

Monday 8th September 2025

Dear Becky

I just wanted to write you a brief letter about me coming up to Lancaster next week. Time has gone by fast hey, suddenly it's right there. I feel this is a significant moment for you, whether you meet with me or not, and also for me. As I said I have had to limit my stay to one night as I had to face facts and accept that I can't afford more than that else I will really put myself in severe financial hardship. Also, I won't book my room until the 16th so I will text you my address once I have just so you know.

In the absence of hearing from you I have assumed that it is very likely that you won't see me. I won't speculate on the reasons. There are many scenarios that run through my mind about your situation, ranging from severe to not so severe. At the end of the day I do not know exactly what your situation is, but I do know that you are under what I would consider an extreme level of male threat and abuse.

So in the absence of any formal plans with you I have developed my own schedule. This schedule is not fixed, if you want to meet with me then I can cancel it and meet with you, but in the absence of any formal plan I decided it would be best to make my own schedule.

I will arrive in Lancaster around 1000 on the 18th and will proceed directly to Ulverston. I have written to Sharon last week and told her that I will be in Booths cafe in Ulverston at 1300 on the 18th, but also that this is subject to cancellation if you make other plans with me. The Booths in Ulverston is just across from where she lives. I wanted to knock on her door but the police rang and told me directly that I am not to go near her home or |Seeds or write to either address or I will be immediately arrested. I specifically asked for clarification on this so I could be certain, and the copper told me directly that if I write again or go to either address I will be arrested and charged with harassment. So that was very clear, and I needed the clarity so that I could clearly assess my options and the various risks. At this stage I do not want to be arrested, on that I am very clear. So instead I will go to Booths cafe and sit there for 30minutes. The main aim is to demonstrate to both of you that her abuser is a coward and is afraid of me. Not only does he go out of his way to stop me knocking on his door, but he will not come to meet me at Booths even though he knows I am there. I want you both to know he is a coward and that demonstrates it very clearly, as I suspect both of you think he is some kind of tough guy and also that he has mouthed off at me. So this pops that inflated bubble and lets you both know that he is a coward, and not some tough guy.

After Booths I will get the train back to Lancaster, probably getting back for around 4pm. I will go and check in with my room. I have told Beau that I will be in the Wetherspoons in Lancaster at 7pm and will wait one hour and that I would like to see him. I have given him my word that I won't harm him for that one hour, and that I am doing that so that he can talk to me and so that I can ask questions. I will allow him to go but after that the amnesty is off and the next time I see him things may be different. I have told him he can bring anyone else involved too. I do that mainly so that you can see that he is a coward too. No doubt you see him also as a tough guy, but he is a pathetic coward, and this also pops that bubble.

So this two acts will deflate your view of these two individuals and that in turn will create psychological and emotional space for your authentic self to emerge more. This is what I mean when I say I am coming up to support the inner struggle. I would love to support the outer struggle too, but I suspect at this time you're not ready for that or to meet with me.

However, I am in no doubt that there is real fight within you Becky, and that you may actually end up meeting up with me. If you do, that is a radical gamechanger, and we enter new territory and so

I do not know where that will go, but it will be very hard for me just to walk away and leave you alone in such a situation. I know your anarchy is real, and that you won't settle with this fake bullshit scene nor these dominating rapists. I know you want the real thing. I can sense it on you, a fighter, a resistance fighter, someone who wants to take these bastards on. Maybe all you needed was a little bit of a nudge from someone like me, who lives the real struggle and embodies its values and ethics wholly,

Trust me when I say these fascist thugs who pose as anarchists are not tough guys. I know tough guys, and they are not it. They posture and wield aggression and look to scare and dominate people, but only people they think they can get away with dominating, otherwise they hide it. They would not be able to even look me in the eye Becky, never mind fight me. They are frightened of me because they know I care deeply about you and that I am very unhappy about what they have done, and will hunt them down for it. They will flee were I to come up. We can ensure that they do not attend any anarchist events again and that they are excluded from the scene. There are lots of other options too going forward that I would love to discuss with you.

I know... well, I sense, that there are also other guys who I do not know that are involved, and that among these may be some genuine tough working class types. But again, I ask you to trust me that they will not bother you if you seek my protection. I can guarantee that Becky.

You may think you are a wimp not being able to stand up to them when I can, but you are vulnerable due to your childhood trauma, and this is what prevents you from standing up to them as it massively magnifies their threat and also triggers powerful lifelong instinctive ego defences which literally cripple you. Sadly, that was our joint path together, where we both overcame this early trauma and its crippling effects, but I was not able to get you away from them and eventually I just had to go my own way as I felt too hurt by you. But I have done my healing, and I can help you to do yours and overcome it so that you too can properly stand up to them on your own. But for now you are too vulnerable and you need my help to do this, so you shouldn't feel like you are a wimp or that because you are female you need me to protect you. It is your childhood trauma that prevents you from doing so. That is why the women's movement created protective spaces so that vulnerable women traumatised by patriarchal rape and domination at a young age and throughout their life could heal and learn to overcome it. You need a space like that and I can help to create it, as they will not go near you if I am around. Perhaps there are other people too you can turn to, but I would like if you would discuss this with me first as you are vulnerable and not able to see male threat. You think people like Noel are friendly and on your side when in fact they dominate you with threat and possibly abuse you sexually. You are not able to properly perceive the threat yet.

For that reason they will seek to keep you away from me, and to tar and feather me, make out that what I am saying is a lie, that they are your friends and lovers, and that I am out to exploit you. Not much I can do about that, and in the recent past you believed it, but I do not think you do now. Either way, of that is what you think then obviously you need more time to realise the truth of what I am saying and the reality of your situation.

After the Wetherspoons on the 8th I will go to the Storey just so I can connect with you and see what I can pick up. I assume it will be closed but if not I won't go in, I will just pass by to see what I can pick up. I will then go to your old home on Borrowdale Rd for the same reason, and then have a walk along the canal also for the same reason. I will not be looking for you. If you don't want to meet with me then I will respect that.

After the walk on the canal I will retire to my room. On the 19th I will have breakfast in Wetherspoons again and then peruse the charity shops in Lancaster before getting the train back at around 1300. I will have an open return just in case you do want me to stay longer.

That is all I wanted to say, just a bit of info about my plans when I come up. I will finish off with a poem that I think you will like, and also with the Facebook comments I have made to Beau, so you can see what I have said to him.

Love and solidarity,

Sonny x

Still I Rise

By Maya Angelou

(She was active in the civil rights movement and worked with people like Martin Luther King and Malcolm X. She died in 2014.)

You may write me down in history
With your bitter, twisted lies,
You may trod me in the very dirt
But still, like dust, I'll rise.

Does my sassiness upset you?
Why are you beset with gloom?
'Cause I walk like I've got oil wells
Pumping in my living room.

Just like moons and like suns,
With the certainty of tides,
Just like hopes springing high,
Still I'll rise.

Did you want to see me broken?
Bowed head and lowered eyes?
Shoulders falling down like teardrops,
Weakened by my soulful cries?

Does my haughtiness offend you?
Don't you take it awful hard
'Cause I laugh like I've got gold mines
Diggin' in my own backyard.

You may shoot me with your words,
You may cut me with your eyes,
You may kill me with your hatefulness,
But still, like air, I'll rise.

Does my sexiness upset you?
Does it come as a surprise
That I dance like I've got diamonds
At the meeting of my thighs?

Out of the huts of history's shame

I rise
Up from a past that's rooted in pain
I rise
I'm a black ocean, leaping and wide,
Welling and swelling I bear in the tide.

Leaving behind nights of terror and fear
I rise
Into a daybreak that's wondrously clear
I rise
Bringing the gifts that my ancestors gave,
I am the dream and the hope of the slave.

I rise
I rise
I rise.

