



Domestic abuse and general support during Corona virus/Covid-19 outbreak – newsletter #10

Hello all – hope you are well. Latest information below.

Message from Department of Work and Pensions – ‘The DWP have seen an unprecedented 1000% increase in benefit claims at our Job Centres. To enable the DWP to deal with this demand, they are re-deploying all Focus Family Employment Advisors to processing claims and making payments. They will be unable to take phone calls to support any families at this time. This is being reviewed on a daily basis and I will advise you of any changes.’

World Health Organisation - Compassion is a medicine. Supporting other people in your community can help you as much as it does them. Check in on neighbours, family and friends, including by telephone, online and in person – remember to keep an appropriate distance if visiting, please follow the rules as explained by the Prime Minister last night and see detailed advice below.

Guidance for those volunteering in their community - see attached or here https://drive.google.com/file/d/11DWo5Pd_aoaJkDe-XOzvZCfxcZHgwtBE/view

Local domestic abuse support – workers based within our local authorities and key partners are still delivering their domestic abuse support at present. See leaflet attached.

- Allerdale Borough Council: 01900 702660
- Barrow Women’s Community Matters/Barrow Borough Council: 01229 311102 / 01229 876599
- Carlisle City Council: 01228 817079
- Copeland Borough Council: 01946 598300
- Eden Housing Association/Eden District Council: 01768 861400/01768 817817
- South Lakeland District Council: 01539 73333

Cumbria County Council – lots of good information here <https://cumbria.gov.uk/coronavirus/>

LGBT+ Domestic Abuse Helpline flyer attached for sharing as appropriate.

Rights of Women website – legal advice website remains open. CORONAVIRUS UPDATE: Their free, confidential, legal advice lines for women remain open. However, some opening times have changed and telephone numbers may change. Please check their website: <https://rightsofwomen.org.uk/get-advice/>, which is updated daily, for the latest information

National Centre for Domestic Violence (NCDV) – helpline appears to be operating normally for legal advice re: domestic abuse <https://www.ncdv.org.uk/> Tel: 0800 970 2070 Email: office@ncdv.org.uk

World Health Organisation advice for those working from home - If you’re working at home during the Corona virus/Covid-19 outbreak, make sure you don’t sit in the same position for long periods. Get up and take a 3-minute break every 30 minutes. Also;

1. Eat a healthy and nutritious diet, which helps your immune system to function properly.
2. Limit your alcohol consumption and avoid sugary drinks.
3. Don’t smoke. Smoking can increase your risk of developing severe disease if you become infected with Corona virus.
4. Exercise, World Health Organisation recommends 30 minutes of physical activity for adults and 1 hour a day for children. This can include housework, gardening, yoga, dancing and lots more.

5. Look after your mental health. It's normal to feel stressed, confused and scared during a crisis. Taking to people you know, and trust, can help.

Working Tax Credits - As part of a [number of measures](#) to support the country during the coronavirus (COVID-19) pandemic, Working Tax Credits payments will be increased by £20 per week from 6 April 2020 until 5 April 2021. The amount a claimant or household will benefit from will depend on their circumstances, including their level of household income. But the increase could mean up to an extra £3,040 in the 2020 to 2021 tax year.

If you claim Working Tax Credits, you don't have to take any action or contact HMRC - the increase in your payments will start from 6 April 2020. The [tax credits calculator](#) will be updated on 6 April 2020.

See here https://www.gov.uk/government/news/increase-to-working-tax-credits-what-this-means?utm_source=faa5c0a7-6027-49b8-91c5-6e825d232a41&utm_medium=email&utm_campaign=govuk-notifications&utm_content=immediate

Take care and kind regards, Steve



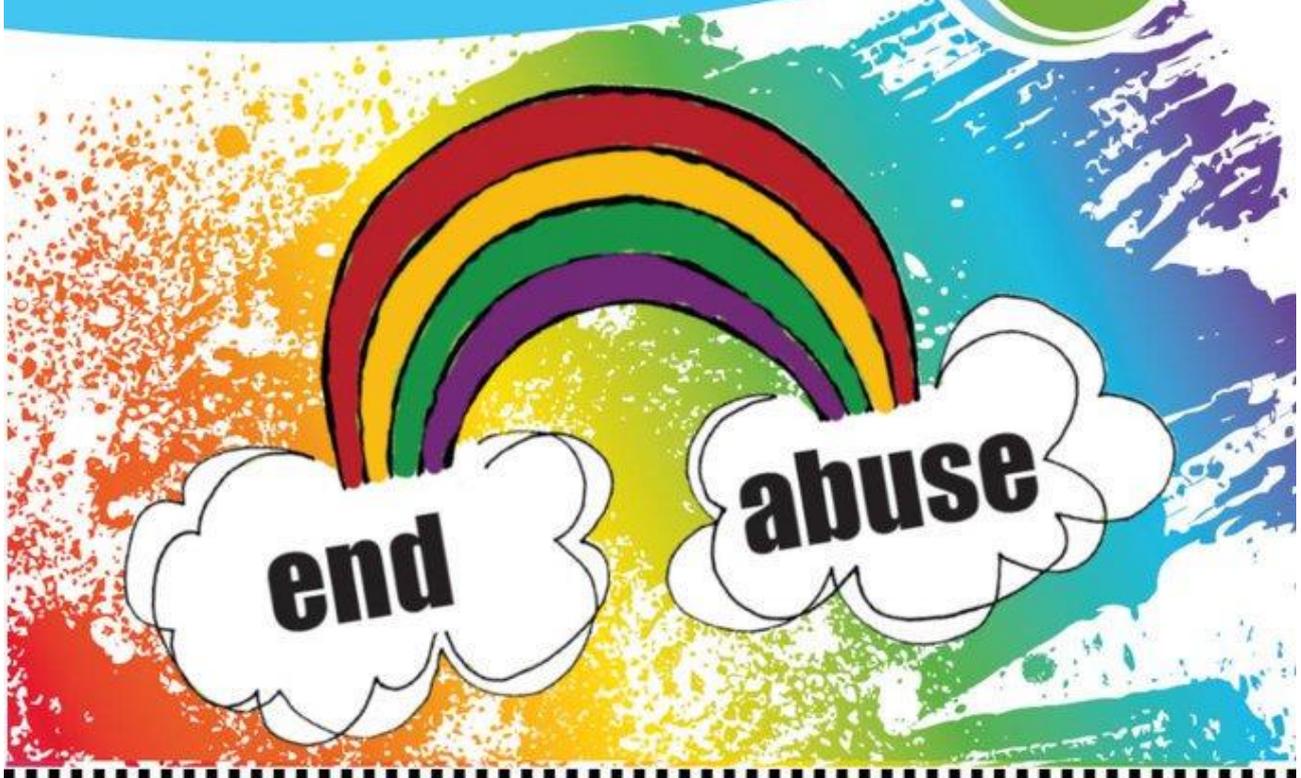
**STAY AT
HOME**

PROTECT THE NHS



save lives

**National LGBT+
Domestic Abuse Helpline**



Emotional & practical support for LGBT+ people experiencing domestic abuse.

0800 999 5428

help@galop.org.uk