

WFWP Youth UK - UN Day of Elimination of Violence against Women

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Lancaster Gate, London

WFWP Youth UK hosted an intimate event to commemorate the UN Day of Elimination of Violence Against Women. The evening consisted of mother and daughter Amanda Smith author of 'Toxic No More' and Hannilee Fish author of 'One Minute Miracles' sharing their experiences together of confronting the various forms of violence.

The event began with Amanda providing an excerpt from her book, a moving and highly captivating account of her own experience with violence, how it led her to commit suicide on two accounts. However luckily she was unsuccessful due to her children's quick thinking and it allowed Amanda to confront her insecurities and address them immediately, not only for her benefit, but for the safety of her children. Because of Amanda's brave act of self recognition she has been since acting as a positive and strong role model for her children, allowing them to prosper and learn from her experiences. Amanda ended the evening by saying that she is focusing on herself, bettering herself and becoming at one with herself, not for her own gain but to continue to be the positive role model that she is.

Hannilee Fish led the second part of the evening; she shared her own perspective and experience with violence. As a witness to her mothers breakdown and being driven to the point of seeking death Hannilee provided us with an insight as to how she was feeling and what actions she took, whether it would be fight or flight. It was a highly interactive evening with us talking amongst each other about various examples of where we may have been in fight or flight at different situations. She provided us with tips, of what we should do in different scenarios linking it with the mind and the body and how both cooperate in said situations.

Overall a combination of mother and daughter not only provided us with an insight into how violence exists in subtle ways within the home, but also how to combat this. The evening was rounded off with a renewed sense of urgency to recognise these forms of violence and address them immediately before it affects the mind, body and soul.

