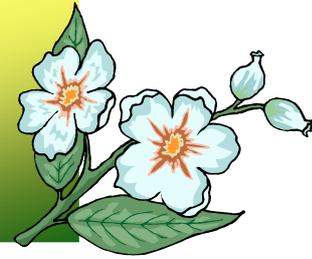


# Pathway Project



## EDITORIAL

### Minority Rule

A perfect example of minority rule is the baby in the house. Having a child changes your whole life and the dynamics of the family, forever.

If someone is trying to bring up a child, or children on their own, they will know how difficult the job of being a single parent can be. Loneliness is their daily life at times. They can't go out at night without spending hours trying to organise child care. They have to face the difficult decisions about their children on their own. When they are worried, they have no-one to share the concerns with.

Now add to that mix the trauma of having lived in an abusive relationship, and knowing that their child is hurt, confused or angry because of what is happening. They may have had to leave their partner and their child might be blaming them for the losses they are experiencing. They may have lost friends, grandparents, toys, pets and of course their other parent.

We would like to encourage those parents. This is a phase of their life, a season. Fortunately, seasons pass and time is a great healer. They have given their child or children a really important message that abuse is never acceptable. They haven't accepted it and neither should their children. They can help them to see what a warm, loving family looks like. It isn't easy but it is possible.

Sometimes children have a lot of feelings that they can't share with the parent. They know the pain that mum is going through, and don't want to talk about something that will make her cry and hurt her. They may have feelings of anger towards Mum, that they need to share with someone who can be objective.

It is vital that Mums maintain the parental role. When they are feeling very vulnerable and not able to assert themselves, and they want to make their child feel better, it is easy to start to let them take

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over and make the decisions. This is particularly the case with teenagers. It is doing them no favours to allow this to happen. Mums need to stay in charge. In the end it will make the children feel safer knowing that there are clear boundaries.

We recognise the difficulties that all of these situations can create. That is why Pathway Project is so proud of its children's services. Sadly our funding for the work with children has decreased this year, and we lost both our Parenting Service and our Action Kids programme. Thanks to an anonymous donation we are able to re-start Action Kids from September. In the meantime we still have workers who will help by offering parenting advice and support, and being a listening ear for the children. If necessary, we have links to other organisations who can also offer help and support. Being a parent is hard, being a single parent is even harder and finding help and support is vital.

To ask for help please ring the 24 hour helpline. They will help to put you in touch with a Children's Worker and will talk to you about what we may be able to do to help.

Kathy Coe - Director



# Pathway People

## BEAT

You always used to say that you wouldn't let anyone hurt us,  
But the only one that hurt us was you.  
You and your family, how you love to control, "Now do as you're told!"  
I thought it was normal, just struggling to get through each day,  
How I wanted us to work. I prayed that you would change,  
But this way you will stay.

You don't know any different, it's the way you've been brought up.  
I've tried to forgive; I've cried but still tried to forget,  
But my heart you broke.  
I no longer felt love when those three words you spoke,  
Oh how I've cried, thought it was all me,  
But now I realise that's how you wanted it to be.

I used to be so scared to see that glint in your eye,  
That smirk on your face,  
You knew I would flinch,  
You knew I would jump,  
Yet you still had to hit,  
You still had to thump.  
I didn't ask for much, just wanted to be happy,  
"Please, please don't hit me and please be a proper Daddy".

Do you know just how much you have hurt me?  
The bruises soon went away, yet your cruel words will forever stay.

I'm struggling to understand; if you ever loved me,  
Why did you ever raise your hand?  
I put up with it for so long,  
You were so cocky you believed we would always stay around.

I told you I would go, yet I really believed that you would see,  
What a beautiful family you had in us three.

But now we are gone and there is no turning back,  
true we have nothing, only the clothes on our back.  
But we have each other and you can't BEAT that.

