

For people and their pets
Endeavour
 End domestic abuse!



Paw Prints

The newsletter for Friends of Paws for Kids

Vol: 21 Issue 5 Spring 2019

Endeavour is the working title for Paws for Kids, a unique and diverse support service, making a real difference to all those affected by domestic abuse

Bolton at Home Star Charity of the Year Award for Endeavour

On Thursday 28th February, Bolton at Home held their annual Stars of the Community awards evening, and Endeavour were delighted to be given the 2019 'Star Charity of the Year' award. Bolton at Home present these awards in recognition of the fantastic efforts and achievements of people who've worked to make a difference in Bolton's communities.

Along with one of our brilliant peer support volunteers, Jenny Vining, I was privileged to join around 400 people from community groups across Bolton who attended the ceremony at University of Bolton Stadium.

The Bolton at Home awards are a recognition of the fantastic efforts and achievements of people who selflessly volunteer their time and energy to help others and improve Bolton neighbourhoods and a total of nine awards were handed out to individuals and groups.

The star awards also contribute to Bolton at Home's total support for 'See the Person' - a national campaign to challenge the stigma and the negative stereotypes that social housing tenants can experience.

Tracy Woods, Chair of Bolton at Home, said:

"Every year we get more nominations and hear some truly inspiring stories of people who go out of their way to help others".

"We have people who start groups to provide community activities or encourage others to make a positive change. We have people who overcame adversity and changed their lives, and those who devote themselves to making their communities brighter. It shows what a great community spirit exists in Bolton. I congratulate all the winners and nominees, but also the many other people in the community who volunteer to help others. They can all be proud of themselves".



L-R: Carole Marsden, Endeavour's Director of Services together with Noel Sharpe, Bolton at Home Director of Customer & Place, and Endeavour peer support volunteer, Jenny Vining.

**Bolton
at Home**

Meet Angela Gray our new Head of Fundraising

In late January this year, we were pleased to welcome Angela Gray to the Endeavour Team, as Head of Fundraising. This new post is part of our funding strategy that we hope will help to ensure Endeavour's financial security.

Angela joins us with 20 years experience in fundraising, and anyone who uses social media will see that Angela is already doing a fantastic job of raising our profile on Twitter and Face Book - promoting the services we run and the links between domestic abuse and animal abuse.

But don't worry. Endeavour are not a charity who are planning on bombarding supporters with letters / phone calls asking for donations, as we value the support we already get, both moral and financial. Angela has lots of great fundraising projects in mind based on her past experiences, which will take a little time to roll out, but for starters, Angela

has totally revamped our collection boxes and received numerous gifts of pet food, toiletries and household items for women and animals using our services. This means of course we save money on these essential items we would have previously had to buy.

Angela has also got a team of 10 runners in this year's Greater Manchester 10k, including our own Sexual Violence Advocate - Nicola Unsworth. You can sponsor Nicola and team through the Team Endeavour Just Giving page www.justgiving.com/campaign/teamendeavour

If you want one of our collection boxes for your business premises or would like to speak to Angela on ways you can help the lifesaving work we do, she can be contacted Monday to Thursday on 01204 394842, or by e-mail on Angela.gray@endeavourproject.org.uk You can keep up to date with our work by following us on [Facebook.com/Pawforkids](https://www.facebook.com/Pawforkids) or [Twitter@pawsofficial](https://twitter.com/pawsofficial)



Angela Gray, the driving force behind our new Funding initiative. The boxes are just the start of it.

100 inspirational women



In the Summer of 2018, I was approached by Gulnaz Brennan, the founder of Inspire Awards, and asked to be part of a book containing the stories of 100 inspirational women from across Bolton and beyond.

The 10-month writing project came to fruition on 28th March this year. I was delighted to join other women included in the book, along with their guests at The Last Drop Village Hotel & Spa, to celebrate the book launch (I'm page 139!).

The morning included a panel discussion, on 'Being a Role Model - The Promise and the Peril'. The panel included Julie Foy (also featured in the book), winner at this year's Oscar awards as producer of the 'The Silent Child' which took the coveted Academy Award for Best Live Action Short Film.

Gulnaz who lives and works in Bolton, said: "It is amazing to finally launch this book and to bring all these fantastic women together".

I am honoured that Gulnaz felt I deserved a place in her book. It is a privilege to be part of this book which shares 100 women's inspiring stories.



