

MSM

MUTUAL SUPPORT MAGAZINE

ISSUE NO. 14 APRIL EDITION

**Signs Of
Controlling
Behaviour**

**Vouchers For
Refuge Initiative**

THE ADVICE HUB

**LOVE
DOESN'T HURT**

**Pictures From Our
Love Doesn't Hurt
Campaign**



There Are Specialist Support
Organisations Available To Help

OBJECTIVE

Our goal is to raise awareness on
the issues of domestic and
emotional abuse through the
LOVE DOESN'T HURT CAMPAIGN

**INSPIRE HOPE - BE A VOICE
SPEAK OUT AGAINST DOMESTIC VIOLENCE.**

Foreword

THE MUTUAL SUPPORT MAGAZINE

Welcome to the latest edition of DVUK's Mutual Support Magazine!

We've included a number of features for this issue such as our vouchers for refuge initiative and some #lovedoesnthurt campaign pictures.

Thank you so much for supporting Domestic Violence UK.

Surrie Fullard
Projects Coordinator
Domestic Violence UK





SIGNS OF
CONTROLLING BEHAVIOUR



SIGNS OF CONTROLLING BEHAVIOUR

Controlling Behaviour is: a range of acts designed to exploit, intimidate and manipulate someone for selfish reasons.

This involves depriving them of their independence in an effort to show domination and this type of behaviour is extremely dangerous because it leads to other types or forms of abuse.

The objective of this article is to highlight a few signs of controlling behaviour

A controlling partner might:

Make decisions without consulting you.

Is he/she is making any decisions or alterations that affect you without your knowledge or your say so? Consider whether or not you feel like your opinions are valuable to your partner.

Suggest how your money is spent.

Do they always seem to keep track of how much you make and where your money is going? A controlling person might criticize your spending habits or try to take



TRY TO TELL YOU WHO YOU CAN AND CANNOT HANG OUT WITH



over how you spend your own money.

Try to tell you who you can and cannot hang out with.

Does he/she seem jealous or protective of you when you are around certain people? This can become controlling once they start trying to keep you away from your friends.



Refuse to take your ideas or suggestions into much consideration.

Consider themselves to be the boss or the dominant one in the relationship.

Controlling people are often on a power trip. They will take pride in being seen as the one who is in charge. Ask yourself how you feel about your role within the relationship.

Refuse to take your ideas or suggestions into much consideration.

Do they always seem to be in opposition about your take on certain issues? Are they doing this on purpose in order to invalidate any input you have?

Try to tell you what you can and cannot wear.

Controlling lovers will often feel threatened by the idea of their partner attracting attention from the opposite sex. Do they ever comment negatively about how you choose to present yourself?

Try to tell you where you can and cannot go.

Similarly to the wardrobe, they will try to control where you go so they can keep a certain hold on you.

Accuse you of lying with little or no evidence.

Do you always find yourself being accused of lying about things like where you were or who you were with? They always seem paranoid that you are doing something to betray them.

Accuse you of cheating on him/her.

Does your partner repeatedly accuse you of being unfaithful? Controlling people will often be the ones with trust issues because they feel insecure.

Be unreasonably demanding.

Those who try to control others will often express their wishes in the form of an order instead of asking. Pay attention to how they are framing their suggestions. Is it a demand or a request?

Resort to threats, ultimatums, or blackmail.

With more intense situations, they will try to use tactics to instil fear and intimidation in order to get you to submit to their demands.

Rationalise that their behaviour is all because they love you.

Have you ever felt mistreated by them and then hear them say something along the lines of, "I am only doing this because I love you?" This is how they rationalise their controlling behaviour.

Make you feel like you always have something to prove to them.

Do they repeatedly manage to keep you on your toes and walking on eggshells to prove that you are worthy of them?

Constantly check up on you and might even spy on you.

Are they always calling to check in to where you are or what you are doing? Have you ever caught them looking in on you in person, on your phone, or on any of your social network accounts?

Have a way of blaming you for everything.

When you have an argument and strongly feel they are at some fault in the matter

you seem always be the only one to apologise to them, but never the other way around.

Ask or persuade you to change things about who you are, your beliefs, and values.

