

msm

MUTUAL
SUPPORT
MAGAZINE

LOVE

DOESN'T HURT CAMPAIGN

SAM BILLINGHAM
**INVISIBLE ISSUES
SURROUND ISOLATION**

OUR NEW
AMBASSADOR
**JENNIFER
DOUGLAS**



EASTER BOX

FOR REFUGE CAMPAIGN AT THE CAMDEN ARTS CENTRE

WELCOME

TO THE NINTH EDITION OF THE
MUTUAL SUPPORT MAGAZINE.
OUR AIM IS TO RAISE AWARENESS
ON THE ISSUES OF DOMESTIC
AND EMOTIONAL ABUSE.
#LOVEDOESNTHURT

CONTRIBUTORS

SAM BILLINGHAM:

Sam is an Independent advocate for all victims and survivors of domestic abuse.

Website: www.survivorsofdomesticabuse.co.uk

Twitter: @sammieb1980

KENI O:

Keni is passionate about raising awareness on the issues of domestic and emotional abuse.

SURRIE FULLARD:

Passionate advocate of domestic violence services, with a commitment to educate, inspire and support all impacted by domestic abuse.

@surrie_fullard [google.com/+SurrieFullard](https://www.google.com/+SurrieFullard)

JENNIFER PERRY:

Jennifer Perry is the UK's leading expert on digital abuse, cyber stalking and harassment. She has been campaigning for the last ten years on e-victim issues.

She has over 20 years in the tech industry.

<http://www.digital-trust.org/>

CONTACT INFORMATION

GENERAL ENQUIRES:

admin@domesticviolenceuk.org

MAGAZINE ENQUIRIES:

mstm@domesticviolenceuk.org

PUBLIC RELATIONS & PRESS ENQUIRES:

sharla@domesticviolenceuk.org

PROJECTS COORDINATOR:

ayo@domesticviolenceuk.org

EDITOR:

surrie@domesticviolenceuk.org

www.facebook.com/domesticviolenceuk

www.twitter.com/dviolenceuk

www.instagram.com/domesticviolenceuk

THE
msm

IS AN ONLINE MAGAZINE FOR DOMESTIC VIOLENCE UK CIC, A NOT FOR
PROFIT ORGANISATION SET UP TO PROVIDE INFORMATION AND SUPPORT TO
INDIVIDUALS WHO HAVE EXPERIENCED DOMESTIC AND EMOTIONAL ABUSE.

CONTENT INSIDE

INVISIBLE ISSUES SURROUND ISOLATION

Isolation is the main ingredient involved in all abusive relationships but it is done in a subtle way and misread as love and care. Friends and family are no longer seen, work isn't attended and driving lessons stopped.



DOMESTIC VIOLENCE MYTHS DEBUNKED

DVUK work tirelessly to provide support to survivors and hope to individuals who have experienced domestic and emotional abuse. It's important for us to continue to raise awareness about how people are affected by domestic violence.

COOKING FOR ENJOYMENT

Yeah I know, the title sounds weird right? Especially if you are someone who finds cooking a chore rather than a hobby, and I get that. But, you can change this. Cooking breakfast, lunch, dinner and baking doesn't have to be an effort, and it can actually be quite therapeutic... really it can!



OUR NEW AMBASSADOR JENNIFER DOUGLAS

We are excited to announce that Jennifer Douglas has become an Ambassador for Domestic Violence UK. She is joining us in an honorary role to support, promote and develop our projects which are aimed at raising awareness on the issues of domestic and emotional abuse.

ONLINE DATING? READ OUR ADVICE

Online dating is like driving. You may be an honest, careful, insured driver but many people aren't. So, you have to drive defensively – and watch out for erratic and dangerous drivers. The same is true for online cyber dating – you have to watch out for others online.



INVISIBLE ISSUES SURROUND ISOLATION

BY SAM BILLINGHAM

Isolation is the main ingredient involved in all abusive relationships but it is done in a subtle way and misread as love and care. Friends and family are no longer seen, work isn't attended and driving lessons stopped. Isolation can ground your life to a complete full stop and halt in such a way that you stop living. If you are isolated other issues might be surrounding you too but you might not be aware of what is happening to you.

It brings your world crashing down and around your ears in a subtle way, it sucks your self-confidence, esteem and worth out of you and drains you completely. All the things that people can't see are the things that eat away at you, the invisible issues are those that leave footprints on your heart forever.