'Our Carole' at the Inspire Award Celebration, pictured left.

Above: Julie Foy features in the book on page 89.

Carole

Join us for the 2019 Ellen Strange Sponsored Memorial Walk

Sunday 7th July will be the fourth year Endeavour have joined up with members of Unite to walk to a memorial made of loosely piled-up stones at Holcombe Moor, said to be the only one of its type for a victim of domestic abuse in the country.

Join team Endeavour this year to make this a bigger and better event than ever, not only to remember Ellen but also to remember all victims of domestic abuse. We have sponsor packs available and it is a great way to raise funds to help us support more families through their domestic abuse journey. Last year, the names of 62 women who were murdered by their partners since the beginning of 2018 were read out. Sadly, this year we will be reading out 120 names of victims murdered by the end of 2018.

Soon after Ellen's death, walkers began to leave a stone at the place where her body had been found, a tradition Endeavour are proud to carry on today. This year we are placing 4 larger stones donated by Armstrong's of Horwich commemorating the fourth year we have held this event - we hope to make this a yearly tradition. Angela Gray will be happy to provide you with further information of where to meet

and a sponsor form for you or your dog! After the walk all are invited for a free buffet at Emanuel church Holcombe.

We believe that violence against women is a global and societal problem affecting women and girls from all cultures and backgrounds. Events like this are about giving women a voice and showing our solidarity

The murder of Ellen Strange

In 1761, Ellen Strange Broadley was battered to death on Holcombe Moor near Helmshore, and her body hidden under a pile of stones. For years the legend was that Ellen had been murdered by her lover, Billy, a native of Stonefold. The real culprit was Ellen's husband, John. An inquest was held at Stake Farm on Holcombe Moor, attended by the Rochdale coroner and fourteen "good and lawful men". The inquest jury declared that John Broadley "moved by the instigation of the Devil" had assaulted his wife Ellen, and had "violently, feloniously, voluntarily and with malice aforethought, struck, kicked, strangled, squeezed, suffocated and mortally wounded" his wife.

John Broadley was arrested and taken to Lancaster Castle to await trial. Several people

Endeavour Project
 Ellen Strange Annual Memorial Walk
 Sunday 7th July 2019 10.30am
 From Emmanuel Church Holcombe
 Ramsbottom
 Bury BL8 4NB
 Join Team Endeavour for this sponsored walk remembering Ellen Strange and all those victims of Domestic Abuse.
 Dogs welcome
 Sponsor form, free buffet and Justgiving details provided.
 To book your place contact
 Angela.gray@endeavourproject.org.uk

gave evidence against him, but as there were no eye-witnesses to the murder and little evidence (apart from the body), John was found not guilty and acquitted.

Unique ladies - Mina Khan

We would like to say a huge thank you to Unique Ladies, Bolton and Mina Khan. Mina is the joint owner of 80/20 Health Bar & Kitchen, Blackburn Road, Bolton and raised the amazing amount of £457 in February by hosting a plant based cookery class in her own home.

The event was a very informative cookery demonstration followed by a lovely meal and drink. Mina, who is a member of Unique Ladies, Bolton hosted the event in her own home. The food was simply amazing, I had struggled for years with

cooking Okra - thanks to Mina it is now a regular addition to my shopping basket.

By receiving support from wonderful people like Mina and the Unique Ladies, we can keep providing our services free of charge. Thank you, your support has made a big difference to our work. Keep an eye on our Facebook page for another of Mina's cookery demonstrations later this year - I know I'll be there!

Above L-R: Our Carole, Suzy Orr (Founder Unique Ladies) and Mina Khan.
 Right: Mina creating a wonderful dish.

Carole



Why do women stay...?

At Endeavour, we are often asked by agencies and individuals...

"why do women stay in abusive relationships?" Mollie, one of our pet service admin workers forwarded a link from Upworthy to share on our Facebook page titled 'This simple test can help identify potentially abusive partners early in a relationship'.

In turn we are sharing this interesting article in the newsletter as I think it answers the question of "Why?" very simply. Most abusers don't start their relationships by hitting their partners - that's why it's vital to recognise the early warning signs.