Most relationship require adjustments and small changes, but always be extremely cautious when your partner wants you to change major characteristics about yourself that you feel uncomfortable with.

Keep an unbalanced give and take routine.

Are you always the only one giving in the relationship, and your partner is the one doing all the taking?

Invade your privacy.

Do they take an issue with you having private phone or text conversations? Have they ever asked to have any of your passwords to any of your online accounts? Ask yourself how you feel about your privacy and do you feel your need for your space is being honoured.

Get irrationally upset when they don't get their way.

Do they become aggressive, dramatic, or even violent?

SPECIALIST SUPPORT HELPLINES

The National Domestic Violence Helpline on 08082000247

The Men's Advice Helpline on 08088010327

The National LGBT Helpline on 03009995428.."



#LOVEDOESNTHURT

DVUK.ORG



PLEASE VISIT OUR
ONLINE STORE



TSHIRTS

Tshirt- "Love Doesn't Hurt" Printed on front



SIGNED AUTOGRAPHS

Signed Autographs Of Our Ambassador Janette Manrara & Aljaz Skorjanec



HOODIES

Hoodie- "Love Doesn't Hurt" Printed on front



WRISTBANDS

Love Doesn't Hurt on wristbands

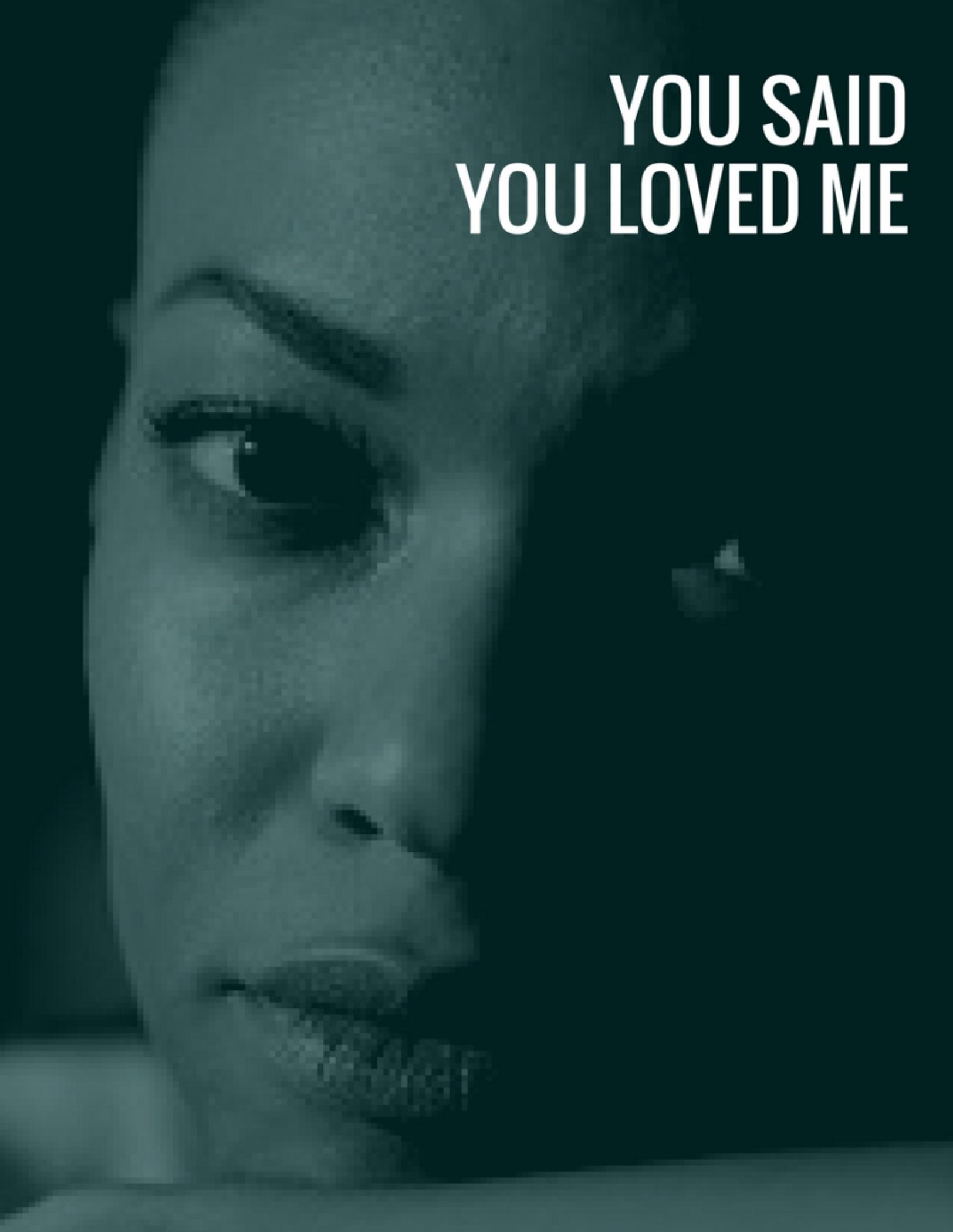


THE HOPE NETWORK

The Hope Network' is a collection of individuals/organisations that have committed to support our funding through a monthly or one off donation, enabling us to carry out the vital work that we do.

DONATE TO DOMESTIC VIOLENCE UK

We do not receive any grants or government funding and all our operations, projects, campaigns, telephone counselling sessions..... are made possible through sales from our online store, self funding and donations from individuals who want to make a difference in people's lives.



**YOU SAID
YOU LOVED ME**



YOU SAID YOU LOVED ME

You said you loved me

I took your word for it

You said you would bring me the moon, if I asked

I believed you

You said all that was yours would be mine

I never questioned it

Your one request was for faith in you, implicit trust

Who was I to turn down a thing so good, so true, so pure or so it seemed

Never once did I question what love meant

Did it mean kindness; a tenderness only experienced by newborns

Did it mean patience, when I haven't got it right without you being riled up

Did it mean I could dream big dreams and bring home laurels without you being resentful



**DID IT MEAN WHEN YOU'RE DOING GREAT
AND I HAVEN'T GOT IT TOGETHER, THAT YOU
