

For people and their pets
Endeavour
 End domestic abuse!



Paw Prints

The newsletter for Friends of Paws for Kids Vol: 19 Issue 4 Winter/Jan 2017

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

Does that sit right with you? campaign

In the 16-Days of Action against gender violence, Endeavour took part in a Greater Manchester-wide campaign, 'Sitting Right with You'. Team members from Safe Haven and our Young Persons Service joined other domestic abuse services in Market Place, Bolton to listen to peoples' experiences and views on domestic abuse. People were encouraged to become comfortable talking about domestic abuse with the launch of this ground-breaking campaign.

The 'Sitting Right with You' campaign features a yellow sofa accompanied by challenging messages to get people thinking differently about what domestic abuse actually is, and encouraging victims to take that first step and ask for help.

One in three women and one in six men experience some form of domestic abuse, but it isn't only physical violence. Controlling what someone wears, their money, where they go, who they talk to is just as damaging and is abuse. Messages including "he checks my phone all the time", "she has control over my bank accounts", and "I can go out with friends when he says it's OK", encourage people to think and look differently about what makes a healthy relationship.

Domestic abuse has a devastating impact on the lives of victims and their families - tragically sometimes taking a life.



Councillor Burrows joins local support services to listen to peoples' views and personal experiences of domestic abuse.

The aim of the campaign is simply to encourage people to sit back and take a hard look at their own relationship or that of a loved one and, if it 'doesn't sit right with you' then feel empowered to take that first step to get advice and support.

At Endeavour we believe no one should live in fear - because being controlled, intimidated, isolated, threatened, physically or mentally hurt, or seeing your children live under a big cloud is no way to live.

Domestic abuse during the season of goodwill

This year, Linda our Young Person's Domestic Abuse Advisor reminded the people we work with to take extra care when receiving gifts from ex-partners or controlling partners.

Phones can be bugged with hidden spyware; abusers are even known to give toys to their former, or current partner's children that have voice-activated spyware installed in them to enable their private daily lives to be monitored. This kind of abuse usually increases in the run-up to Christmas when children are likely to visit an estranged parent.

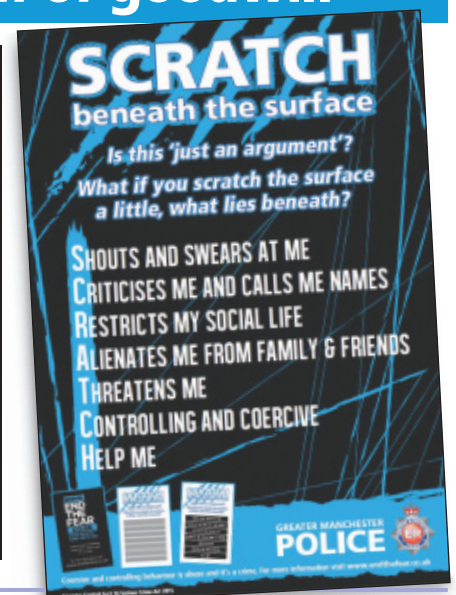
In Greater Manchester, a total of 714 people were arrested during a month-long crackdown on domestic abuse during December. Officers focused on domestic abuse offenders as part of a campaign named Operation Scratch. Members of the public had dummy scratch cards handed to them, and instead of appearing to reveal an instant cash prize, they listed various types of controlling behaviour.

Greater Manchester Police have also been raising awareness of domestic abuse by encouraging people to recognise the signs, not only in their own relationships but also in the relationships of friends and family.

GMP operation scratch poster

Endeavour work alongside the police all year round by supporting victims.

We believe that a re-focus on domestic abuse in December will have sent out a clear message that domestic abuse will not be tolerated under any circumstances and we will do everything that we can to ensure victims are kept safe.



Resolutions



If you've ever made a resolution, you know the real problem isn't making them, it's keeping them. This year, to increase your chance of success, consider your pets and include them in your resolutions! Here are the top 4 resolutions that will not only improve your health but your pet's health as well.

1. Spend less, save more

On a tighter budget this year? Consider auditing your pet expenditures. Taking your pet for an annual examination is a great way to spot any health concerns early on. You can also use this visit to ask your vet whether the cost of expensive premium label food is actually worth it.

In the meantime, be proactive and perform monthly at-home wellness screenings in the months between your pet's scheduled examinations. If your pet seems ill it's better to intervene early, when a more economical treatment may be available. Waiting may increase the chance that a condition will require a more expensive hospital stay or worse: It may be too late to intervene.

2. Reduce your stress

Stress in humans has been linked to many diseases, including obesity, depression, and heart disease. Fortunately, pet owners have an advantage. Studies show that petting a dog releases relaxation hormones, decreases stress hormones, and lowers your blood pressure. Another study found dog owners laugh more - which can be another powerful stress-buster.