When you can no longer sleep at night because you don't know if you will wake up

in the morning, when you start self-harming to help you through the day or start drinking to get you through the nights, when you feel you can no longer trust anyone who comes into your life, when you hate every single thing about you, when you feel at your all time low and at the deepest part of your life it's because of those invisible issues that surround isolation, it's the way you are being treated, it's because you are being abused by your

perpetrator in such a way that you don't even realise it.

Where domestic abuse is involved it's the invisible issues that cause the most pain that lives in the back of your mind and the deepest darkest depth of your heart. Society focuses too much on the visual signs that abuse leaves behind and as much as they hurt, in time they fade. The bruises fade and broken bones mend but a broken

heart doesn't. It never leaves you, it because a part of you with you learning how to deal with it. When people see you, they think because you look ok on the outside, everything is ok and the inside, but that isn't the case.

You are left living life in a shell because it strips you of everything, leaving you feeling like a skeleton. Aims, aspirations and dreams were taken away from you be-

cause your thoughts and feelings no longer matter because life isn't about you anymore, everything must revolve around your perpetrator.

Society doesn't know what it feels like when the person you love comes home one night from a drinking session from a friend and you physically shake from head to toe because you simply have no idea what will happen to you tonight. Your

THOSE ARE THE INVISIBLE ISSUES THAT SOCIETY DOESN'T SEE OR EVEN KNOW EXIST BUT THAT ALL THOSE WHO HAVE EXPERIENCED DOMESTIC ABUSE WILL COMPLETELY UNDERSTAND BECAUSE THEY LIVE IT, EVERY SINGLE DAY.

voice is shaking with fear as you try and chat casually with them hoping that the gleam in their eye isn't a clue to what's about to come next, you find yourself looking for those clues to what sort of mood he is in, hoping the foot isn't tapping or the fist isn't clenched. Your heart is beating so fast and hard inside you, your adrenaline pumping around your whole body, you feel nervous, anxious, worried and petrified about not knowing what he will do to you, praying so hard that tonight he won't hurt you but that prayer isn't answered and the next thing you remember is picking yourself up out of the armchair that you fell back onto when he punched me in the face, knocking me out.

Those are the invisible issues that society doesn't see or even know exist but that all those who have experienced domestic abuse will completely understand because they live it, every single day.

With all the will in the world, people who have not had a personal experience of domestic abuse will never understand the complex cycle or the many issues attached to the crime and that's what it is, a crime. It's nothing to do with love; it's about power and control.

A relationship should always be about two people who want to be together because they genuinely love each other and want to be with each other because of who they are. No one has the right to change anyone; we are people, not possessions.

To feel pain or to be hurt by your perpetrator doesn't mean leaving visible marks but living with someone we love leaves us completely blind for many years as to what is actually happening to us. We can't always see the abuse that fills our life; sometimes we can only feel it. Clever in such a skilful way, using flattery and compliments to maintain and gain that control. The invisible scars adjust you to life today. It's embedded in your mind the things that you shouldn't do and even when you have left the relationship it takes the time to shake off this control and start doing the thing you want to do.



Its effects are often more lasting and continuous with blackmail, verbal threats, humiliation and insults. Words dismissed with, it wasn't me it was the beer talking or, I was only joking and acceptance of behaviour tolerated hoping that it will stop when they say but it never does, it just carries on and continues.

Unseen wounds are the ones that shape us into who we become after surviving domestic abuse. In time, we become stronger, harder and in control of our own lives after experiencing such a traumatic experience. Sadness, emptiness and unhappiness can quickly follow but learning. It feels overwhelming to have that taste of freedom once again but you don't know what to do with it anymore because you no longer believe in yourself because brainwashing, manipulation and power have eaten away at you and you don't know how to fix the pieces back together again, if at all.

Victim blaming frees the perpetrator and gives them an ongoing excuse to carry on with their actions. Time and time again you are convinced to stay, and time and time again you want to be that one person to change them and you pray that day will come, but it never does.

The invisible scars are so destructive.

About **SAM BILLINGHAM**

Sam is an Independent advocate for all victims and survivors of domestic abuse.