WOULDN'T RUB MY NOSE IN MUD**

**DID IT MEAN I COULD SHOW OFF YOUR
LAURELS LIKE THEY WERE MINE AS WELL**



**Did it mean that you would treat me with the
courtesies only reserved for royalty**

Did it mean you not being irritable all the time

**Did it mean that I'd be forgiven when I err and that
my wrongs will forever be forgotten**

Did it mean you would not grin when I am hurt

**Did it mean that you would never lie to me even when
the truth makes you look awful**

Did it mean that my faith could rest in your promise

Did it mean you would believe me even when all else says not to

Did it mean that I would be sheltered if and when the storms of life blow pass me

Did it mean that we could aspire, plan and wish for things together

Did it mean an unfailing dedication

Did love mean forever

They told me love is all these beautiful things and more

They told me love nurtures and handles with care

They told me that to be loved is chiefly to feel safe

I told them that they must have not met you

For a long time I was alone, in pain, living a lie and separated from reality because I was in an abusive relationship.

I eventually summoned up courage and sought help from friends, family and most importantly specialist support organisations

I am happy now because of my life changing decision.

It's given me so much peace within and made me realise that love doesn't hurt

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 on 0300 999 5428.

You could also find support organisations using our [ONLINE DIRECTORY](#)



**DVUK
E-SLIDES**

Online Presentation Toolkit





VOUCHERS FOR REFUGE INITIATIVE

THE PORTRAIT PROJECT



THE MUTUAL SUPPORT MAGAZINE

INSPIRE HOPE - BE A VOICE . SPEAK OUT AGAINST DOMESTIC VIOLENCE



A SUPPORT PROJECT BY DOMESTIC VIOLENCE UK

WWW.THEADVICEHUB.ORG

THE ADVICE HUB

The Advice Hub is a new online project launched by Domestic Violence UK. It provides a wealth of information on issues relating to welfare benefits, and signposts individuals to a range of local and national support groups.

It also provides access to short courses, factsheets and other helpful resources.



**FLEXIBLE
WORKING**

If you have children, and particularly if you are a single parent, it is possible that full time employment might not be feasible for you if you're trying to juggle family responsibilities too.

However there are many flexible working options available, which we've set out in the information below.