3. Quit smoking

If you won't quit smoking for your own health, do it for your pet's. Exposure to tobacco smoke has been linked to nasal and lung cancer in dogs, and mouth cancer and lymphoma in cats. A smoky environment is particularly dangerous for cats because, when they're grooming, they lick up cancer-causing carcinogens that settle on their coats. Pet birds can also be affected due to their hypersensitive respiratory systems. Prolonged exposure can lead to eye and skin problems.

4. Get fit

The obesity epidemic expands beyond people: More than 50 percent of dogs and cats are overweight. Just as in humans, obesity in animals is linked to cancer, diabetes, heart disease, high blood pressure, osteoarthritis, respiratory problems, and decreased life expectancy (up to 14 years for people and up to 2.5 years for pets). Eating healthier food and exercising can help both you and your pet shed excess weight. Use measuring cups to make sure your pet is getting appropriate portions.

If you give them additional treats, decrease the amount you feed them at mealtimes. Healthy treat options include carrots, green beans, bananas and apples. Take at least a 10-minute walk with your dog or, if you and the dog are healthy enough, go for a longer walk or a jog instead.

Charting our performance in 2016

Endeavour provide an holistic approach to the provision of domestic abuse support. We work within Bolton's framework of a multi-agency approach to tackling domestic abuse and recognise the importance of a coordinated response providing services for women, men, vulnerable young adults, children and their pets escaping or recovering from domestic abuse.

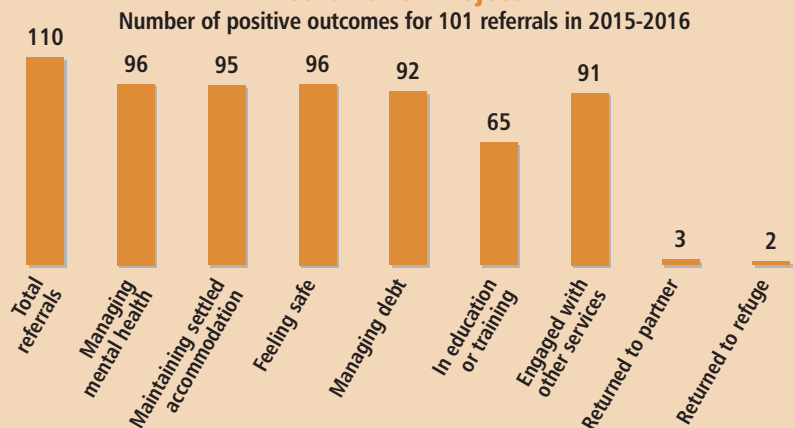
This year we have had a high rate of referrals and engagement for all our services. We have also introduced a new 'outcome focused' database so that we can evaluate the work we do and ensure that it is making a real difference to the lives of the people we work with.

In 2016 a total of 89 different people and their 75 pets used one or a combination of our services.

People and pets we have helped
1st April 2015 -
31st March 2016

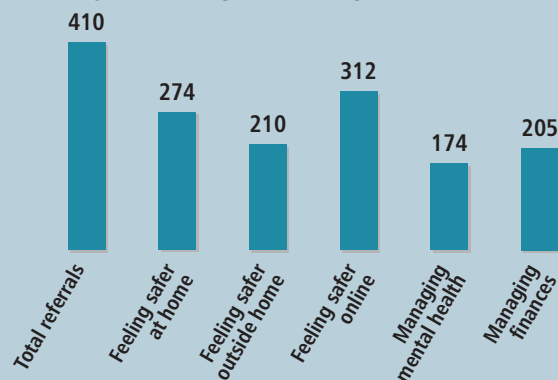
Women	47
Children	42
Dogs	38
Cats	34
Hamster	1
Snake	1
Guinea Pig	1
Total pets	75

Safe Haven Project



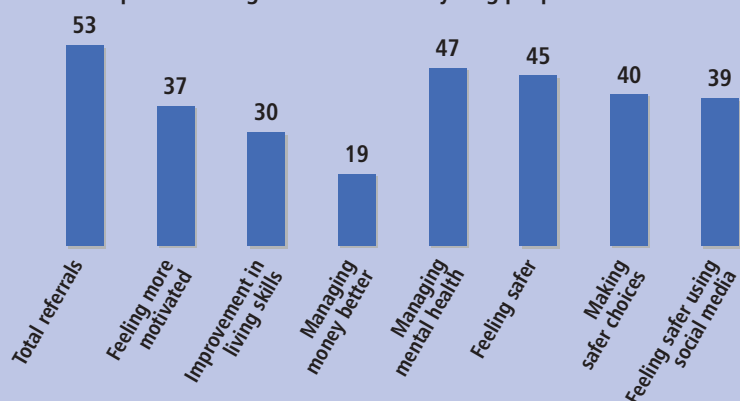
Independent Domestic Violence Advice Service

Number of positive changes for 410 high risk referrals in 2015-2016



Young Person's Domestic Violence Advice Service

Number of positive changes achieved for 53 young people referred in 2015-2016



Food for thought

As advertised in our last newsletter, we held the Annual Review of our work as part of Bolton's 16-Days of Action against gender-based violence. At Endeavour we recognise that domestic abuse also affects men and all our services accept referrals for male victims. The fact remains that though some perpetrators of domestic abuse and violence are female, a far higher percentage of abusers in any type of relationship are male.

