

Escaping Victimhood

Understanding the past. Embracing the future.



Escaping Victimhood
21 Ludlow Drive,
Thame,
OX9 3SX

11th August 2020

Dear Through Unity Families,

I hope many of you will remember me as a friend of Through Unity.

I worked with Hazel at Through Unity back in 2011 and 2012 and remained a volunteer until 2014, when I had to take some time out for personal reasons.

I am pleased to say that I am back and that I am now the Executive Officer of Escaping Victimhood. Escaping Victimhood works with people who have been affected by the trauma of serious crime, particularly those bereaved through homicide. One of the main things Escaping Victimhood does is deliver a 4-day workshop that enables families to understand the physical and emotional impact of trauma and to develop coping strategies.

Escaping Victimhood and Through Unity have a long history of working together, all the way back to 2007/2008, when both Escaping Victimhood and Through Unity were new charities. I worked with Escaping Victimhood to get them their first big grant and many people from Through Unity were the first people to go on the workshop.

When I work with Through Unity in 2011, we were hopeful that things were really changing for people bereaved through homicide. Lousie Casey wrote her report and I had a real sense Government was finally listening and resources were going to be given, so that robust services for people bereaved through homicide could be developed.

Fast forward to 2020 and little has changed, it is still incredibly hard to fund the work that Through Unity and Escaping Victimhood do, and this impacts the amount of work that both Through Unity and Escaping Victimhood are able to do.

It is for this reason that one of my first actions as the new Executive Officer of Escaping Victimhood was to approach Robin Lockhart (Through Unity CEO) about the two charities working together

again. It is my belief that we can be more effective if we work together, and that we need to continue to speak out about the needs of victims to raise the profile of the work.

The first thing we have managed to do is to obtain some money to run some online support together. We will be running weekly Zooms from September to December, where people who have been bereaved through homicide can come together in a safe place. The sessions will focus on selfcare and things that can improve the way we feel.

Within the project we will cover:

- The links between body & mind and activities that can help
- Reducing stress
- Improving sleep
- Calming the mind
- Mindfulness
- Pain management

The sessions will involve hearing from visiting speakers as well as learning from each other.

Each week we will try out a specific self-care/ relaxation skill that we can practice.

This is a new project, working in a new way and in partnership, so we very much want your input as the project develops. Some of the group are hoping to share the learning from this project by writing a leaflet for new victims or making a podcast. We are in the process of drawing up a more details programme so in the meantime please fill in the attached questionnaire and contact permission form, so that we can let you know more information when the sessions start.

Yours Sincerely,

Vicky Torrance

Executive Officer

Escaping Victimhood

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