*(Ex-resident)*



Congratulations to Kathy Coe, pictured above with Alesha Dixon, for winning runner-up at the Avon Empowering Women Awards. For her prize Kathy enjoyed afternoon tea at Claridges, London



## WELCOME

**Harprit Mehat**

- Independent Sexual Violence Advisor

**Natalie Barlow**

- Independent Domestic Violence Advisor

**Helen Stretton**

- Floating Support Worker

# Pathway Away Day



I have always loved butterflies. I am not sure if I just don't notice them as much, or if we've damaged the environment and there are less of them now, but I don't seem to see as many, or the variety that I remember from when I was a young girl.

There is something inspiring about the life cycle of a butterfly, and their journey from being a caterpillar to becoming a butterfly. To go from crawling on a leaf and looking a bit slug like and let's face it, not very appealing, to the dramatic and beautiful flying creature, is somehow quite magical.

Life can change like that and sometimes the more limited your life is the more dramatic will be the difference when you find a way to change your life.

Every year we have a theme for our Away Day. We invite service users, staff, and volunteers, together with colleagues from other agencies and our own trustees, and we share ideas, experiences and fun for a day. (We try to incorporate chocolates and cakes too). This year was no different. We had a room full of creative, inspiring and very courageous women, and a couple of inspiring men too who contribute to our work.

The thing about changing your life is that it doesn't really matter when you decide to do it. It's never too early and it's definitely never too late. We had a wide range of ideas about what we should be aiming to do, from a very diverse group of people. Definitely food for thought for our future plans.

I have picked out some key answers that we had to our questions:

Asked what they need at this point in their journey they replied, somewhere safe to live, someone to talk to, chocolate, floating support, help with forms, group work, interventions, knowing they are not alone, access to other

agencies, help with moving forward and peace. They also rated very highly, being listened to and believed, being safe, practical help with housing, debts and benefits, peer support, help for children and having goals, legal advice, volunteering and a new start.

Asked what inspires them they said, the strength they gain, seeing people come out the other side, themselves, others, children, and knowing today will not be as bad as other days they have lived through. Also being encouraged by the success of others, their own successes, even the little ones, the kindness of strangers and their family and mums. Their faith and the chance to change and to shine were very important. They recognised that they could have been killed if they hadn't escaped.

Asked what they would say to other women in this situation they told us:

'You are never alone'

'You hold your children's future in your hands'

'Stop feeling ashamed, it's not your fault'

'Learn to love yourself'

'Don't take the blame, it's not your fault'

'The future is brighter'

'You are priceless, it's a new beginning'

'Did you enjoy his pint'

'What do you feel when you hear his key in the door'



# Twin Towns - Same Experiences



On 24 May the Hope Centre was delighted to welcome a delegation of women from Lichfield's twin town, Limburg in Germany. The visitors were shown around the centre, and the teams swapped resources, ideas and working practices.

Domestic abuse is a problem worldwide so we were not surprised to hear about the way that they work and the number of people that they support. What did surprise us a little was that they are having the same sort of issues with increased use of drugs and alcohol, and the sharp increase in women with mental health issues. It was very interesting to discuss the ways in which they are tackling these.

We were pleased to hear that they receive funding from local fines for things like parking. The money really is 'recycled' into the local community. Maybe an idea for us to look into! Their work is quite similar focusing on safe accommodation and counselling for women. It was difficult to be very detailed due to the language difference but their English was far superior to my German.

The visitors were taken to a number of projects during their short stay and I am sure that they learned some interesting facts and enjoyed their visit. I believe that we found a very special connection through our work and shared experiences. Sabine Ungerheuer, the manager of their Frauenhaus (Women's Refuge), was keen to share some ideas for the next International Women's Day. We would love to be able to do a shared campaign or awareness raising event, running simultaneously in our two countries. We will report back on any further projects that we are able to work together on.

Many thanks to Jenny Crosby, from Lichfield District Council, and her team of helpers who arranged the visit.



