

# The Little Red Book of Violence Reduction

A Public Health Approach to the Contagion of Violence Using  
an Adaptation of the Cure Violence Methodology

Training, Lesson Plans, Exams, Curriculum and Certification

Author Jason Featherstone 5/10/2020



If you work for any of these institutions or in the youth, knife, gun and gang violence sector and you haven't been trained in this material, you are not serious about what you do.



- Schools
- Colleges
- Universities
- PRU
- STC
- YOI
- HMP
- Churches
- Mosques
- Synagogues
- Gompas
- Temples
- Gurdwaras
- Laboratories
- Community Halls
- Football Clubs
- Sport Centres
- Youth Centres
- Martial Arts
- Music
- Entertainment



**To create a solution that behaves like a contagion and a cure that lasts after funding ends**

**If you are a parent - the information in this book can save the life of your children**



**You know about violence but are you certified fam? If you are involved in crime and don't know this material, it could cost you your life and the lives of people you know**



**A Tribute To Those Murdered Page 9**



**Scan for PDF of The Little Red Book of Violence Reduction**



## THE TEN PRISONS PROJECT REVIEW

The Ten Prisons Project sought to tackle the most persistent and urgent problems facing 10 of the most challenging prisons with a focus on reducing violence.

The project aimed to do this by:

- Improving security
- Redecorating the prisons (decency)
- Improving drug detection (security)
- Training staff and moving experienced staff into the Ten Prisons

Through the lens of public health this strategy was destined to fail.

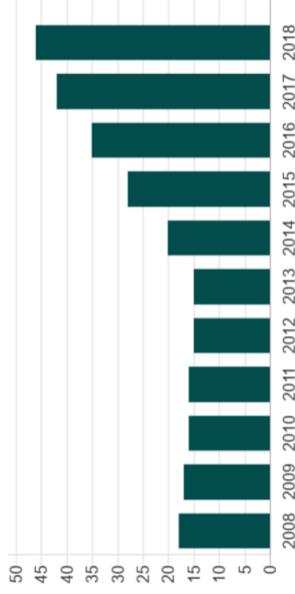
Why?

It does not contain a single prisoner based violence reduction intervention beyond enforcement and “challenging” abusive behaviour. And thus as there is no intervention to tackle the primary concern of the project it would have no hope of success at all beyond cyclic trends of increases and decreases in violence.

## Violence in UK Prisons highest since records began as of February 2019

How serious assaults in prisons have increased

Per 1,000 prisoners in England and Wales



## THE KRACKING EFFECT - THE CONTAGION OF VIOLENCE

BY JASON FEATHERSTONE

1. High rates of violence in prisons - People without violent offending in their behaviour become exposed to violence in prison, this exposure and infection then leads to more people exhibiting violence, increasing levels of violence in the prison and critically, increasing the number of people leaving prison with violent behaviour
2. Ergo we have a situation where more people exhibiting violent behaviour are leaving prison than those who entered it
3. These people are then distributed across the UK - There are processes in place that mean prisoners cannot always return to their locale on release due to criminal connections or risks to the public or themselves. They are then placed in different parts of the country, many of these different locations at the time experienced low levels of violence
4. The placement of people exhibiting violent behaviour in a new area then leads to the contagion of violence spreading to that new area - people traditionally without violent behaviour then start to exhibit violent behaviour - new violent areas are created
5. With no meaningful community intervention this leads to gang crackdowns in all major cities and nationally - what follows is an increase of people then being jailed who exhibit violent behaviour which in turn increases the number of people exhibiting violence in the prison - the cycle then repeats.

**What is concerning is - without any meaningful intervention the contagion of violence is being systematically spread throughout the UK increasing levels of violence in new areas - without intervention we will have an unmanageable situation (I might argue we have already reached that status) of violence of levels that will not be anticipated in an unprecedented number of locations, cities, and areas in the UK**

I believe what is happening is that there are numerous knock on effects of this disaster, a significant and extremely troubling one is the increase in school violence. As more areas become infected with the contagion of violence more children witness violence, more are exposed and infected by the contagion.

# A Public Health Strategy Applied to UK Prison HMYOI Cookham Wood 2012 - 2013

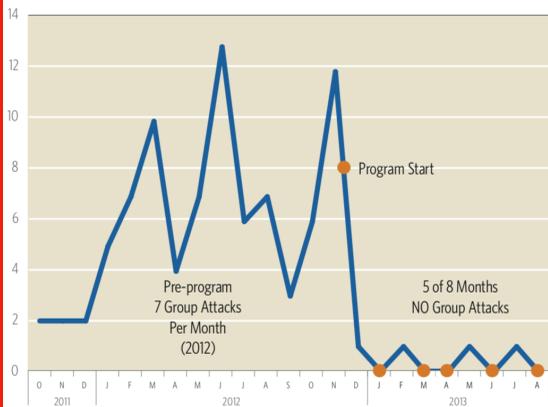
**Author Jason Featherstone**  
**Cure Violence**  
**UK Advisor**



