

For people and their pets
Endeavour
 End domestic abuse!



Paw Prints

The newsletter for Friends of Paws for Kids Vol: 21 Issue 6 Summer 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

After 21 years of dedicated service, 'our Carole' is standing down

Some of you have known me for over 20 years, and others for only a few months, but hopefully you will all know that I don't take any decisions lightly where domestic abuse and Endeavour is concerned. Having reached 'a certain age' quite some time ago, I thought long and hard earlier this year, and made a decision to retire at the end of September.

Endeavour and the Board of Trustees are the strongest they have ever been, and I feel that this is the right time for the charity and myself to pass the reins to a new person. For 21 years I have tirelessly put people and their pets at the heart of everything we do, and needless to say, if I were 21 again, I would be continuing this great journey.

For 2019 / 2020 there are exciting plans in the pipeline. The new Chief Officer starts in September, and with the Trustees, she is committed to taking Endeavour onwards, from strength to strength.

It seems a long time ago since starting the service on my kitchen table with a 'borrowed' word processor and £73 in the bank! Today Endeavour runs five bespoke domestic abuse projects across Bolton and the North West, providing support and advocacy to empower people and their pets to live lives free from domestic abuse. We call it our 'Whole life Approach', whatever stage you are at - experiencing abuse, contemplating leaving, or having left and struggling in your own home - Endeavour can support you.

Domestic abuse can be a distressing and serious subject for individuals and for society, however there are memories from the early days that I will always look back on and smile. When I first started the Pets Service I had no professional experience of animal handling other than my own dog and cats and quickly had to learn. I once turned up at a vets looking like a Smurf in a full CSI type coverall suit - with a dog that had mange - only to be told it was non-contagious and couldn't be passed on to humans. I also had to build a mobile piranha transporter for 4 red-bellied piranha - who very quickly bit through the net I was trying to catch them with - lesson learned. Always catch piranha tail first! Or the time I kept a python warm under my fleece because his owner's electricity had been cut off and his vivarium was cold. Oh! What fun. No matter how large we grow or how the service adapts to change, the safety of people and their pets will always be at the heart of everything we do.

It has been a privilege to be part of Paws for Kids / Endeavour's Journey... Goodbye from

Carole

The Mayor's visit

On the 2nd July, all at Endeavour were delighted to welcome the Worshipful Mayor of Bolton, Hilary Fairclough, to join us at our weekly Believe & Achieve Group. This group is for women who are ready to take the next steps, with a view to improving resilience and making changes in their personal journeys.

This is the second group of women who have completed this 16-week course and now have the possibility of going on to volunteering or



The Mayor with graduates of the Believe & Achieve Group, and 'Our Carole' - not one to miss a photo opportunity.

becoming a peer supporter at Endeavour. The Mayor presented them with their 2019 graduation certificates and joined us for tea and cake after speaking at length to the group on their experiences of domestic abuse support in Bolton.

The mayor said; "We are delighted meet the team and are surprised at the amount of services offered by Endeavour Project - it is great to hear these stories first hand from these amazing women. We look forward to our next visit, and have extended an invitation to the Believe and Achieve group to visit the Mayor's Chambers".

Endeavour are delighted to be named as one of the 59 finalists who will be competing in this year's E3 Business Awards. There are 14 award categories and we are one of five North West Charities in the 'charity of the year' category.

In June we spent an afternoon with the judging panel at the Last Drop Village Conference Centre alongside businesses and social enterprises from across the region all who are achieving amazing things, The results will be announced at the Awards dinner, which will take place on Thursday 11th July in the Premier Suite at the University of Bolton Stadium.



A brand new innovative project for young people is starting up at Endeavour and will be run by our new Young Person's Development Worker, Kirstie Humphries.

This is an exciting development opportunity for young people to create, implement, run and sustain a young persons panel which will inform and influence the Endeavour service development plans, as well as provide the chance to review other local services. This will include representatives from all backgrounds, with special consideration of those who have been victims or have known victims of domestic abuse, and representatives of LGBT, BME and other minority groups.



If this is something you would be interested in, please email:
Kirstie.humphries@endeavourproject.org.uk

The Greater Manchester Run

The Greater Manchester Run took place on Sunday 18th May - it is the UK's biggest and best 10k. This year's event hosted 40,000+ people and has an enormously wide appeal, attracting everyone, from elite runners and celebs - and even this year 'Team Endeavour'.

We were proud to have a team of 10 runners, including supporters from Fielding Porter Solicitors and Queens Park Vets. Endeavour team members Nicola and Kirstie ran along with other Endeavour supporters raising much needed funds for the project.