## Zufluchtsort für Frauen seit 25 Jahren

### Frauenhaus feiert Jubiläum

**Für Frauen, die zuhause physisch oder psychisch misshandelt werden, ist das Frauenhaus häufig die letzte Zufluchtsstätte. Die Einrichtung in Limburg feiert ihr 25-jähriges Bestehen.**

Limburg. Notfälle halten sich nicht an Uhrzeiten. Sie können immer passieren – auch nachts. „Und dass dann immer jemand da ist, dafür kann gar nicht genug gedankt werden“, sagte Karin Bernhauer von der Opferhilfe Limburg-Weilburg bei der Jubiläumsfeier des Frauenhauses. Erst vor wenigen Tagen habe sie wieder einmal um halb eins in der Früh im Frauenhaus angerufen. Ihre Klientin sei sofort aufgenommen worden.

„Insgesamt 24 Plätze hat die Einrichtung in der Stadt“, sagte Simone Hilpisch vom Frauenhaus-Team. Und wenn der Bedarf größer ist, werden die Frauen in anderen Häusern untergebracht. „Wir sind mittlerweile sehr gut vernetzt mit anderen Einrichtungen in der Region.“ Dabei ist das Frauenhaus in Limburg vor 25 Jahren mit einer sehr bescheidenen Ausstattung gestartet: Die Möbel waren gespendet und die Mitarbeiterinnen auf ehrenamtlicher Basis engagiert worden.

#### Hohes Ansehen

In dieser Hinsicht habe sich zwar viel verändert, sagte Landrat Manfred Michel (CDU): physisch oder psychisch misshandelte Frauen könnten sich im Schutz der Einrichtung sicher fühlen und neue Perspektiven entwickeln. Dennoch: Das Phänomen der häuslichen Gewalt gegen Frauen sei geblieben.

Positiv zu bewerten sei dabei allenfalls die Enttabuisierung dieses Themas, gab der Erste Stadtrat Michael Stanke (CDU) zu bedenken. „Die Anwesenheit so vieler Mandatsträger bei dieser Feier zeigt Ihnen, wie hoch Ansehen und Anerkennung Ihrer Arbeit sind“, sagte er den Mitarbeiterinnen.

#### Die Hoffnung bleibt

Stolz, Mut und Freude über die langjährige Arbeit mischten sich an diesem Tag mit tiefer Nachdenklichkeit, betonte Sabine Ungerheuer vom Frauenhaus-Team. Und ihre Kollegin Annette Geis stellte realistisch fest: Trotz des kritischen Einmischens in politische und gesellschaftliche Entwicklungen, habe die Gewalt gegen Frauen nicht aufgehört: „Das zu glauben, war eine Utopie.“ Was aber bleibt, ist die Hoffnung, diese Gewalt – irgendwann einmal – nur noch als Randerscheinung zu erleben.

Die Gewalt gegen Frauen hat sich verändert, sagte Frauenhaus-Mitarbeiterin Simone Hilpisch. „Wir haben es heute oft mit multiplen Problemstellungen zu tun.“ Zu physischer und psychischer Gewaltanwendung kommen häufig auch finanzielle Probleme hinzu.

Zudem seien oft Kinder in die Auseinandersetzungen involviert. Die Erfahrung zeige, dass etwa 50 Prozent der Kinder, die mit ihren Müttern ins Frauenhaus fliehen, die gewalttätigen Streitereien mit ansehen mussten. Die Arbeit mit diesen Kindern sei somit ein äußerst wichtiger Beitrag bei der Unterstützung der Frauen, betonte Simone Hilpisch. *abv*



Das Frauenhaus-Team von heute mit zwei Gründungsmitgliedern: (von links) Birgit Burghardt, Sabine Ungerheuer, Simone Hilpisch, Brigitte Herrmann, Brunhilde Schmid-Müllers und Annette Geis. Foto: abv

# The Real Man Campaign

16th September  
2011

What makes a real man? Is it the guy with the suit and the briefcase who looks really important? Or is it the traffic warden, looking like he's waiting to pounce the second you are parked for a minute over your time. Or is it the footballer who earns massive amounts of money? I guess we would all have our own ideas of what makes a real man.