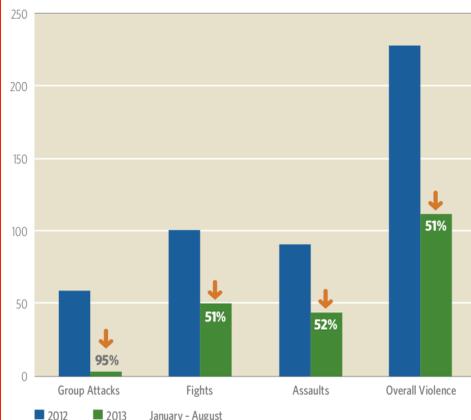
“The truth is, we identified and trained the most violent young people in the prison. Most were leaders of their gang in prison or bosses of the landings and wings, in charge of up to 60 young people made up of different gangs.

Those exhibiting violence wouldn't listen to anyone else. That's what the discovery data told us.”

## Reduction in Group Attacks Among Youth in Cookham Wood



## Reduction in Violence Among Youth in Cookham Wood

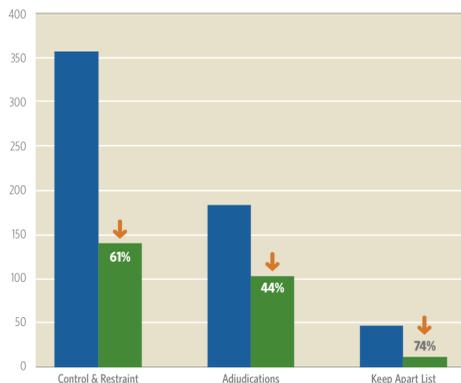


**Group attacks - where three or more individuals were involved in an act of violence was the most serious concern in the prison. Events of up to 16 young people in group violence led to hospitalisations, comas, broken bones, shankings etc.**



**Attending Violence Interrupter training in Chicago 2011**

## Reduction in Use of Discipline and Management Approaches



# The Public Health Approach to Violence Reduction

The primary difference between a public health approach to violence reduction and a criminal justice approach is the method. The criminal justice system is an enforcement led approach which identifies and investigates violent crime with a view to imprisoning those involved.

In the times of the bubonic plague, before the illness was understood, those who were infected were thrown into dungeons.



With a public health approach, an area with high rates of an illness is identified and an investigation is begun to discover the root cause of the illness. Once the cause is detected, a treatment or cure is applied to eradicate the illness and stop more people becoming infected. Finally people are educated in new methods to reduce and stop future potential outbreaks creating new norms

In 1854 there was an outbreak of Cholera in Soho - London, which killed 550 people in two weeks. Jon Snow was the first to apply epidemiological methods (disease control methods) to such an issue. Using a map he plotted every instance of cholera in the area and in the centre of the map there was a water pump.

Further Investigations led to Jon Snow reporting: "The result of the inquiry, then, is, that there has been no particular outbreak or prevalence of cholera in this part of London except among the persons who were in the habit of drinking the water of the above-mentioned pump well."

Finally to remedy the situation, the handle of the water pump was removed and this action brought the outbreak under control. The well had also been contaminated by a nearby cesspit.

## The 5 Components of the Public Health Approach to Violence Reduction

**Identify** - areas with high rates of violence and individuals likely to exhibit violence.

**Detect and Treatment** - Discover the primary causes for violence and create treatment

**Change Behaviours and Norms** - People are taught methods to stop future outbreaks until the new methods are accepted as normal

# The 4 components of the Cure Violence Methodology

## 1. Public Education

Public education material is created (for example - this newsletter) and distributed to all areas identified as hotspots for violence i.e areas with high rates of violence

- The public education material taught over time will ultimately lead to a change in behaviours and norms (things people do) of high-risk individuals and stop future outbreaks of violence
- It also provides a vaccine for children - the idea being that if we teach our children public health in terms of violence like we teach them maths and science, by the time they reach the high-risk ages of 14-27, they will have the information and training required to stop future outbreaks - Like they have been taught to clean their hands before eating

## 2. Community Mobilisation

People in the identified areas, local businesses, criminal justice, schools, colleges etc, are advised of the Cure Violence methodology and provided with public education material and training in public health methods to reduce violence

## 3. Faith Based Leadership

Local faith based organisations in hotspots provide a significant platform for the Cure Violence methodology to intervene in the lives of those at highest risk of violence.