Blog:
www.sammieb1980.wordpress.com

Website:
www.survivorsofdomesticabuse.co.uk

Twitter:
<https://twitter.com/sammieb1980>

If you are in an abusive relationship and requires an urgent response or needs in-depth support please contact the **National Domestic Violence Helpline on 0808 2000 247, the Men's Advice Helpline on 0808 801 0327 or The National LGBT Helpline (Broken Rainbow) on 0300 999 5428.**

DOMESTIC VIOLENCE MYTHS DEBUNKED



DVUK WORK TIRELESSLY TO PROVIDE SUPPORT TO SURVIVORS AND HOPE TO INDIVIDUALS WHO HAVE EXPERIENCED DOMESTIC AND EMOTIONAL ABUSE. IT'S IMPORTANT FOR US TO CONTINUE TO RAISE AWARENESS ABOUT HOW PEOPLE ARE AFFECTED BY DOMESTIC VIOLENCE.

HERE ARE SOME OF THE FACTS:

MYTH NUMBER 1: DOMESTIC VIOLENCE IS ONLY PHYSICAL.

This is far from the truth. Unfortunately, domestic violence doesn't stop at just physical abuse. Sexual, emotional/psychological and verbal abuse are all tactics used by the perpetrators to control their partners.

MYTH NUMBER 2: DOMESTIC VIOLENCE ONLY AFFECTS WOMEN.

Abuse can happen to anyone. It's directed at women, men, children and the elderly, and is not exclusive to one social class or ethnic group.

MYTH NUMBER 3: "IT'S THEIR FAULT FOR NOT LEAVING."

Being abused is never the victims fault. A number of different factors can inhibit a person from leaving the abuser; family and social pressure, financial restrictions, children, fear.

Rather than being stigmatised for being subjected to abuse, we need to demonstrate hope and reassurance that other options are available.

No one has to put up with domestic violence and support functions exist to help facilitate safety when the individual decides to leave.

MYTH NUMBER 4: "I WAS STRESSED AND YOU MADE ME ANGRY!"

Abuse is not the victims fault. The abuser is completely responsible for their own actions, and nothing warrants or excuses domestic violence. The abusers will often try and push blame onto their partners (another example of psychological abuse).

MYTH NUMBER 5: DOMESTIC VIOLENCE IS A PRIVATE MATTER, YOU SHOULDN'T GET INVOLVED.

This is why some people feel they can't tell anyone about what they are currently experiencing. If you think that a person is in danger, and any children he/she may have are also, we would suggest contacting the police.

It's also important to show them where they can seek assistance (specialist support organisations and helplines)

Domestic violence is a crime, and we have a responsibility to speak out against it.

When we raise more awareness and speak of hope more and more women will have the strength to leave.

Further Reading: [I'm worried about someone else](#) (Women's Aid Website)

If you are in an abusive relationship and requires an urgent response or needs in-depth support please contact the **National Domestic Violence Helpline on 0808 2000 247**, the **Men's Advice Helpline on 0808 801 0327** or **The National LGBT Helpline(Broken Rainbow) on 0300 999 5428**. You could also find support organisations using our [ONLINE DIRECTORY](#)

COOKING

FOR ENJOYMENT



BY SURRIE FULLARD

Yeah I know, the title sounds weird right? Especially if you are someone who finds cooking a chore rather than a hobby, and I get that. But, you can change this. Cooking breakfast, lunch, dinner and baking doesn't have to be an effort, and it can actually be quite therapeutic... really it can!

MINDFULNESS

Keep your mind focused to the task ahead is basically what this boils down to. Mindfulness has actually experienced a popularity hike since it's been shown to reduce anxiety for some. Take 5 minutes before you start to clear your mind, and put yourself at ease, you may find that the cooking comes more naturally and is more enjoyable when you aren't focused on everything else that has happened during the day.

MUSIC!

I'm no scientist but again, studies have suggested that music is a great way to boost your immune system, reduce anxiety and make you feel great. Plus, if you get into the groove with the music you might find that you actually enjoy yourself!

TAKE A PHOTO OF YOUR FINISHED PRODUCT

Instagram, Facebook and Twitter are great ways to get positive feedback on your food, and will give you the confidence boost to carry on trying different recipes.

ONE OF THE REASONS I LOVE COOKING SO MUCH IS THE ENJOYMENT OTHER PEOPLE GET OUT OF EATING MY FOOD. GIVING FEELS GOOD! IT FEELS EVEN BETTER WHEN YOU SEE THAT THIS HAS PROVIDED SOMEONE WITH HAPPINESS.



MAKE OR BAKE ENOUGH FOR COLLEAGUES OR FRIENDS

One of the reasons I love cooking so much is the enjoyment other people get out of eating my food. Giving feels good! It feels even better when you see that this has provided someone with happiness.

SMILE!

This doesn't have to be just when you cook. Smiling, even when you don't feel like it, can actually cause you to feel happy. So when you really don't feel like cooking tonight, take 5 minutes to clear your head and plaster on a big smile. It could make you feel a whole lot better!

TAKE YOUR TIME

Hey, I know we lead busy lives, but it's not impossible to find some time for a new hobby, that could actually be a positive impact in your life. We cook (or at least eat) every day so why not stretch out the time you cook for to a little longer, and relax whilst doing it. Of course, cooking is not going to be enjoyable if you are racing against the clock to cook, eat and clean up all before your favourite TV show starts.

Give it a go, concentrate on what you are doing and think positively! You might find that you actually begin to find solace in cooking, and it's almost a form of therapy. I know I did!

LOVE DOESN'T HURT CAMPAIGN PICTURES.

#LOVEDOESNTHURT



YOU CAN
SUPPORT US &
RAISE AWARENESS
BY ORDERING
OUR WRISTBANDS,
BAGS, TSHIRT &
HOODIE

Visit www.dvuk.org



#LOVEDOESNTHURT



stephen lee smith @stephenismusic · Apr 19
 @dviolenceuk thanks so much for all you do. 🙏

Rowena Anne Locky @dinkyscooter · Apr 19
 So pleased with my goodies from @dviolenceuk - Thankyou! xx

Alison Powell @CakeGenie · Apr 9
 @DebbieAmott @JManrara @dviolenceuk I use mine to keep my dance shoes in ! Hoping Janette's influence will rub off on them !

Debs @DebbieAmott · Apr 9
 My love doesn't hurt bag is coming on holiday with me. :-D @JManrara @dviolenceuk

OfficialJenniSteele @Jenni_Lioness · Apr 17
 Love my #ToteBag @dviolenceuk #Travels Get yours online today... #Recycled DVUK.ORG

AliceJamesStyle @AliceJamesStyle · Apr 18
 Gym attire early morning @dviolenceuk #lovedoesnthurt buy online

Janette Manrara @JManrara · Apr 13
 Great day of lessons at our favorite @STUDIO45b! And I'm using my @dviolenceuk tote bag for my rehearsal gear too! 💜



PLEASE SUPPORT
OUR
ONLINE FUNDRAISING
CAMPAIGN
BY DONATING £1 OR MORE...
THANK YOU

www.domesticviolenceuk.org/donate



OUR NEW AMBASSADOR JENNIFER DOUGLAS



WE ARE EXCITED TO ANNOUNCE THAT JENNIFER DOUGLAS HAS BECOME AN AMBASSADOR FOR DOMESTIC VIOLENCE UK.

SHE IS JOINING US IN AN HONORARY ROLE TO SUPPORT, PROMOTE AND DEVELOP OUR PROJECTS WHICH ARE AIMED AT RAISING AWARENESS ON THE ISSUES OF DOMESTIC AND EMOTIONAL ABUSE.

JENNIFER'S PROFILE

Jennifer Douglas is a down to earth busy Mum who heads the UK fashion brand AliceJames. From an early age, she was besotted with fashion and her late mother would make her the most divine, simple summer dresses in what would now be classed as vintage. (Her mother loved clothes and she also remembers polka dots, paisley prints and Alice bags).

Unfortunately, hidden within the closet was a haunting past of domestic violence and abuse, something that was never discussed. She overheard the stories and

whispers and knew it was a painful subject for her mother and half-siblings.

After her mother's death, she eventually discovered more of the story and how the abuse had impacted on her eldest sister and brother's life. She didn't want AliceJames to just be another fashion label, she knew she could reach others and be a voice.

Jennifer joins fellow Domestic Violence UK Ambassadors Andrew Lindsay MBE, Jenni Steele and Janette Manrara.

HELPING VICTIMS OF DIGITAL AND CYBER ABUSE

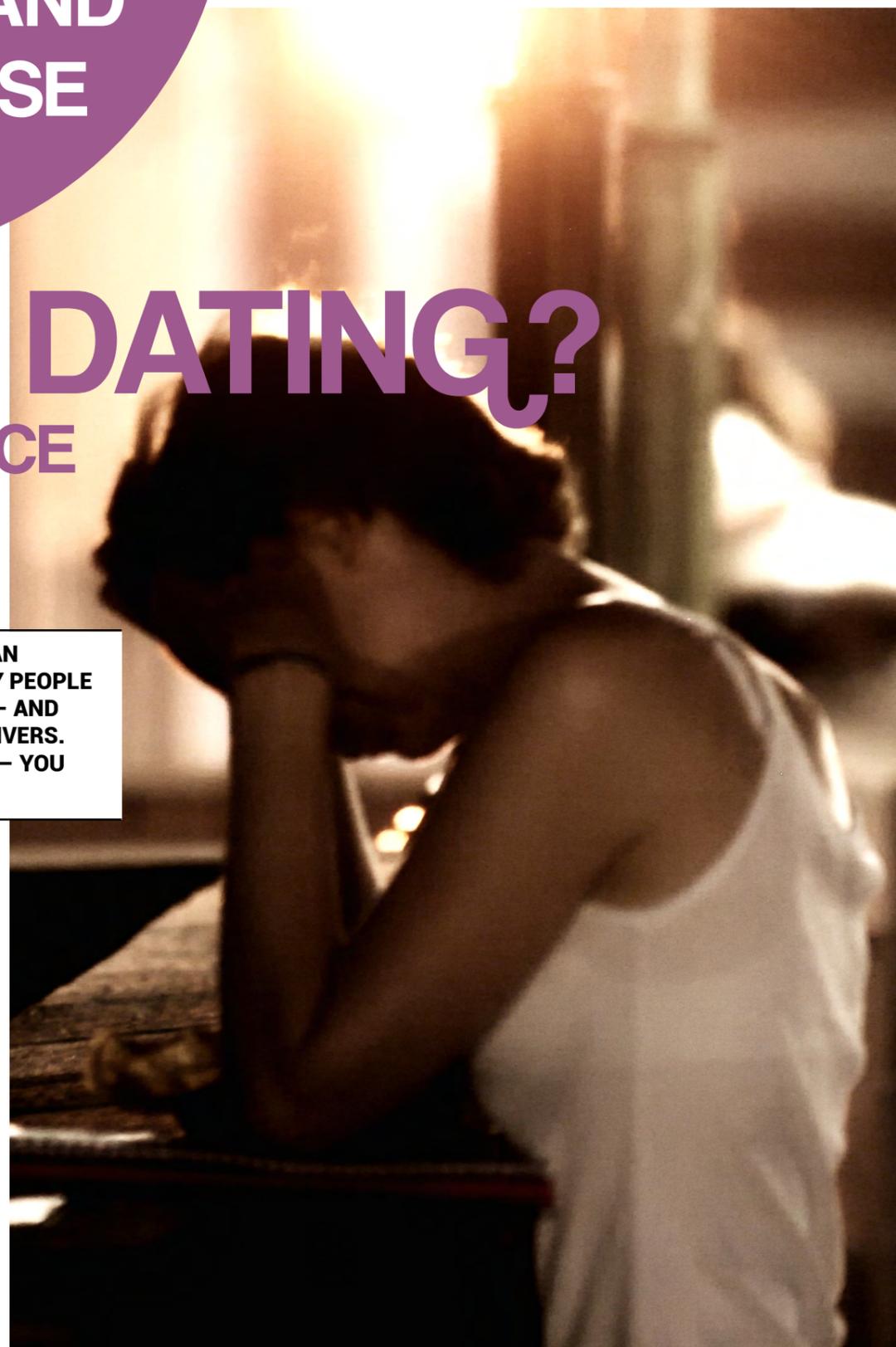
ONLINE DATING? READ OUR ADVICE BY DIGITAL STALKING

ONLINE DATING IS LIKE DRIVING. YOU MAY BE AN HONEST, CAREFUL, INSURED DRIVER BUT MANY PEOPLE AREN'T. SO, YOU HAVE TO DRIVE DEFENSIVELY – AND WATCH OUT FOR ERRATIC AND DANGEROUS DRIVERS. THE SAME IS TRUE FOR ONLINE CYBER DATING – YOU HAVE TO WATCH OUT FOR OTHERS ONLINE.

Unfortunately, many financial and sexual predators do use online dating sites looking for vulnerable, lonely people. One of the biggest indicators you are talking to a predator is when they mirror you. This is when they agree with you on almost everything the type of music, movies, relationship views etc. So, it appears that you are "soul mates" meant to be together.

TOP TIPS TO ONLINE DATING

- Use a reputable dating site. Read their terms and conditions. They should publish contact details and their company number. What are their procedures if you have problems with another client or someone stalks you?
- Use unidentifiable screen names; but keep



it clean - you don't want the wrong type of attention.

- Protect your privacy and do not give out personal information. Don't use your real name and don't give your last name on your profile or online. Don't let people know exactly where you live - just tell them the county.
- Don't use your normal email or Instant Messenger accounts. Set-up a separate account for online dating and get a free email such as Yahoo, GoogleMail or Hotmail.
- Mobile pictures embed your location so turn off your geolocation services for photos BEFORE you send a photo. Don't send old photos unless you are sure that there are no geotags or use software to remove the geotag go to www.download.cnet.com and search for EXIF remover.
- Be careful what you say in your chats. Stalkers will ask questions and piece together bits of information that they can use to find you.
- Don't use sexy or suggestive language. Flirting online can go too far. Be careful you don't give someone the wrong impression.
- Don't rush it. Take time to get know someone. You need time to see if their behaviour is consistent and to look for warning signs. If they are want to move the relationship along fast that is a warning sign.
- Save copies of your online dating conversations. It will help you notice inconsistencies and help if you have trouble with them later.
- Keep an open mind about who you are talking to. People may tell white lies about their looks, age, weight, height - or they can invent everything about themselves
- Don't rely on a photo - it may be out of date or a completely different person!
- If you decide to call them, withhold your number (e.g. dial 141 first).
- If you do decide to meet someone offline, take a friend and meet during the day in a public place. Always let someone know when and where you are meeting. Meet them in public several times until you are happy.
- Don't go home with anyone or take them back to your place.
- Remember your manners, if you don't want to continue to chat with someone be kind but firm using clear language "I don't want to date you, please don't contact me again"
- Warning signs of a cyber stalker
- They are anxious to move on from the dating site to private email, texting, or telephone calls.
- They keep asking for personal information, where you work, where you went to school etc.
- They agree with everything you say "as if you were soul mates".
- They start talking about how much they like you only after a few chats. They seem to be too interested – too soon.
- They keep changing their story or somehow it just doesn't all add up.
- They become demanding/controlling wanting to know who your friends are, why you haven't been online etc.

ONE OF THE BIGGEST INDICATORS YOU ARE TALKING TO A PREDATOR IS WHEN THEY MIRROR YOU. THIS IS WHEN THEY AGREE WITH YOU ON ALMOST EVERYTHING THE TYPE OF MUSIC, MOVIES, RELATIONSHIP VIEWS ETC. SO, IT APPEARS THAT YOU ARE "SOUL MATES" MEANT TO BE TOGETHER



THEY SEEM TO KNOW WHEN AND WHERE YOU ARE ON-LINE. THEY SAY "I KNOW YOU WERE ONLINE BECAUSE I SAW YOUR POSTS" OR THEY ARE ALWAYS SHOWING UP IN THE SAME CHATROOM



- They know things about you that you didn't tell them.
- They seem to know when and where you are online. They say "I know you were online because I saw your posts" or they are always showing up in the same chatroom.
- They start adding your friends and family to their list, even though they don't know them.
- They talk about you a lot in the forum and online. Make up stories about you or describe going on imaginary dates with you.
- Advice for Victims
- If you are victim of stalking or harassment you should contact your local police <http://www.police.uk/forces.htm>
- Under the Protection from Harassment Act 1997, you only need two occurrences before the police can act. Try to gather evidence for the police such as:
- Chat/IM conversations - make a copy of your chat conversations. On your keyboard is a special key that says "Prt Sc - SysRq" or "PrintScreen". If you hold down the "ALT" key and