The Government has now recognised that power and control underpins domestic abuse. The definition of domestic abuse has been widened to include the offence of controlling or coercive behaviour. On November 25th last year this was our theme for the Annual Review of our work.

Domestic abuse is a top priority with Bolton council; Endeavour strives to make sure that all victims, whether human or animal can receive support and care. We work hard all year round tackling domestic abuse, supporting people to get the right help to empower them to stay safe and we currently support 301 victims across our projects.

At the event we had our own 'yellow sofa' and welcomed Hajra Yaseen - Children's Services, Rafael Martinez - Community Safety, Councillor Burrows - Bolton Council and our Chairperson, Moira Jackson to participate in our own campaign around the words to popular songs, and whether some lyrics were OK, or not OK to say to anyone...

Every breath you take, Every move you make, Every bond you break, Every step you take, I'll be watching you!

This is often chosen as a wedding song as many see it as a love song. The lyrics are very simple and there is no clever word play, but the underlying context is subtle. On repeated listens, the mood becomes more sinister as you realise that this love is of an obsessive nature. Every single day, every word you say, every game you play, every night you stay, I'll be watching you - we would suggest is stalking behaviour.

Baby, it's cold outside. Her - "I really can't stay, I've got to go away, This evening has been so very nice, My mother will start to worry, my father will be pacing the floor". Him - "But baby its cold outside, Why don't you see - how can you do this thing to me? Think of my long sorrow if you caught pneumonia and died, Baby its cold outside!"

This is a song very much about power, control and consent. Coercive behaviour is prevalent throughout - he is controlling her moves and



Councillor Burrows - Bolton Council



Hajra Yaseen - Children's Services



Moira Jackson - Endeavour Chair



Rafael Martinez - Community Safety

thoughts. Over the past few years, "Baby its Cold Outside" has come under scrutiny as an example of rape culture. The woman is politely trying to leave the house while the man cajoles her to stay and "not hold out". The female singer even goes so far as to question what he put in her drink. Every thought she has he overrides and gives her a reason why she shouldn't do something - and in the end she stays, even though she is worried and concerned about her family worrying.

Other songs we played were 'Delilah', 'Jealous Guy' and the Doris Day song 'A Guy is a Guy'. We have grown up with, sung and hummed to these songs and this is how domestic abuse and violence becomes embedded in our society. Finding music that has a relation to power and control for the day wasn't difficult, and both new and old songs have this theme. Music is a powerful tool because it acts on the subconsciousness more effectively than most other mediums. Agencies and individuals who attended told us they found the day to be both interesting and thought provoking!

Financial statement 2016

As Charity Treasurer throughout the year I have the task of sitting down with Carole to eke out funds to ensure all four projects have the funds necessary to continue to deliver their valuable work. You will see from the 'snap-shot' of statistics on the previous page that we have been successful at delivery and development of Endeavour to continue to meet the needs of all women, men, children and pets needing our services.

The main sources of funding for 2016 came from:

- The Big Lottery • Adult Services - Bolton Council • The Home Office
- Bolton Community Safety • Lloyds Bank Foundation
- Impact Readiness Fund

This combination of funding has wholly funded the Safe Haven Project, YPDVA and IDVA Service and partly funded Pet Fostering Service in 2016. Additional funds towards the continued running of the Pet Fostering Service have been raised from:

- IFAW • Jean Sainsbury Animal Welfare Trust
- The JA & F Smith Animal Charity Fund - Bolton Guild of Help
- EasyFundraising.org.uk • On-line donations via JustGiving
- Two legacies were also received

The monthly 50/50 Club draws and donations also help fund the Pet Fostering Service. In 2015-16 we raised £15,156.04 from these sources. We believe it is essential that the Pets Service continues and we hope that the combination of small grants, gifts, donations and fundraising will help secure the future of the Pet Fostering Service.