- Many times these organisations will provide the funeral services of those who have been murdered - During these services - The Tribute to Those Murdered can be displayed.
- Friends and family of high-risk individuals and high-risk individuals themselves (people at high-risk of an involvement in violence as either a victim or perpetrator) attend faith based services, prayers and functions
- Public education material and training in the Cure Violence methodology from trained faith leaders, can be delivered to congregations and at lessons for children like Sunday school, sabbath school or at workshops

## 4. Detect and Treatment

From the water pump example:

- Detect the handle from the water pump and well are contaminated with cholera by examining data/information
- Treatment was to remove the infected handle to stop further infections of cholera, replacing it with a clean one and addressing the contamination of the well.

### **In terms of violence - Violence Interruption**

- Detect - Primary causes of violence in an area, weight each cause with a percentage to prioritise the violence that needs to be treated in order of percentage
- Treatment - Create a strategy to interrupt and eradicate the type of violence detected, share the strategy with all high-risk individuals identified to implement

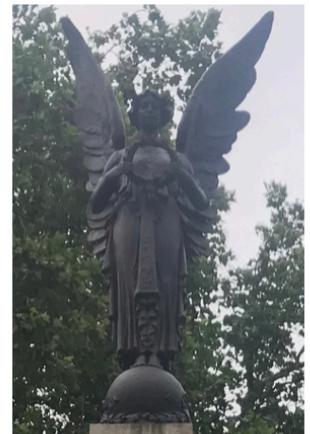
# The 10 Principles of Street Conflicts

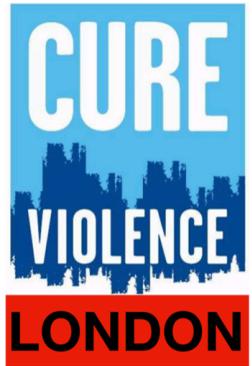
1. The more time you spend in a street conflict the more likely it is that someone you know will be murdered.
2. The best action you can take to save the lives of friends and family is to resolve conflicts as soon as possible.
3. A conflict that starts in school can lead to several murders that continue years after leaving school.
4. If you commit murder, you not only put your friends and family at risk of revenge attacks, you risk your freedom in terms of a life sentence that can be anything from 11 years to a whole life sentence in prison.
5. A hidden truth. Guns in the community are provided by a society that enslaves those who use them. Always view anyone who attempts to provide you with a firearm as an enemy trying to enslave you.
6. Conflicts distract you from achieving goals in life.
7. If you do not have an education in conflict and conflict resolution, your education is incomplete. It is as important as maths, science and English as a life skill.
8. The 10 principles of street conflict can save your life and the lives of your friends and family. Learn them by heart.
9. Seeking revenge for murder or acts of violence can lead to more violence and murder of people you know, that you will need to seek further revenge for, creating a cycle that can last for years. Ultimately, all the murder in the world will not bring loved ones back who were murdered but resolving conflicts can safeguard the lives of other friends and family who are still alive.
10. Only people who work for specific societies will not want to resolve conflicts in the community. There are societies that exist in our community that work to keep the community in a state of conflict and violence. You can identify these individuals by their lack of willingness to resolve conflicts.

## Exceptions to the 10 Principles

Unfortunately we live in a world where certain truths are unavoidable, we live in a society where very terrible things exist, even in London. Things like trafficking, slavery, forced prostitution and queerification.

If you find yourself in a situation such as these, you have a right to insurrection against those who would wish to deny you your freedom and right to live a happy and free life.





Violence Interrupters are the people that remove the infected handle from the water pump, stopping the spread of the disease. It is a high-risk function, going in to an area whilst an infectious disease is present, detecting the cause and treating/curing the issue. In terms of violence, Violence Interrupters perform high-risk conflict mediation meaning they work to resolve conflicts between groups, gangs or individuals in a specific area who are engaged in an active violent conflict.

### Traditional Violence Interrupters

- History of violence/gang affiliation
- Detects causes of violence and creates treatment/cure
- No offending for a few years
- Has good connections to high-risk people in a hotspot
- Excellent communication skills
- Team Player
- Can take criticism
- Community leader
- Trained in high-risk conflict mediation
- Resolves conflicts via high-risk conflict mediation to stop the spread of violence in a hotspot

### Active Violence Interrupters

- Active in violence/gang activity, potentially a leader
- Detects causes of violence and creates treatment/cure
- Promotes new ways of doing things to reduce violence - You make more money in peace
- Good connections to high-risk people in a hotspot
- Excellent communication skills
- Team Player
- Can take criticism
- Trained in high-risk conflict mediation
- Resolves conflicts via high-risk conflict mediation to stop the spread of violence in a hotspot