Most people don't enter into relationships with someone who abuses them from the beginning. It's often like the fable of the frog in hot water. If you place a frog into a pot of hot water, it'll jump right out. But if you put it in a cool pot and gradually increase the temperature, the frog won't recognise that it's being slowly cooked to death until it's too late.

Abuse usually comes on gradually, with plenty of opportunity to manipulate and forgive and 'justify the water getting warmer'. That's why many stay in abusive relationships far longer than they should.

A domestic abuse counselor suggests a simple test to help identify potential abusers early in a relationship. Rob Andrews is a domestic abuse counselor in Australia. He advises people to use what he calls the 'No Test' to identify potential red flags early on in a relationship. The 'No Test' is basically to watch for the way your partner responds the first time you change your mind or say "no".

Rob says; "While expressing disappointment is OK, it's not the same as being annoyed. Being annoyed is 'how dare you', a sign of ownership, or entitlement".

Ownership, entitlement, control - these are red flags that often lead to increasingly abusive behaviour. And though women can definitely be abusers, the reality is that women are much more likely to be the victims of domestic violence and male abusers tend to be more dangerous to their partners.

"A lot of the women who approach domestic abuse services will see themselves as part of the problem. They'll ask themselves why they're always attracted to abusive men, blame themselves for not being assertive enough, and blame themselves for pushing their partner's buttons, causing their anger".

In his article he says; "With the 'No Test', we're not trying to give women knowledge that they didn't already know, but when they see it in black and white in front of them like that, they realise they of course have the right to say 'no', that they aren't to blame".

Rob Andrews describes our patriarchal history as 'the nut of the problem'. He says that some people erroneously tell women that they should just be more assertive with their partners, letting them know they won't stand for controlling or abusive behaviour, but that's not always the best tack to take.



"Being assertive with a man who's threatening to bash you is not a very good idea", he said. "It almost comes from what I'd call 'deficit thinking', that somehow these women need to be trained-up so that the people won't abuse them. The only person who can stop the abuse is the person who is doing the abusing".

Rob Andrews works with men who are struggling with their own behaviour and want to change. He has them think about what kind of man they really want to be and works with them to align their behaviour with that vision. "I hear a lot of people saying how it's so hard for men now, it's all so confusing".

Rob says; "It's very easy to be a man. Just be polite and respectful to people, it's not that difficult really". "But in saying that", he added, "we are to some extent dealing with 2,000 years of history of women being a second-class citizen. That's the nut of the problem and we've got to keep chipping away at it".

Food for thought Indeed...

www.upworthy.com/this-simple-test-can-help-identify-potentially-abusive-partners-early-in-a-relationship

The abuse of pets is now considered domestic abuse - part of a new law in Scotland

Endeavour are pleased to report that partners who abuse or threaten to hurt pets will now be breaking the law after new rules came into effect in Scotland.

The new Domestic Abuse (Scotland) Act came into force on 1st April and will see wide ranging changes to what constitutes domestic abuse in Scotland. Coercive and abusive control is now illegal and the act covers multiple different types of abusive behaviour, including that towards pets.

Abuse against pets

Paws for Kids Endeavour Project launched the UK's very first pet fostering service in 1998, giving victims of domestic abuse access to temporary refuge accommodation if they had pets as part of their families. In twenty years, Endeavour have fostered almost 2,000 pets, ensuring their safety from potential abuse. At Endeavour we see daily that the abuse of animals is a major red flag and precursor to more severe domestic abuse. Endeavour's statistics mirror recently published statistics from the USA, showing that 71% per cent of abused women reported their pets being harmed, killed or threatened in order to control or intimidate them,

This sort of animal abuse will now be illegal in Scotland, meaning people who threaten pets as a way to control their partner will be

considered to be abusing their partner, therefore any threat to hurt a pet dog or cat or other animal can be considered abusive. The Act also extends to property as well as pets.

In 2015 the law changed in England with coercive control being included in the definition of domestic abuse. The act defines coercive and abusive behaviour as being "likely to cause the person to suffer physical or psychological harm".

However at Endeavour, we are not aware of injuring or threats to a family pet being taken into account as a part of a pattern of controlling or coercive behaviour and we feel that this is something that needs to change.

Animal abuse is also often used by stalkers as a means of terrifying and distressing the victim with dead pets being left for them to find on their doorsteps. Animal abuse is a high risk indicator and predictive of a high risk of serious harm or homicide being inflicted on the victim.

