDA collaborated with The University of Warwick contributing to research around Domestic Homicide Review in cases of Domestic Abuse Suicide.

Follow the link below for the opportunity to read, please be warned, as some may find this upsetting & could be triggering.

[999368 law domestic violence main research report final final pre-print.pdf \(warwick.ac.uk\)](https://warwick.ac.uk)

I thought about you.



I thought about you today as I do often each day,

I thought of you with love and smiled at the things that you would say,

I thought about you today and it made me sad and I had to pray,

I thought about you today as I realised it didn't have to be this way,

I thought about you today as I found that we never have control of the time we usually waste,

I thought of you today and realise how much you are missed!

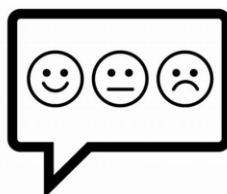
Thinking about you today, Dina.

Poem by Kay (family member)

Recommendations

Podcasts, Articles, Books or TV

- ❖ **Book**-Coercive Control in Children's and Mother's Lives (Interpersonal Violence Series) by Emma Katz
- ❖ **Netflix**- When Missing turns to Murder Season 2 Episode 2- Mary Jane Mustafa
- ❖ **Podcast**- [Listen to Rachel Johnson's Difficult Women Podcast \(radio-uk.co.uk\)](#)



Feedback is important to AAFDA if you have any feedback, please send it to: help@aafda.org.uk

Self-Care Tips

- ❖ Your mental and physical wellbeing is important, please make you a priority, even if you don't feel like it.
- ❖ Talk about your feelings with a safe trusted person or seek local professional support.
- ❖ Think about what activities give you some headspace & calm, try to factor that into your day.
- ❖ **5-4-3-2-1 Grounding technique**- this can be practiced by looking around you and,
 - Name **5** things you can **see**.
 - Focus on **4** things you can **feel**.
 - Name **3** things you can **hear**.
 - Notice **2** things you can **smell**.
 - Focus on **1** thing you can **taste**.

Volunteer with us!

To find out more information about AAFDA volunteering opportunities please contact Natasha@aafda.org.uk

Useful Numbers

- National Domestic Abuse Helpline – 0808 2000 247 – www.nationaldahelpline.org.uk/ (run by Refuge)
- The Men's Advice Line, for male domestic abuse survivors and men concerned about their behaviour – 0808 801 0327 (run by Respect)
 - The Mix, free information and support for under 25s in the UK – 0808 808 4994
 - National LGBT+ Domestic Abuse Helpline – 0800 999 5428 (run by Galop)
 - Samaritans (24/7 service) – 116 123
 - Rights of Women advice lines, there are a range of services [available](#)