For all of us at Pathway, the Women's Aid Real Man Campaign has it spot on.

A 'real man' doesn't hit, abuse or control  
A 'real man' doesn't hurt the ones he loves  
A 'real man' makes a difference

We really liked the campaign and so we decided that we would do something to promote it in Lichfield and Tamworth.

The idea got a little bigger when we decided that it would be a good idea to do it as an Alliance event with our partners Arch and Women's Aid. It got even bigger still when we decided to hold events in Stoke and Stafford as well as in Pathway's areas. Then there was the idea of travelling the county in an open topped double decker bus. We could travel a 'journey' which symbolised the one travelled by people suffering domestic abuse. Just when we thought it was as big as it was going to be it exploded even further into Burntwood, Tamworth Childrens' Centres, Rugeley, Newcastle and Staffordshire Moorlands.

We are still collecting pledges. Port Vale FC have posed in the t-shirts for a photo shoot and the Fire and Rescue Service in Lichfield have also been involved. Members of the County Council are due to hold a meeting where County Cllr Robbie Marshall will be wearing his own t-shirt.

Pathway have persuaded Chasetown FC that they should pose too and we are taking photos in October of their team.

Women's Aid are hoping to collect 250,000 signatures to present to the government. On that day of our event we collected about 600 signatures and there were also many more from each of the other events. We are still collecting.

It's not too late to be a Real Man or a Fan of a Real Man. If you go to [www.realmancampaign.com](http://www.realmancampaign.com) and follow the link you can buy a t-shirt or sign the pledge. Why not do both and make a real difference. It really does create a talking point.

As for the fun we have had taking part in the campaign you only have to look at the photos.....



Staff from Greenhill Co-operative Pharmacy in Lichfield

# The RealMan Campaign

16th September 2011



Some of the Pathway team



The Young People's Council from Rugeley



Insp Jared White and PCSOs from Lichfield



Lichfield Fire and Rescue Service with Hayley Cliff and Katie Thornley from Pathway

## Then and Now

Ever wondered where all our old sayings come from. This might seem like a bit of a history lesson, but this little bit of information from the 1500s explains a lot of things about how we live today:

Getting married – the most popular time to get married was June because people took their annual bath in May and still smelled pretty good. However they were starting to smell which was why brides carried a bouquet of flowers to hide the body odour. And you thought it was about looking pretty didn't you?!



 Baths – no bathrooms! The bath was a big tub filled with hot water. The man of the house got the first bath in the nice clean water, then all the sons and men, and then the women and finally the children. Last of all the babies; by then the water was so dirty that you could actually lose someone in it. Hence the saying, don't throw the baby out with the bath water.

Houses had thatched roofs with thick straw piled high, and no wood underneath. It was the only place for the animals to get warm so all the cats, and other small animals (like mice and bugs) lived in the roof. When the straw got wet it became slippery and sometimes the animals would slip and fall off the roof. Yes, you've guessed it – hence the saying, it's raining cats and dogs.



 You might think that four poster canopy beds are a great luxury. They were actually necessary to stop everything that fell from the roof (like bugs and droppings) from landing on you in bed.

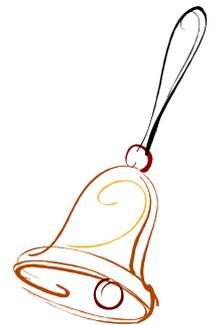


Although they mostly ate vegetables, they would sometimes obtain pork which was a real luxury. When visitors came over they would hang up their bacon to show off. It was a sign of wealth that a man could 'bring home the bacon'. They would cut off a little to share with the guests and would all sit around and 'chew the fat'.

They used lead cups to drink ale or whiskey. The combination would sometimes knock them out for a couple of days and someone walking along the road would take them for dead and prepare them for burial. They were laid out on the kitchen table for a couple of days and the family would gather around and eat and drink and wait and see if they would wake up. Hence the custom of holding a wake.