**Never attempt to resolve a conflict between people you do not know**

Cure Violence  
Methodology Training

Active/Violence  
Interrupter Training

- High-Risk Group Mediations -  
Dynamics and Security Concerns

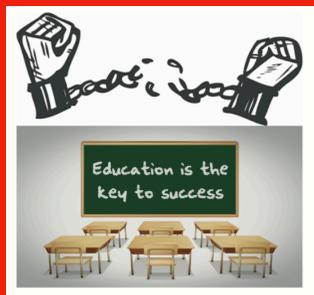


# Lesson Plans, Actions and Outcomes

To be completed after viewing: **A Tribute to Those Murdered - Cure Violence Methodology Training - Active/Violence Interrupter Training - High-Risk Group Mediations**

Lessons	Learning Outcome 1	Learning Outcome 2	Learning Outcome 3
<b>Lesson 1 - The Issues - The Kracking Effect The Contagion of Violence</b>	An understanding of the obstacles traditional interventions face	An understanding of the Kracking Effect and the contagious nature of violence	An understanding of the consequences of inaction and inadequate interventions
<b>Lesson 2 - A Public Health Strategy Applied to UK Prison HMYOI Cookham Wood 2012 - 2013</b>	To achieve the best reductions in violence you need to work with the most violent people	The most violent people want to talk to people with a shared experience, those who have exhibited violence or gang activity	An understanding of the type of results that can be expected when using a public health approach to reduce violence
<b>Lesson 3 - The Public Health Approach to Reducing Violence</b>	An understanding of the differences between the criminal justice approach and the public health approach in reducing violence	An understanding of the methods and major actions Jon Snow employed to stop the cholera epidemic in 1854	An understanding of how public health methods can be applied to violence and what they are
<b>Lesson 4 - The 4 Components of the Cure Violence Methodology</b>	To identify the 4 Components of the Cure Violence Methodology	An understanding of each Component and its application in reducing violence	Create sample plan for a Cure Violence Intervention in your community using the 4 Components
<b>Lesson 5 - The 10 Principles of Street Conflicts</b>	An understanding of each of the 10 Principles of Street Conflict and their importance	Memorising the 10 Principles of Street Conflict and their importance	Role playing - teaching the 10 principles of Street Conflict to others
<b>Lesson 6 - Violence Interrupters</b>	An understanding of the function of Violence Interrupters	An understanding of the difference between Traditional Violence Interrupters and Active Violence Interrupters and the importance of each	Role playing using mediation skills to resolve conflicts in different scenarios: A person has been stabbed, shot, money issues, girlfriend issues
<b>Additional Actions for Faith Based Leaders</b>	Create an Action list of tasks to complete on notification that a funeral of a person murdered by knife, gun, gang or street conflict will take place in your place of worship.	Provide the family with the "A Tribute to Those Murdered Newsletter"	Distribute the "A Tribute to those Murdered" Newsletters to the congregation on arrival on the day of the funeral.  Give a brief 5 min talk on the Cure Violence Methodology and play the "Tribute to Those Murdered" video

“He who opens a school door,  
closes a prison.”  
Victor Hugo



**Please visit**

**[www.ViolenceInterrupter.com](http://www.ViolenceInterrupter.com)**

For posters, Newsletters and more information

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# Cure Violence Methodology Training Exam Questions

1. What can you do? What actions can you take to play your part in reducing violence in the community?
2. What are the current issues with violence in prison? What is the Kracking Effect?
3. What is Jon Snow famous for?
4. What Public Health Methods did Jon Snow use to deal with the cholera epidemic in Soho London in 1854?
5. What are the 5 Components of the Public Health Approach?
6. How are the 5 Components of the Public Health Approach used to combat infectious diseases?
7. How can the 5 components of the Public Health Approach be used to reduce violence?
8. How does violence behave like a disease?
9. What methods did we use in HMYOI Cookham Wood to reduce violence and what were the results?
10. What is the Information, Strategy, Action process and why is it important?
11. Why is the detection process important?
12. What do Violence Interrupters do and what is the difference between an Active Violence Interrupter and a Traditional Violence Interrupter?
13. Who do people who exhibit violence listen to?
14. Why is creating positive messaging for desired behaviours and negative messaging for undesired behaviours important?
15. What is the difference between an enforcement approach and a Public Health Approach to reducing violence?
16. What is a high-risk individual and what is the high-risk age range?
17. What is baby-sitting in violence reduction?
18. What are the 10 Principles of Street Conflicts, the exceptions and why is each principle important?
19. Explain the hidden secrets of the 10 Principles of Street Conflicts
20. Why is an education in Public Health important?
21. Explain the concept of giving children an inoculation or vaccine for violence
22. How will a Public Health Approach to violence reduction help the criminal justice system?
23. What are the 4 Components of the Cure Violence Methodology?
24. Design a Public Health Approach to Violence Reduction Strategy for your community using the 4 Components of the Cure Violence Methodology
25. Implement a Public Health Approach to Violence Reduction Strategy for your community