Temporary work – Often you will come across temporary jobs which are available for a set amount of time only, or the time it takes to complete a certain project. Sometimes this will be to fill in for other members of staff, for example if someone is taking annual or parental leave.

Part-time work – Part-time work is often a great way to fit in paid work around your other responsibilities.

It will allow you to build up experience whilst getting paid, but will still leave you time to take care of your family and run the home.

Flexible working – Some jobs and employers will offer flexible working arrangements, which means you might be able to specify your available times of work, or work longer hours on some days so you can take other days off.

Term-time work – If you have children who are in school, you might want to look for an employer or role which allows you to work only during the term time, and take the school holidays off.

This will allow you to take care of, and spend time with, your children during holidays and will reduce the costs of childcare.

Working from home – This can be a great option if you have difficulties with transport to a workplace.

Look for jobs which can be done remotely, perhaps ones which are computer-based and only require a phone line and good quality internet connection.

Holiday work – This is good option for those of you who are studying or in training. During term breaks you could look for holiday-time work, which might be covering other students who work during term time but who have left the local area to go home for the holidays, or jobs which require more members of staff over busy periods like summer holidays or Christmas and New Year.

Job-sharing – Jobs will sometimes be offered as a job-share, which means the hours can be split between more than one employee.

If you already know someone who wants to share a job with you, suggest the idea to your employer.

Self-employment – Working for yourself rather than for someone else gives you excellent flexibility





Many people enjoy the challenge of being self-employed, just remember that it includes extra responsibilities such as managing your own time and workload and paying your own tax and national insurance.

Voluntary work - If you're struggling to get paid work, think about what kind of volunteering you could carry out to boost your skills and experience. Think about the type of paid job you'd like to do and see if you can find a volunteering opportunity that involves developing and using a similar set of skills.

For more information on flexible working options, visit the following websites, which offer advice on things like employment rights, Tax Credits and in-work benefits, parental leave and maternity discrimination.

Government information pages: www.gov.uk/flexible-working/overview

Working Families website: www.workingfamilies.org.uk/advice-information/

A young girl with light brown hair, smiling broadly, wearing a dark blue hoodie. The hoodie has the words "LOVE DOESN'T HURT" printed in large, bold, white letters. The background is a dark, vertically-slatted door. A white rectangular box is overlaid on the image, containing the text "LOVE DOESN'T HURT" and "CAMPAIGN PICTURES" in white, uppercase letters.

LOVE DOESN'T HURT
CAMPAIGN PICTURES

LOVE
DOESN'T HURT









mrs_katjones 21m

@DOMESTICVIOLENCEUK

@DOMESTICVIOLENCEUK

@MR_DOMESTICVIOLENCEUK

@PARADISEPURE

@A311A

OOT

SPECIALIST SUPPORT HELPLINES

1

08082000247

THE NATIONAL DOMESTIC VIOLENCE
HELPLINE

2

08088010327

THE MEN'S ADVICE LINE

3

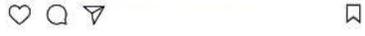
03009995428

NATIONAL LGBT HELPLINE

A woman with dark hair, wearing a brown knit beanie and a matching brown knit cardigan over a black top, is smiling at the camera. She is holding a large, flat, rectangular cardboard box in front of her. The box is open, revealing a gift set. Inside the box, there is a purple box of Milk Tray chocolates, several colorful Christmas baubles (red, green, yellow, and blue), and some yellow straw or hay. A yellow and white ribbon is tied around the top of the gift set. The background is an office space with glass partitions and a desk with a chair. The text '12.1' is visible on a glass partition in the background.

VOUCHERS FOR
REFUGE INITIATIVE
PICTURES





[_wishcentre](#) We have seen a lot of love this month with some fantastic donations from [@onevoiceblackburn](#) [@domesticviolenceuk](#) [@cleverboxes_ltd](#) & Ahmaadiya Muslim women's group. ❤️ you all #donation #charity



“

DONATE

**WE DON'T RECEIVE ANY GRANTS
OR GOVERNMENT FUNDING.
PLEASE CONSIDER DONATING £1
OR MORE TO SUPPORT US**

Visit www.domesticviolenceuk.org/donate

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#LOVEDOESNTHURT



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