England is old and small and the local folks started running out of places to bury people. They took to digging up coffins and they would take the bones to a bone-house, and re-use the grave. When opening the coffins, 1 out of 25 was found to have scratch marks on the inside and they realised that they had been burying people alive. So they would tie a string on the wrist of the corpse, lead it through the coffin and up through the ground and tie it to a bell. Someone would have to sit outside in the graveyard all night (the graveyard shift) and listen for the bell. Thus, someone could be saved by the bell or was considered a dead ringer.



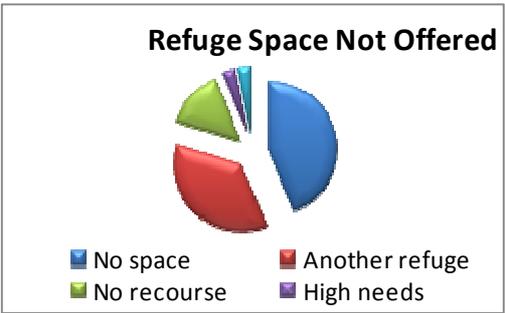
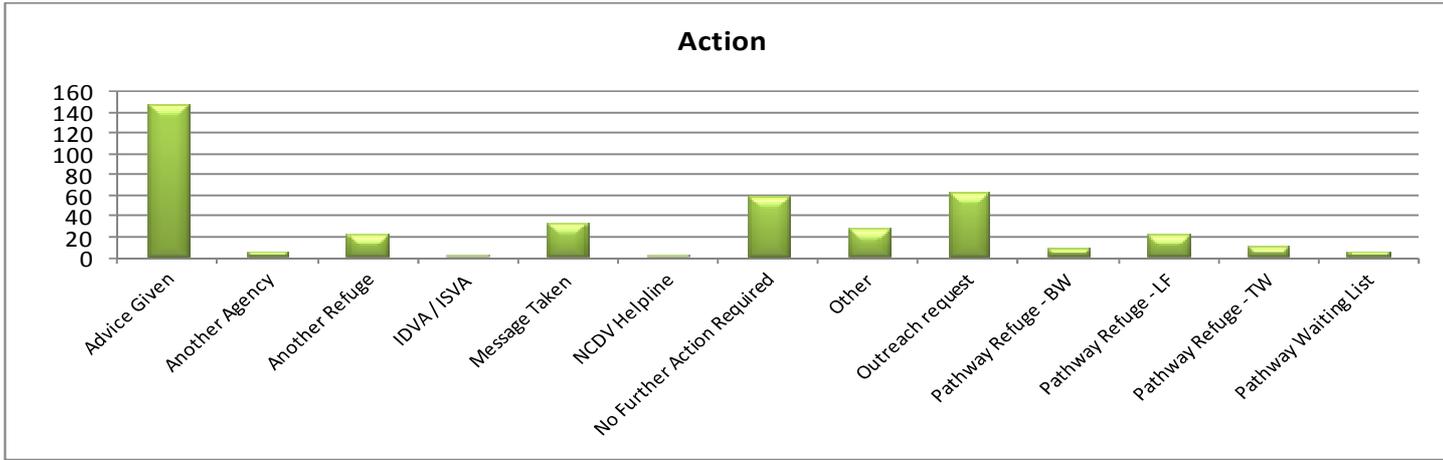
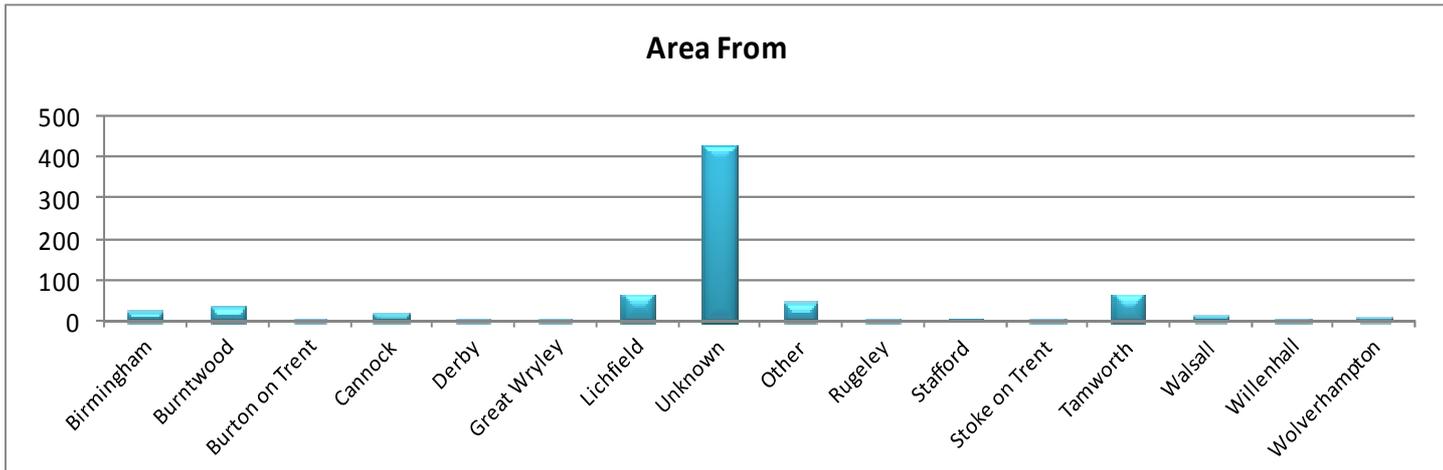
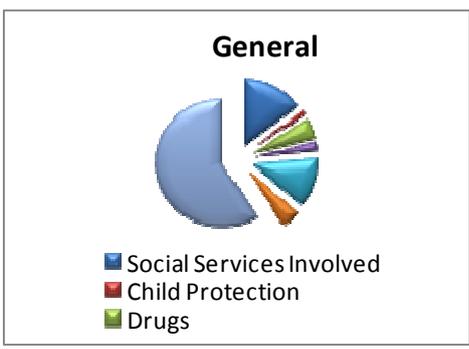
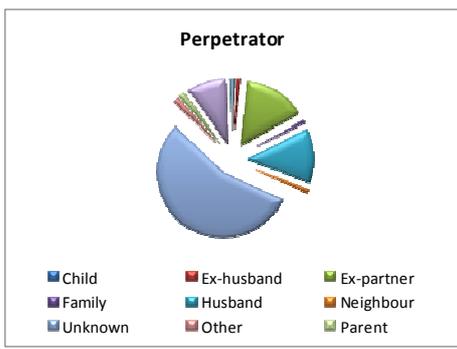
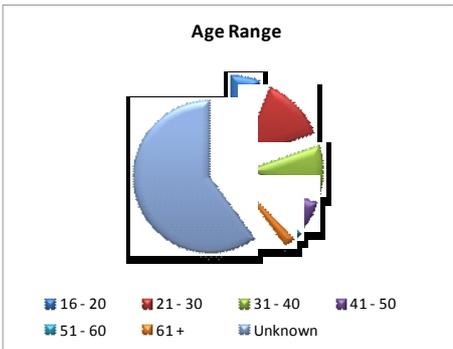