- press that special key, a Windows PC will take a copy of what is on your screen. Open up a new Word processor or Paint document and paste the image in it, be sure to add the time and date of the conversation.
- Telephone calls – if someone undesirable calls calmly put the handset down to one side and leave for a few minutes before you return the handset. If you can, unplug your phone (and any extension phones) for a short while afterwards. Make a note of the date and time and dial 1471 to try to get the caller's number.
- Contact your telephone company's Malicious Calls Section for assistance.
- Mail – if you get suspicious package don't open take it to the police - try to preserve any fingerprints.
- Take pictures – if you have a camera or video recorder record any evidence and note, date, time and place.
- Rely on your gut instincts, if you ever feel in imminent danger do not hesitate - call 999.

HIGHLIGHTS

FROM OUR EASTER BOX FOR REFUGEE CAMPAIGN AT THE CAMDEN ARTS CENTRE



HIGHLIGHTS

FROM OUR EASTER BOX FOR REFUGE CAMPAIGN AT THE CAMDEN ARTS CENTRE



A BIG THANK YOU TO OUR AMBASSADORS **JANETTE MANRARA** AND **JENNI STEELE** FOR SUPPORTING OUR EASTER BOX FOR REFUGE CAMPAIGN.

A BIG THANK YOU TO **ALISON** FOR SUPPORTING US & BAKING THOSE FANTASTIC **#LOVEDOESNTHURT** CUPCAKES



HIGHLIGHTS FROM OUR EASTER BOX FOR REFUGE CAMPAIGN AT THE CAMDEN ARTS CENTRE



 **The WISH Centre** @WishCentreBDDWA · Mar 29
@dviolenceuk #lovedoesnthurt thanks so much for the much needed toiletries and goodies.

 **The WISH Centre** @WishCentreBDDWA · Mar 29
Thanks so much @dviolenceuk for the amazing goodies!!

 **WLDAS** @WLDASNEW · Mar 24
@dviolenceuk we have received our Easter Parcel. Thank you for your ongoing support. Wishing you all lovely Easter 🐣

 **Pennine DV Group** @PDVG1 Follow
Thanks to Janette and J Steele Ambassador for the wonderful Easter gifts for our families. Lovely friends.

 **The Dash Charity** @TheDashCharity · Mar 16
Thanks so much for our Easter box @dviolenceuk #LoveDoesntHurt

 **PTAW** @PortTalbotAWA · Mar 15
THANK YOU to @dviolenceuk for sending us 2 Easter hampers for the women and children that we support #Lovedoesnthurt

 good morning , Amadudu received parcel this morning, thank you so much, Families will enjoy very much xxx



A BIG THANK YOU
TO KEELEY & KELLY
(SOUL SURVIVORS) FOR
DONATING £38 TO DVUK.
#LOVEDOESNTHURT

Kelly is a mum of four as well as a survivor of child and domestic abuse. She has been a member of survivors for 15 years now. She loves to help people and show that life does not have to always 'be', we can achieve all we want to achieve. With the support of soul survivors she has grown from strength to strength. She is currently studying at university to reach her dreams xx

Keeley is a mum to five, step mum to three and a grandma. She is also a survivor of domestic and child abuse. She has been an active member of soul survivors for 21 years now. She's had to travel many paths along her journey and there may be more yet, but with the support around her she can conquer anything. She is currently expanding their outreach to the local community under the wings of soul survivors providing coffee mornings fortnightly at a local community house.



A BIG THANK YOU
TO **AYO SONOIKI**
FOR ORGANISING
A FUNDRAISING
RAFFLE DRAW FOR
DOMESTIC VIOLENCE
UK. SHE RAISED £329
#LOVEDOESNTHURT



FREE YOUR MIND.

Childhood Domestic Violence and Mental Health Support Group



www.freeyourmindcic.com

Support, Advice and Friendship

Every Tuesday - 6.00 pm - 7.00 pm

Wanstead United Reformed Church
Nightingale lane, Wanstead
London, E112HD

(Nearest tube: Central Line Wanstead/Snaresbrook)

Find us:
Email: Info@freeyourmindcic.com
Facebook: Free Your Mind
Twitter: Freeyourmindcic
Instagram Freeyourmindcic

MSM

MUTUAL SUPPORT MAGAZINE

#LOVEDOESNTHURT

WWW.DOMESTICVIOLENCEUK.ORG