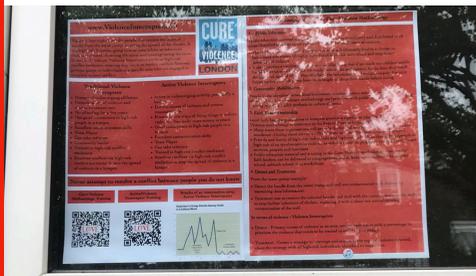


**THE LEARNING OF THIS MATERIAL TODAY WILL SAVE THE LIVES OF OUR CHILDREN TOMORROW.**



**WE NEED TO PROVIDE OUR CHILDREN WITH A VACCINE FOR VIOLENCE BEFORE THEY REACH THE HIGH-RISK AGES OF 14-27, WHERE THEY ARE MOST LIKELY TO BE MURDERED BY KNIFE, GUN OR GANG VIOLENCE.**

**WE CAN ONLY ACHIEVE THIS THROUGH EDUCATION.**



**PUBLIC EDUCATION MATERIAL WILL ULTIMATELY LEAD TO A CHANGE IN THINKING**

# Active/Traditional Violence Interrupter Training Exam Questions

1. Complete Cure Violence Methodology Training and Exam
2. What makes Active Violence Interruption controversial?
3. Why should you never attempt to resolve conflicts with people you do not know?
4. What are the advantages of Active Violence Interruption?
5. What is one of the first tasks Violence Interrupters (VIs) have to do after completing their exams and curriculum?
6. Who are the people who are going to be responsible for the most meaningful reductions in violence in the community and why?
7. Name 5 things you can mention to a person who wants to do violence to talk them down?
8. Name an important principle when communicating with people.
9. When do people involved in street culture make the most money?
10. Why is it important to have a long term vision especially with regards to money?
11. What steps can you take to create a line of communication with the other side?
12. Describe what is considered "old" thinking.
13. What steps could you take to resolve post code and gang issues in your area?
14. How can you make money with the newsletters?
15. What is "buying time" and why is it important?
16. What is risk-reduction?
17. What could you do to reduce the potential for violence in your normal activities moving forward?
18. Name the main root causes of violence in your area and give them a % in terms of how likely they are to cause violence.
19. Create a treatment for each cause identified
20. What is the Information, Strategy, Action method and why is it so important?
21. Role-playing scenarios. Take it in turns to play the role of Violence Interrupter and the person who wants to do violence. Change scenarios so that for some scenarios there is one Violence Interrupter and participant and in others a few Violence Interrupters and participants.  
Scenarios to resolve:

- A stabbing/shooting
- Murder
- Money issues
- Relationship issues
- Business issues

22. Role-playing - Group Mediation Dynamics.  
Scenarios to practice:

- Security concerns and responses
- Code of conduct issues
- Non-verbal signs and gestures as a VI team
- Dealing with agitators
- Creating responses to visual cues that violence might occur



**ACTIVE VIOLENCE INTERRUPTION IS CONTROVERSIAL AND HIGHEST-RISK BUT CAN SECURE PEACE AND MEANINGFUL REDUCTIONS IN VIOLENCE**



**FROM A BLACK LIVES MATTER PROTEST**

**AS A COMMUNITY WE CAMPAIGN FOR AN END TO THE KILLINGS WHEN IN THE STREETS WE ARE OUR WORST ENEMIES**

# The Little Red Book of Violence Reduction Curriculum

1. List the 10 Principles of Street Conflicts and exceptions. Explain the importance of each Principle
2. What is the Cracking Effect and in what ways does violence behave like a disease?
3. What methods did Jon Snow use to deal with the cholera outbreak in Soho, London in 1854?
4. What are the 5 Components of the Public Health Approach
5. Explain how the 5 Components of the Public Health Approach can be used to reduce violence.
6. What are the 4 Components of the Cure Violence Methodology? Explain how each component works to reduce violence.
7. What are Active/Traditional Violence Interrupters (VIs) and what is the difference?
8. How do Active/Violence Interrupters reduce violence?
9. How was the Cure Violence Methodology applied in HMYOI Cookham Wood to reduce violence and what results were achieved?
10. Role-playing. Spreading the cure like a contagion. Practice telling people about the Cure Violence Methodology, The Public Health Approach to Violence Reduction and how it is different from the criminal justice approach.
11. Role-playing. Active/Violence Interrupters practice spreading the word of new ways of doing things.
12. Role-playing scenarios. Take it in turns to play the role of Violence Interrupter and the person who wants to do violence. Change scenarios so that for some scenarios there is one Violence Interrupter and participant and in others a few Violence Interrupters and participants. Scenarios to resolve:
  - A stabbing/shooting
  - Murder
  - Money issues
  - Relationship issues
  - Business issues
13. Role-playing - Group Mediation Dynamics. Scenarios to practice:
  - Security concerns and responses
  - Code of conduct issues
  - Non-verbal signs and gestures as a VI team
  - Dealing with agitators
  - Creating responses to visual cues that violence might occur
14. Design a Public Health Approach to Violence Reduction Strategy for your community using the 4 Components of the Cure Violence Methodology
15. Design a plan to resolve post code and gang issues in your area.