# Quarterly Statistics

**Quarter 1  
April to June 2011**

## HELPLINE STATISTICS

Total Number of calls: 410  
Number of Children: 290

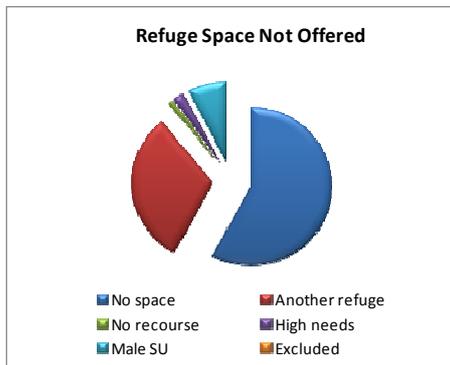
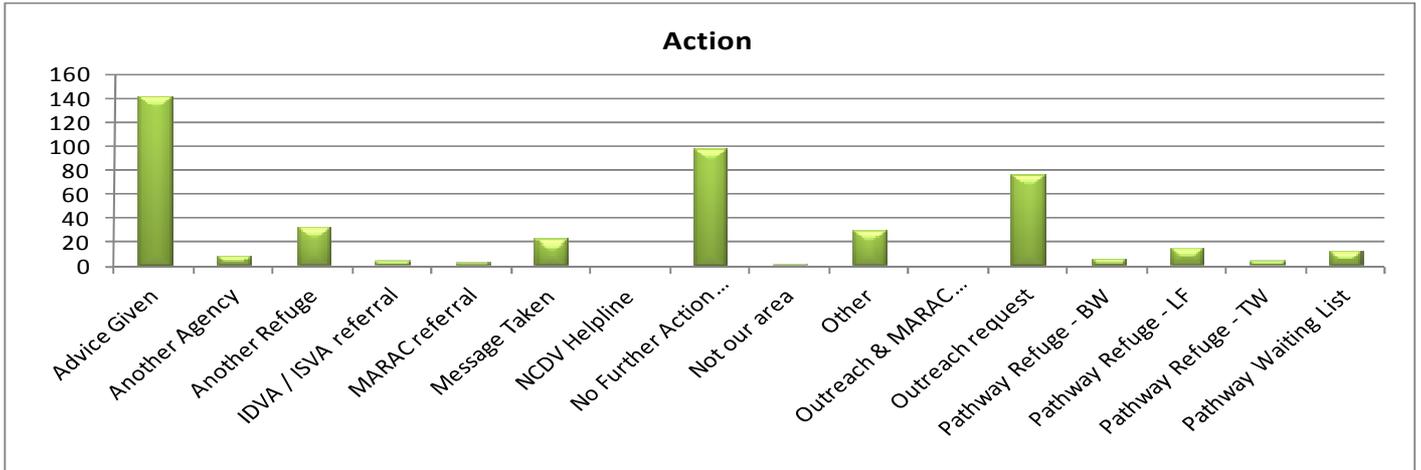
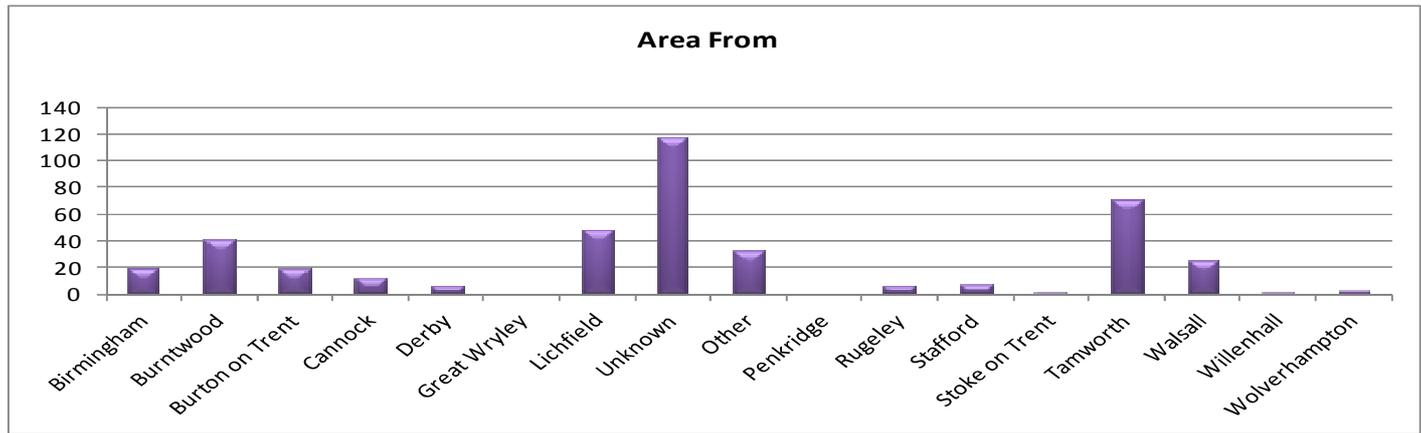
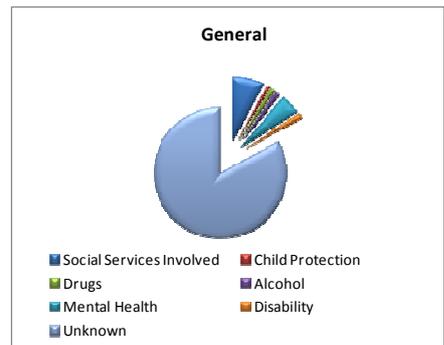
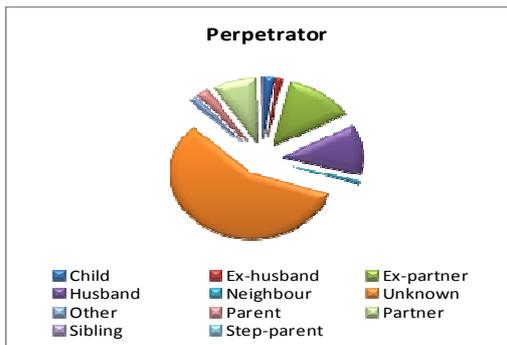
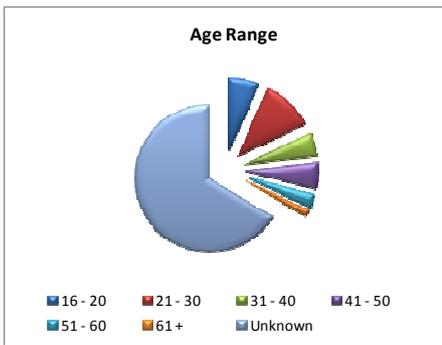