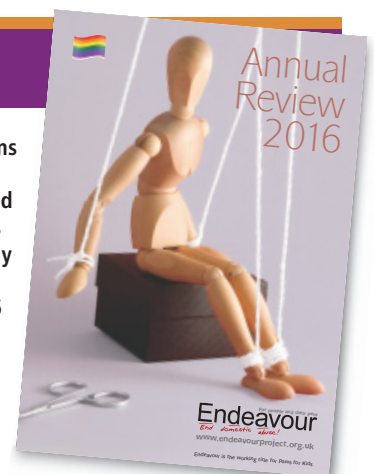
We also continue to receive donations from supporters as a result of Paws for Kids' publicity about its work, and through the Friends of Paws for Kids scheme. Friends receive this quarterly newsletter with updates and news of the charity's work. In the 2015-16 financial years, Paws for Kids were also able to claim back £5,848.42 via Gift Aid on eligible donations.

We have also been able to utilise on-line donations via the 'Just Giving' website and the addition of a 'Donate' button on Paws for Kids website. We have raised £3,283.00 with online giving in 2015-16

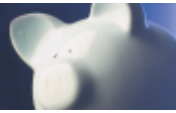
For the coming financial year 2016-17, funding has been secured to fully fund the IDVA service and part fund the Safe Haven Project; however further funding still needs to be secured for fully funding Safe Haven Project and the continuation of the Pet Fostering Service, and to further develop the YPDVA service.

At the end of this financial year we have funds in reserve, held to ensure the continued running of the charity and the development of Endeavour.

Jean Thompson Treasurer



Visit www.endeavourproject.org.uk and download your copy of the 2016 Annual Review



A lot of organisations wind down for Christmas, at Endeavour we get busier! We always aim to ensure that every child and survivor receives a gift, have food and safe accommodation. Christmas week was very busy with people in dangerous situations needing our help. Once again Endeavour staff team pulled out all the stops, stayed late and worked extra hard to ensure everyone had a safe Christmas.

December saw a steady stream of parcels delivered to our offices; once again we have been truly amazed and heartened by the generosity of local businesses, charities and individuals. Urban Outreach provided 'Christmas Dinner on Jesus' hampers for the families we work with who were most in need this Christmas. They contained all that was needed for a Christmas meal including extra treats like crackers and chocolates which helps make Christmas so enjoyable.



Rob Lord - Cowgill Holloway together with Safe Haven worker Lisa Ricketts.

A big thank you also goes to the many individuals who helped Santa out by providing gifts and food - you know who you are. With all of your help every one of our families received presents to help make their Christmas a happier time. Your support and generosity is truly appreciated.



Terence Dunning and Claire Simm - Spirit of Trust.

Horwich 'Spirit of Trust', Bolton Lions and 'Wipe your Tears' continued their support and made Christmas extra special by providing a special gift for every child referred to the Safe Haven Project and IDVA Service.

A special thank you goes to Accountants Cowgill Holloway, who once again donated generously by bringing a large amount of presents to the office. We would also like to thank Cowgill's longstanding customer Mark Hawthorn and his team at Bolton-based Landmark Investments for their extremely generous cash donation.



L-R: Michelle Morris, Wendy Hutchins - Wipe your Tears, 'Our Carole' and Lisa Ricketts - Safe Haven.

Joining the 50/50 Club not only gives you the opportunity of winning a cash prize (better odds than the National Lottery) but 50% of all funds raised goes back into the service. The more numbers bought by supporters means larger cash prizes plus financial security for the Pets Service, so it's win-win all round.

Standing Order forms are available by ringing the Endeavour office on 01204 394842 or by downloading a form via the website www.endeavourproject.org.uk

Prize Draw Winners

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 three 50/50 Club draws in 2016.

October: First prize £150

Jane Boast - Horwich
ticket No. 19

2nd prize £50

Hannah Davidson - Leyland
ticket No. 412

3rd prize £25

Adele Stretch - Rochdale
ticket No. 119

November: First prize £150

Paulette Tierney - St Annes
ticket No. 304

2nd prize £50

John Morson - Bolton
ticket No. 253

3rd prize £25

Sheila Ramsdale - Wigan
ticket No. 271

December: First prize £150

Helen Channon - Lancaster
ticket No. 185

2nd prize £50

Gail Wilson - Bolton
ticket No. 327

3rd prize £25

Tracey Dewe - Accrington
ticket No. 401

All tickets drawn by Lisa Ricketts - Safe Haven Project.



Get your newsletter by email If you have access to a computer, why not help us save money on postage, printing and envelopes by receiving your copy of Paw Prints as a pdf to read on screen or print out yourself? To be added to the list email carole@endeavourproject.org.uk

How to contact us

Post Endeavour, 26 Chorley New Road,
Bolton BL1 4AP

Telephone Monday - Friday 10am - 5pm

Tel: **01204 394842**

E-mail addresses

petfostering@endeavourproject.org.uk

safehaven@endeavourproject.org.uk

idva@endeavourproject.org.uk

Website

www.endeavourproject.org.uk

facebook

[Facebook.com/PawsforKids](https://www.facebook.com/PawsforKids)

twitter

[pawsofficial](https://twitter.com/pawsofficial)



Paws for Kids is supported by:

