



# ***Backlash***

## **Recent Testimonial – June 2019**

We are survivors not victims and regardless of all that we have been through once we break free, we have been through hell and back and need the support of other survivors that's why this group is so important.

It's still quite frustrating that even though coercive control is now a chargeable offence, it's so difficult to actually charge the perpetrator with this. My ex-partner did this to me, and even had a history of DV they couldn't charge him due to lack of evidence.

Especially when a perpetrator is so manipulative - most "evidence" is still his word against yours.

Meetings with you ladies have helped me deal with what my ex put me through - knowing I'm not alone.

Having this support available to me quite quickly too was a godsend.

The first meeting is always scary, but it's such a welcoming group with happy faces, I soon felt at ease. Thank you to you all.

I am having support from your group from afar as I no longer live in Grimsby but phone calls and support on this site it's really helping me feel like others understand what I've been through for the last 18 years!

It is priceless to feel understood!

Standing up to the abuser is the hardest thing ever because of the emotional attachment.

The message needs to be put across that it's possible though: we can break free and the life after domestic abuse is so much calmer!