**PREVIOUS ORDER OF  
NEWSLETTERS FOR LONDON  
DISTRIBUTION**

**THE LITTLE RED BOOK OF  
VIOLENCE REDUCTION IS NOT  
A FUNDED INTERVENTION**

**PLEASE SUPPORT THE WORK  
WHEREVER YOU ARE**

**TO CREATE A SOLUTION THAT  
BEHAVES LIKE A CONTAGION  
AND A CURE THAT LASTS  
AFTER FUNDING ENDS**



# Actions For Community on Notification of Knife - Gun - or Gang Violence

## When a Murder has Occurred

- Notify community that a murder has taken place with as much information as possible
- Raise funds to provide education material for intervention
- Identify members with a connection to family or friends of the deceased and those with a connection to the perpetrators where possible
- Organise for the friends and family of the deceased to be supported through the 2 week trauma timeframe - instigate baby-sitting for those identified to be at high-risk of involvement of revenge with further baby-sitting for the next few months
- Ensure friends and family of the deceased are provided with the Tribute to Those Murdered newsletter as soon as possible
- Endeavour to provide the perpetrator/s and associates/family with the Little Red Book of Violence Reduction
- Endeavour to get all those active in the conflict on the Active Violence Interrupter Training

**Remember to leave the Active/  
Violence Interruption to people  
who know those active in the  
conflict and those who are active in  
the conflict.**

**DO NOT ATTEMPT TO USE  
STRANGERS TO PERFORM  
ACTIVE/VIOLENCE  
INTERRUPTION WITH PEOPLE  
THEY DO NOT KNOW**

## Identify

Incidence of violence or murder in local community and people likely to be involved in violence/revenge on both sides of the conflict moving forward

## Detect

Discover the root cause of violence for the people involved - remember the misinformation example from the training. Get those involved in violence to give each cause of violence a % in terms of what causes the most violence

## Treat

Create a strategy to eradicate the strain of violence identified. Share the strategy to all identified as high-risk and to the entire community  
Create positive messages for new desired behaviour to treat the strain of violence identified  
Create negative messaging when old undesired behaviours spread the strain of violence identified  
Ensure entire community is involved in messaging strategy

## Change Behaviours and Norms

Continue to provide public health training and education material to community via sessions and group chats updating with all new strategies created until new behaviours are accepted as normal

Please visit [www.ViolenceInterrupter.com](http://www.ViolenceInterrupter.com)  
For posters, Newsletters and more information  
[JasonFeatherstone@ViolenceInterrupter.com](mailto:JasonFeatherstone@ViolenceInterrupter.com)  
07824442467

# A Tribute To Those Murdered By Knife - Gun or Gang Violence

If you are reading this book someone  
you know has been murdered by Knife -  
Gun or Gang Violence

This book contains information that can save  
the lives of other family or friends that you  
know.

Please go through the material with family and  
friends at this crucial time.

## A Public Health Approach To The Contagion of Violence

What we can do as a community to reduce knife,  
gun and gang violence

- Training videos and Lesson Plans
- 10 principles of Street Conflicts
- Active/Violence Interrupters



So verily with the  
hardship, there is a  
relief, verily with the  
hardship, there is a  
relief.

A tribute to those murdered  
in London 2019 - October  
2020 - A wish and what we  
want to achieve



For those who died in street conflicts:

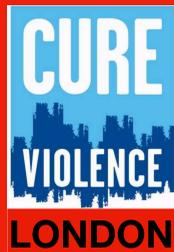
Did you think that you would enter  
heaven without God testing those of  
you who fought hard (in His cause)  
and remained steadfast?



This world is shrouded in darkness. Here, only a few can see their  
way free. These few birds escape from the net, and fly away to  
the heavens.

Peace I leave with you; my peace I give to you. Not as the  
world gives do I give to you. Let not your hearts be troubled,  
neither let them be afraid.

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# The Unseen - A Poem

Let the blessings remain,  
Return curses from whence they came,  
For Love received We return the same,  
They ask and seek, but know not our  
names.

We are Unseen but for a few,  
We observe Life and what you do,  
What you have, what you lost, what you  
found and what you knew.

A message We bring of Life and Light,  
Though you might suffer through day  
and night,  
The world you know, is but a stage,  
The Universe the platform, your body a  
cage.

That which you seek to hide,  
On earth might be true,  
In the realms of Unseen, in plain view.  
Forget not, that We stand with you.

And We will Love as you Love,  
Hate as you Hate,  
Not an act forgotten,  
As you pass through the gate.

For there are worlds of wonder,  
Freedom, Life and Love,  
And sights that cannot be imagined,  
By those who walk the earth.