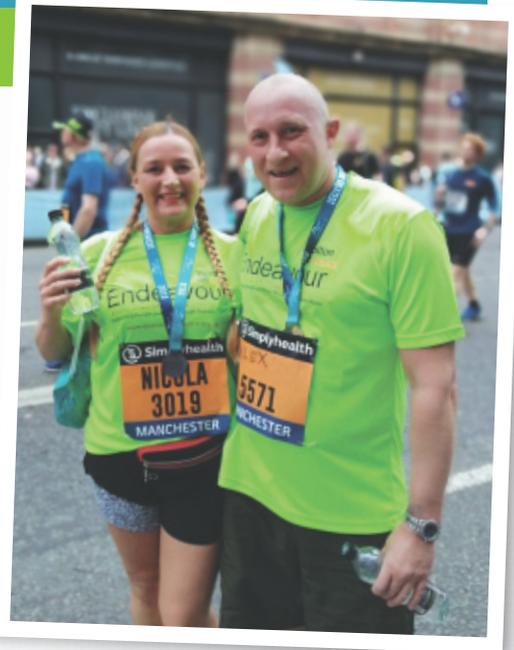
Team Endeavour also raised awareness by wearing their fluorescent green running vests sponsored by Bolton at Home - Bolton's largest social housing provider, Our runners couldn't be missed and were also easy to spot on the TV coverage - thank you, you are all stars and really deserved your medals.

The team managed to raise a magnificent £2,000 from sponsors and donations, while

a further £667 is eligible for claiming back from Gift Aid - thank you Mr Tax Man. One of our fantastic runners of course, was Independent Domestic Violence Advocate, Nicola Unsworth.

Nicola said; "The atmosphere was fantastic the crowd really cheered us on - it was a fantastic day for a fantastic charity, and I know through the advocacy work I do, all the funds raised by all runners will really make a big difference to the lives of people and their pets supported by Endeavour".

Many thanks to all runners and their sponsors for your kind donations - your support is valued and appreciated.



L-R: Nicola Unsworth, Endeavour's Independent Domestic Violence Advocate, together with supporter Alex Heponstall.

WOMAN



When I was born, a woman was there to hold me - My Mother

As I grew up as a child, a woman was there to care and play with me - My Sister

When I went to school, a woman was there to help me learn- My Teacher

When I became depressed, a woman was there to offer a shoulder to cry on - My Girlfriend

When I need company and love, a woman will be there for me - My Wife

When I become tough, a woman will be there to melt my heart - My Daughter

When I die, a woman will be there to absorb me in the Motherland

If you are a true Man - value every Woman

Don't Molest

Don't Abuse her

Don't rape her

Respect them

Love them

Honour them all

A Woman gave you life and love

Written by Ivy, a survivor, who Endeavour's outreach worker Sharon, has been privileged to help on her journey.

Finn's Law to protect police dogs and horses

Police dogs and horses are to get better protection from attack as a new law named after a hero police dog comes into force.

Finn's Law - officially called the Animal Welfare (Service Animal's) Bill - is named after a German shepherd police dog who was brutally stabbed as he protected his handler from a suspect with a knife. The law means self-defense cannot be used as line of argument in court. The legislation will be coupled with government plans to increase maximum sentences for animal cruelty offences to five years in prison.

The Department for Environment Food and Rural Affairs said the laws will make sure those who harm service animals are punished accordingly. PC Dave Wardell, Finn's handler, said the now retired dog saved his life when a robbery suspect they were chasing attacked them with a knife in 2016.

Despite being stabbed in the chest and head, Finn did not let go of the suspect until reinforcements arrived, and it was feared he would not survive the attack.



PC Wardell and Finn also managed to reach the final of this year's Britain's Got Talent with their mind-reading act, but lost to Chelsea Pensioner Colin Thackeray.



The suspect was charged with ABH for wounding PC Wardell's hand but he faced only criminal damage charges over the injuries to Finn.

PC Wardell said: "The last two-and-a-half years have been quite a journey of discovery for Finn and me. We decided that we just had to bring change to make sure our amazing service animals, including police dogs and horses, had protection in law. We wanted to bring as much positive from that one negative as we could".

There is split opinion as to whether animals should be used in this way, however this law will give service animals the protection they deserve as they support humans in occupations that keep us safe. At Endeavour we are committed to ensuring the safety of people and animals and the care and protection of animals is at the heart of everything we do.

Domestic abuse survivors 'more at risk of serious mental illness'

In June the BBC reported on the research done by Birmingham University that highlighted that women who experience domestic abuse are three times more likely to develop a serious mental illness. They are also twice as likely to have had some form of mental illness already including depression, anxiety, eating disorders and self-harm.

The study was based on 18,547 women who had told their GP of domestic abuse they had experienced. They were followed up over a number of years and compared with a group of more than 74,000 women of a similar age who had no experience of domestic abuse. Experts said opportunities were being missed to detect abuse and support vulnerable women.

Dr. Joht Singh Chandan, lead author and academic clinical fellow in public health at the University of Birmingham, said the burden of mental illness caused by domestic abuse in the UK could be much higher than previously thought. "Considering how common domestic abuse is, it is important to understand how strongly the two are connected and consider whether there are possible opportunities to improve the lives of women affected by domestic abuse".

The report highlighted one woman who was abused by her partner. She told the BBC: "The domestic abuse I experienced changed me profoundly as a person. "I am generally sleep-deprived as a result of insomnia now. I seem to veer wildly between compulsive over- or under-eating".

"I'm much less trusting of others and try to keep people at a long arm's length which has sadly damaged countless friendships, many beyond repair". The first time she went to mental health services with these issues, she said she wasn't believed. Eventually, she was sectioned after being taken to A&E against her will.