So when anyone says to us "Why Pet fostering"? These are the reasons, we take hundreds of phone calls each year asking for help for their pets.

Women tell us every day - "I cannot leave my pets, he will kill them"... and we know it happens!

Food for cats

We would like to say a massive thank you to Support Adoption for pets who have provided us with a third pallet of pet food, litter and bedding. We are able to store this in the cellar ensuring that we have supplies for our volunteer pet foster carers looking after pets. Of course this doesn't account for 'fussy' cats who will constantly refuse to eat anything other than a particular brand!

However, via Facebook appeals, supporters have once again come to the rescue. We would particularly like to thank Carol Harrison from Home Comforts Cat Sitting. Carol and her clients have busily been collecting and donating unwanted food that their fussy cats have turned their noses up at - I know this all too well with my two fur babies Treacle and Tome - as soon as I buy a large box of their 'favourite' food they instantly refuse to eat it!

We would also like to thank Pat Peacock who is buying cat food for us in memory of her 21 year old cat Marley, who recently passed away. A lovely idea that we hope others may follow. When we receive donations of pet food we are able to use the money we would have spent



Cat sitter Carol Harrison with one of her 'guests'.

for other unfunded parts of the pets service such as replacing equipment or temporary kennels / cattery when a pet has to be picked up in an emergency and the prospective volunteer can't take it into their homes for a day or so. This enables us to help the family immediately and not put them or their pet in greater risk from their abuser.

We have been asking support from all you crafty people to knit or crochet hearts for us. These will be used as part of our Ellen Strange event on Sunday 7th July. To get involved please email fundraising@endeavourproject.org.uk and we will get the pattern to you. We would also welcome donations of wool, either red or deep pinks. We would like to thank Bridie Tonge from Fine Yarns, Horwich who very kindly donated some wool and stuffing. Also a big thank you goes to the Farnworth Christian Spiritualist Church 'Knit & Natter' Group who are already knitting hearts!



Support from local solicitors Fieldings Porter

We are delighted that Fieldings Porter, Bolton branch, have chosen Endeavour as the charity they will support in 2019. Their staff have a full year of activities to support our work in Bolton, for both people and their pets. These include a bake off, head shave and a wonderful Christmas Carol Service. They have already got involved, with three places in the Manchester 10k, a large donation of pet food and a collection of Easter Eggs to make Easter extra special for the children in the families we support.



Mother's Day

On March 31st, Mother's Day, we were able to give a gift to all the women we are working with irrespective of whether they had children living at home. This helped make them feel valued and special for who they are - and to let them know they are doing the best they can.

A big thank you to all supporters who donated unwanted toiletry gift sets for us to 'gift-on'. And a big thank you also, to the women who attend Endeavour's Friday drop-in who used their green fingered skills to plant pansies and violas ensuring all women got a plant for Mother's Day. Each plant came with an inspirational message from a woman who has overcome a struggle.

Thank you everyone who helps us, your kindness really does make a difference to the families we work with.



Paws LOTTERY

Join our very own lottery. The Paws Lottery raises vital funds for our Pets Service. It gives you the opportunity of winning a cash prize (better odds than the National Lottery!) Just £4 per month gives you four lucky numbers.

Each month we draw 3 lucky winners who receive cash prizes of: 1st prize - £150, 2nd prize - £50, 3rd prize - £25

The following 9 supporters won prizes in the last 3 Paws Lottery draws.

JANUARY

- 1st prize £150 - Maura, Bolton ticket No. 83
- 2nd prize £50 - Linda, Bolton ticket No. 257
- 3rd prize £25 - Lynn, Bolton ticket No. 158

FEBRUARY

- 1st prize £150 - Sheila, Wigan ticket No. 270
- 2nd prize £50 - Sarah, Tottington ticket No. 128
- 3rd prize £25 - Carole, Horwich ticket No. 115

MARCH

- 1st prize £150 - Liz, Preston ticket No. 150
- 2nd prize £50 - Carole, Horwich ticket No. 5
- 3rd prize £25 - Marie, Bolton ticket No. 275

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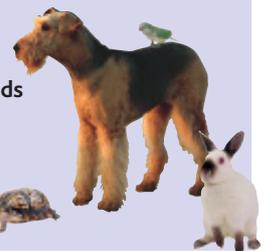
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