Every act you make,  
In energy carries weight,  
How you are charged,  
Will determine your fate.

Your energy will pull you,  
After your skin is shed,  
And in an instant you'll know,  
Whether to smile or dread

For those who were afflicted,  
The tortured, imprisoned, wronged,  
The impoverished, starving,  
Those without a song.

Those who died in defence,  
Of something greater than themselves,  
Who gave their life for others,  
Their energy is immense.

With Lightings speed shall you be  
snatched,  
When you draw your final breath,  
And you will not know suffering,  
And you will not know death.

Many a world will await you,  
Or transform if you please,  
Through your Love's hair,  
You can be a gentle breeze.

Or the Whisper that stirs,  
A young warriors heart,  
The thought that enters Mind,  
To fight for Light and play their part.

Comfort we seek to bring in Word,  
For every prayer thought unanswered,  
For every cry thought unheard.

In Our Hearts you have a Song  
And from the Universe you came  
And to the Universe you belong.



# A Letter from the Author

## Coping With The Murder of A Loved One

Dealing with the murder of a family member, friend or partner can be a life changing experience. For many, recovery from such an event can take years, for some, learning to cope is the best they can manage.

My journey into violence reduction was really inspired by the murder of my cousin - Denzil Sutherland 29/3/2003. (pictured right)

Denzil was stabbed to death in what I suspect to have been a hit. The vehicle he was in, was hit from behind and the occupants subsequently stabbed Denzil in the ensuing argument. Denzil managed to drive back to his mum's house on Mother's day to say goodbye before succumbing to his wounds later in hospital.

### Dealing with the shock

During this time I was married with kids living in Barbados and running two businesses, I was at our apartment when I heard a knock on the door. My father-in-law said he had some bad news from London, "Your cousin, Denzil, he's dead". I can't remember really having an immediate reaction, I recall walking around the apartment in a daze, having the urge to punch through the wardrobe doors.

I made a call to a friend back in London and asked him to "put his hands on what he needed to put his hand on for me, because I was coming back to London." A reference for him to get a gun for me.

My ex-wife could sense I wasn't altogether there and she kinda stayed with me throughout the day. Within a few hours I was at the local gun range where I bought several boxes of ammunition and proceeded to hit the targets at the range, for what seemed to be hours.

After, I met my ex-wife at the bar, ordered a drink and then began admiring the bar. I then asked the bartender to get me job application papers for a bartender vacancy at the range.

My ex-wife looked at me and asked me what I was doing?

There I was, married with kids, two businesses which took up all my time and I was trying to get a job as a bartender after putting a request in for a gun back in London.



### Coming back to reality

The immediate two weeks after a murder is a very high-risk time for people connected to the victim and the perpetrators. It is a time where most revenge attacks and further violence will occur due to the shock of the events.

Thankfully, due to being in another country, by the time I got my head right to start thinking about plane tickets back to London I had gotten out of the worst of the shock and was able to bring myself to reality, I had a wife (at the time), two kids and a life. And that was my saving grace.

Had I have been in London without an intervention I would have acquired a gun and looked for revenge and continued what could have been a cycle of violence that lasted for years with several murders.

Jason Featherstone

This book was written in memory of those who died in violent events, in their memory and in answer to the question:

**“What can we do?”**

## In Memory of those murdered in London 2019 - 2020

Charlotte Huggins Tudor Simionov, Simbiso Aretha Moulou, Sarah Ashraf, Jaden Moodie, Asma Begum, Kamil Malysz, Nedim Bilgin, Carl Thorpe, Lejean Richards, Dennis Anderson, Bright Akinleye, Brian Wieland, Glendon Spence, Kamali Gabbidon-Lynck, David Lopez-Fernandez, Che Morrison, Jodie Chesney, Elise Linda Stevens, Jolia Bogdan, David Martinez-Valencia, Laureline Garcia-Bertaux, Mohammed Elmi, Ayub Hassan, Antoinette Donnegan, Florin Pitic, Nathaniel Armstrong, Abdirashid Mohamoud, Ravi Katharkamar, Ramane Richard Wiggan, Zahir Visiter, Gavin Garrawayn, Calvin Bungisa, Hubert Hall, Annabelle Lancaster, Noore Bashir Salad, Aron Kato, Gopinath Kasivisuwanathan, Steven Brown, Meshach Lee Mitchell Williams, Joshua White, Amy Parsons, Henriett Szucs, Mihrican Mustafa, Unamed eight-week-old girl, Tashaun Aird, Constantin Sin, McCaulay Junior Urugbezi-Edwards, Mohammed Shah Subhani, Barrington Davis, Tatiana Koudriavtsev, Vladimir Koudriavtsev, Alimuz Zaman, Iderval da Silva, Ismaila Ceesay, Steven Kennedy, Baris Kucuk, Adrian Murphy, Cheyon Evans, Eniola Aluko, Gleb Stanislavovitch Zhebrovsky, Giedrius Juskauskas, Stepan Suslyk, David Bello-Monerville, Ionut Manea, Edward Simpson, Peter O'Loughlin, Yusuf Mohamed, Kelly Mary Fauvrelle, Riley Fauvrelle, Ian Taylor, Faudi Mohamed, Amara Toure, Gary Blagrove, Tesfa Campbell, Amanda Gretton, Craig Small, Grineo Daka, Kwasi Mensah-Ababio, Leo Marcus, Boluwatife Oyewunmi, Kye Manning, Layla Arezo, Akbar Arezo, Diane Dyer, Robert Komuro, Abdullahi Hassan, Liam Dent, Alcivradis Mavredis, Martin William, Dorothy Woolmer, Alex Smith, Solomon Small, Amrou Greenidge, Allan Isichei, Santino Angelo Dymiter, Unamed 15-month-old child, Lee Casey, Laura Rakstelyte, Sandra Samuels, Norman Bertran-Tavarez, Michael Irving, Perry Jordan Brammer, Sahkira Mercedes Gwendolin Loseke, Wilson Alexandre Garcia Varela, Yousef Beker, Assad Abdullah Yarow, Omar Smith, Julio Gomes, Unamed 16-month-old girl, Serafima Meshaka, Sufi Osman, Tashan Daniel, Osvaldo Carvalho, Arlene Williams, Mark McCann-Barrett, Baptista Adjei, Clinton Evbota, Niyat Berhane Teklemariam, Ben Lines, Zoe Orton, Jake Kemp, Beatrice Yankson, James Amadu, Vladislavs Radionovs, Hakim Ishmael Daba Sillah, Mohammed Usman Mirza, Iron Miah, Randy Skuse, Mehran Heydari, Akeem Barnes, Justin Bello, Jack Merritt, Saskia Jones, Exauce Ngimbi, Mohammed Al Araimi, Crosslom Davis, James O'Keefe, Dmytro Balaban, Viorel Stefan, Albert Amofa, Lee Styles, Ebrima Cham, Michael Paul Baptista, Arber Fesko, Unamed 16-year-old, Leshawn Williams, John Kennett, Flamur Beqiri, Takieddine Boudhane, William Algar, Krasimir Kartikov, Narinder Singh Lubhaya, Harinder Kumar, Malkit Singh Dhillon, Beverley Denahy, Czeslaw Swiatkowski Louis Johnson, Marc Allen, Eraj Seifi, James Dowdell, Sundeep Ghuman, Lennox Nigel Alcendor, Santiago Lenin Borja Denoso, Li-Qing Wang, Tyler Roye, Asante Campbell, Shanur Ahmed, David Siirak, Archie Beston, Ricardo Fuller, Vanita Nowell, Damani Mauge, Cameron Murfitt, Tracey Kidd, Shadika Mohsin Patel, Abdullahi Mahmoud, Stefan Melnyk, Kelly Stewart, Tomas Macionis, Sonia Calvi, Edgar Daza, Maryan Ismail, Tahereh Pirali-Dashti, Denise Michelle Keane-Barnett-Simmons, Ralph Gibson, Jay John, Baljit Singh, Pavinya Nithiyakumar, Nigish Nithiyakumar, David Gomoh, Anthony Rooks, Yonas Haile, Mark Baker, Francois Kablan, Jemal Ebrahim, Chad Gordon, Oluwamayowa 'Samson' Adeymi, Nicole Smallman, Bibaa Henry, Alexander Kareem, 20, Mihai Gae, Dawn Bennett, Kyle Kelson, Wayne Hoskyns, Sayagi Sivanantham, Imani Allaway-Muir, 22, Khloemay Loy, Donnell Rhule, Muhammed Samir Uddin, Peter McCombie, 72, Jahreau Shepherd, Dean Edwards, Ahmed Yasin-Ali, Billy McCullagh, Peter Petrou, Skender Ismaili, Glenroy Joseph, Elias Biad, Frank Bulbrook, Stella Frew, Abraham Haile, Christopher George, 26, Nathan Mitra, Therasia Gordon, Jeremy Meneses-Chalarca, Esther Egbon, Jeffrey Wegbe, Timur Gokcedag, Dylan Freeman, Salem Koudou, 20, Yassar Mustakim Moussa, Anthony Adekola, Sean Williams, Suzanne Winnister, Daniel Bytyci, Anthony Higgins, Nahid Ahmed, John Avers, Kamal Nuur, Jaden Christie, Loeikie Guie, Matt Ratana, Patrick Gomes De'Almeida, Kailash Kuha Raj, Poorna Kaameshwari Sivaraj, Lee Baxter, Shakur Hassan,