The researchers' analysis, from 1995 to 2017, showed that nearly half of women who had gone to their family doctor with domestic abuse had some form of mental illness already diagnosed. The report found that domestic abuse survivors were twice as likely to develop anxiety and three times as likely to develop depression and eating disorders.

According to official crime figures, around 1 in 4 women experience domestic abuse during their lifetime. But this study, based on GP records, found that fewer than 1 in 100 women are affected, suggesting some degree of under-reporting. The research calls for better support for women with a background of domestic abuse to prevent mental illnesses developing.

Dr. Beena Rajkumar, from the Royal College of Psychiatrists, said domestic abuse had a "devastating impact" on mental health. "Screening and recording of domestic abuse needs to be a clear priority for public services so that more effective interventions for this group of vulnerable women can urgently be put in place".

At Endeavour we believe that domestic abuse is a serious public health and mental health problem. In Bolton, Endeavour works alongside Fortalice's IRIS practice educators who work with GPs in the area to identify risk and refer into services to improve the safety of those experiencing or at risk of domestic abuse.

We feel that the training of GPs and health professionals on domestic abuse awareness should be mandatory to ensure that health practitioners who see women with mental health problems know how to ask routinely about domestic abuse, and how to safely respond.

In 2018, 368 women and 14 men were referred as high risk to Endeavour's IDVA service - 187 of them have indicated that they saw improvements in their mental health after receiving appropriate bespoke support.

Collection boxes

We have had a fantastic response from businesses & individuals asking for collection boxes since Angela's appeal in the Spring Newsletter. Fourteen of our smart new boxes are now placed across Bolton / Northwest.

Thank you:

Ronnie - Windowworld - Chorley
Pet Crematorium - Leyland
Redscar Funeral Home - Preston

And the following Bolton based companies:

Fielding Porter Solicitors
Unique Ladies
Full Circle IT Solutions
Pet Supply Direct
Queens Park Veterinary practice
Wescott - Middlebrook
Cowgills Accountants
Wag a Woofs
Alex - Plodder Lane Pets
Minty - Work Of Heart - Horwich
Happy Feeds

We have more collection boxes available - Angela Gray will be happy to help if you would like one for your business or office. Contact Angela by ringing our office or by email: fundraising@endeavourproject.org.uk



L-R: Angela Gray, Endeavour's Head of Fundraising welcomes Suzy Orr as a Corporate Ambassador.

Suzy Orr - Unique Ladies

We are delighted to announce Suzy Orr, founder of Unique Ladies, Bolton, as our first Corporate Ambassador in recognition of her support for Endeavour.

Unique Ladies is a group for any woman who runs her own business, works in business, or heads up a business, throughout the North West. The aim is to bring them together, to collaborate, motivate, uplift and empower each other. Suzy and Unique Ladies support Endeavour's work in empowering women and their pets to live lives free from abuse. Thank you Suzy, you are a fantastic ambassador.

Wellbeing open day with PDSA

On 9th June, the Young People's Development worker, Kirstie, attended an open day organised by the PDSA at Gorton Monastery, Manchester to promote the new PDSA Pet Wellbeing Centre coming to Gorton. Visitors met experts and their animals, from a range of human and animal wellbeing organisations, and shared the fun with family activities and stalls. Kirstie gave out details on becoming a volunteer pet foster carer, raising both the profile of our services, and a magnificent £100 with her fabulous 'Teddy Tombola'.



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. Just £4 per month gives you 4 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.

APRIL

- 1st prize £150 - Anita, Horwich ticket No. 71
- 2nd prize £50 - Liz, Wigan ticket No. 316
- 3rd prize £25 - Linda, Bolton ticket No. 259

MAY

- 1st prize £150 - Emma, Ashton-under-Lyne ticket No. 295
- 2nd prize £50 - Rosalee, Oldham ticket No. 109
- 3rd prize £25 - Elizabeth, Horwich ticket No. 415

JUNE

- 1st prize £150 - Lee, Ashton-in-Makerfield ticket No. 279
- 2nd prize £50 - Pauline, Burnley ticket No. 331
- 3rd prize £25 - Jean, Ashton-in-Makerfield ticket No. 234

Bolton Community Kitchen donation

You may be surprised to read that Bolton Community Kitchen (BCK), Middleton, have supplied us with a fantastic donation of... not food, or kitchen essentials, but duvets!

BCK - a non-profit group of volunteers, who hand out food and clothes to the homeless, vulnerable and elderly people of Bolton, had a large quantity of new duvets donated to them from Comfy Quilts - a like-minded organisation who are passionate about combating homelessness. The families Endeavour work with often have to start a new home with very few possessions, and Young People's Project Workers Linda & Kirstie, were delighted to collect the duvets from Gareth Bradbury, a Community Kitchen volunteer. The duvets were handed out to families in need, and we now also have a supply for families in crisis. Thank you BCK and Comfy quilts, your support makes a big difference to the families we work with.



L-R: Linda and Kirstie (now of course being accused of sleeping on the job), with Gareth Bradbury.

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