



Domestic abuse and general support during Corona virus/Covid-19 outbreak – newsletter #11 25-03-20

Hello all – please find latest information attached. Hope you are all well, take care and stay safe. All the best, Steve

National Domestic Abuse Helpline – Is currently experiencing a high level of demand but getting back to callers is a priority. If you are struggling to reach the National Domestic Abuse Helpline please be assured we really want to speak to you. You can also contact the Helpline through our website where there's also a range of information to support you: <https://bit.ly/3b7JMhc>

Women's Aid – latest advice here - https://www.womensaid.org.uk/covid-19-coronavirus-safety-advice-for-survivors/?fbclid=IwAR1NwRBaZCLsiOmlASVawrQH71FNRZktxcwLbV9LtOme0QL6KVd_nWX_9nU

[Guidance for providers of safe accommodation with support for victims of domestic abuse and their children](#)

FamilyLine is a free service available to support adult family members on all aspects of family life issues via telephone, text message and email. Whether it's emotional support or practical advice on any aspect of parenting or broader family issues, **call: 0808 802 6666, text: 07537 404282** or **email: familyline@family-action.org.uk** Monday to Friday: 9am – 3pm and 6pm – 9pm. The helplines will be covered by SHOUT our text crisis line outside these hours including weekends and bank holidays.

Cumbria County Council - Locality Updates - Members of the public can now subscribe to locality specific email updates to receive news and information about how public services and local communities are responding to the Coronavirus (COVID-19) outbreak, at cumbria.gov.uk/coronavirus/communities.asp.

Support Cumbria <https://supportcumbria.org.uk/> Support Cumbria is an official collaboration of partners across Cumbria who are working together to provide community support to residents who are struggling to access basic or essential services during the coronavirus (COVID-19) outbreak. The site provides a central point to help coordinate volunteering efforts to support Cumbria residents who may need help.

VICTIM SUPPORT Cumbria

Following the developments over the last few weeks I'd like to take this opportunity to provide an update on Victim Support services in Cumbria. The main message we want to share is that VS Cumbria has moved to full remote working, but you can get us on the same number – different locations, same people, same commitment to helping you cope and recover after crime. We're here and ready to help with phone support and resources to support you. All our services are running including our integrated service for all victims of crime (Independent Victim Advocates, IDVA/ISVA), and our *Turning the Spotlight* service so please continue to make referrals and contact us in the usual ways.

Our support can be accessed directly online via our local **Livechat** service

<https://www.victimsupport.org.uk/help-and-support/get-help/support-near-you/live-chat>

Telephone: 0300 3030 157 (local service Mon – Fri 9.00 – 6.00pm, directs to 24 hour Supportline at other times)

Email: General enquiries Cumbria.Admin@victimsupport.org.uk

Turning the

Spotlight turningthespotlight@victimsupport.org.uk

High Risk DA highpvp@victimsupport.cjsm.net

Medium Risk

DA mediumpvp@victimsupport.cjsm.net

Follow us on Twitter for regular updates @VS_Cumbria (https://twitter.com/vs_cumbria) Please look after yourselves, stay as well and healthy as you can and above all stay connected. Lee

Our local services - Please note again, all our great local domestic and sexual abuse services remain open and have severely limited or ended face to face contact. They can be contacted via telephone and/or email as usual – some may take a little longer to get back to you as they adjust systems and practices to home working etc. Please bear with them but do still contact them for support and advice re: families we are working with. You can also follow them all on social media to the various innovative ways they are engaging with the community. I'll put together a list of agencies, contact details and sites this week if poss.

Coronavirus government advice – what we need to do <https://www.gov.uk/coronavirus>

Cumbria Together - this website provides information and confidential support through a trusted network of support organisations, giving strength back to those affected by crime
<http://www.cumbriatogether.com/>

Kind regards, Steve



**YOU NEED TO STAY 2 METRES
APART TO **SAVE LIVES NOW****