# Quarterly Statistics

**Quarter 2  
July to September 2011**

## HELPLINE STATISTICS

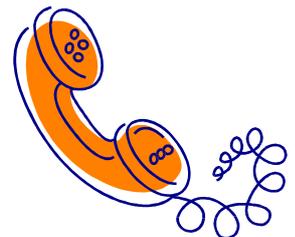
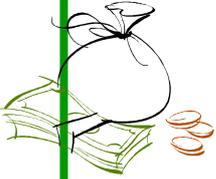
Total Number of calls: 455  
Number of Children: 270



# Prayer Diary



- Please pray for funding to be protected so that we can continue to provide the same level of service
- For children who struggle to cope in abusive homes, or with so many changes when they leave
- For women who have addictions as a result of their circumstances
- For trust, so badly broken, to be regained
- For forgiveness – for themselves and others
- For healing from the physical and the psychological scars of abuse
- For strength to get through the difficulties they face
- For faith and belief to know that there is a better tomorrow
- For wisdom and knowledge as they make life changing decisions
- For good health for both our service users and our staff
- For families to be loving and not inflict pain on each other
- For strength to let go of past hurts and be able to move on
- For peace and love in their hearts
- For joy and strength as they start to discover who they are and what they can aspire to be and do
- For families to be safely re-housed when they need to
- For financial stability and support to deal with debts and limited incomes
- For new relationships to be approached with wisdom and for them to be safe
- For all children living with abuse – to find someone safe to talk to
- For boldness in life – that people would feel free to enjoy life
- For people who need help to find our number and be able to access support



## 24hr Helpline - 01543 676800

PO Box 4168  
LICHFIELD  
WS13 8WY  
01543 261890

PO Box 41  
BURNTWOOD  
WS7 9YZ  
01543 686300

PO Box 11313  
TAMWORTH  
WB79 7WE  
01827 69154

Helpline Email: [talktoeve.pathway@virgin.net](mailto:talktoeve.pathway@virgin.net)

**BURNTWOOD  
PATHWAY  
PROJECT**



Turning Victims into Survivors

[www.pathway-project.co.uk](http://www.pathway-project.co.uk)