



Domestic abuse and general support during Corona virus/Covid-19 outbreak – newsletter #5

Hello all – I hope you are all keeping well, latest update regarding services and support. See Women Out West statement below. In general, all our local domestic and sexual abuse services are still working but have largely moved from face to face to telephone or online support. **We are very aware of understandable concerns around the increased risk to those who experience domestic abuse during this period of social distancing and possible self-isolation. We would ask you to be extra mindful of the potential for increased risk for victims and children during this difficult time.**

See information sheet attached re: national telephone and online resources. Please feel free to print/copy and share this info.

See two graphics attached re: social distancing and managing mental health. Please feel free to share any of the info provided. Please note the Victim Support number is 0300 303 0157 – I missed the 7 off in previous email.

If you use social media we are posting regularly with updates and information;

You can find our page called Cumbria Domestic Abuse Champions Network on [Facebook](#)

You can also find our page @AbuseCumbria on [Twitter](#)

Women Out West

As of 18th March 2020, we have taken the difficult decision to temporarily close our Women out West Centre. We are following government advice to prevent the spread of Covid-19. We expect corona-virus will impact the most vulnerable in our communities the greatest. Women and children experiencing and escaping from domestic abuse are likely to be affected. Self-isolation is likely to shut down routes to support and safety for women, who may face even greater barriers to finding time away from the perpetrator to seek help.

Our WOW staff and ladies mean such a lot to us, so we have made some adjustments to ensure calls to our reception will still be answered as of today. One to one support appointments will continue over the phone or via facetime. Our social media will be monitored throughout the day and checked over the weekend. We are hoping to set up an online support group, bear with us whilst we do this. You can call or text 01946 550103/ WhatsApp on 07539780431 Email: contactus@womenoutwest.co.uk

Finally, if you believe your life is in danger, dial 999 and ask for the Police immediately. Stay safe! Rachel Holliday CEO & the WOW Team

Victim Support Cumbria between 8am-6pm 0300 303 0157 or call the Supportline 08 08 16 89 111 or online Live Chat 9am-6pm Monday to Friday <https://www.victimsupport.org.uk/help-and-support/get-help/support-near-you/live-chat>

Renters and landlords

This link is about additional protection for renters and landlords so no-one should be evicted because they cannot pay the rent...

https://www.gov.uk/government/news/complete-ban-on-evictions-and-additional-protection-for-renters?utm_source=22d9b39c-647f-4aa9-b61c-7ba4733dc6f8&utm_medium=email&utm_campaign=govuk-notifications&utm_content=immediate

COVID-19 (Coronavirus) helpline for staff, parents and students

The Department for Education (DfE) has launched a new helpline to answer questions about COVID-19 related to education. Staff, parents and students can contact the helpline by telephone and email:

Phone: **0800 046 8687** Email: DfE.coronavirushelpline@education.gov.uk The helpline is open from 8am to 6pm, Monday to Friday.

National Domestic Abuse Helpline: 24-hour freephone **0808 2000 247**

Women's Aid Live Chat <https://chat.womensaid.org.uk/> Monday-Friday 10am-12pm Email: helpline@womensaid.org.uk

Bright Sky app can be downloaded free, find out more here <https://www.hestia.org/brightsky>

CHAYN is a global volunteer network addressing gender-based violence by creating intersectional survivor-led resources online. <https://chayn.co/>

LGBT+ domestic abuse victims Freephone national helpline victims 0800 999 5428 Monday/Tuesday/Friday 10am – 5pm; Wednesday/Thursday 10am – 8pm Email: help@galop.org.uk

Men's Advice Line advice and support for men experiencing domestic violence and abuse 0808 801 0327 www.mensadvice.org.uk info@mensadvice.org.uk Webchat available on some days/times, see website

Respect phonline Are you hurting the one you love? 0808 802 4040 info@respectphonline.org.uk

Action on Elder Abuse Helpline 080 8808 8141

Kind regards and take care, Steve

CORONAVIRUS COVID-19

Social Distancing

AVOID	USE CAUTION	SAFE TO DO
<ul style="list-style-type: none">• Group gatherings• Visits to bars/restaurants• Sleep overs• Playdates• Visiting the elderly with children• Crowded retail stores• Gyms• Visitors to the home• Non essential	<ul style="list-style-type: none">• Visits to supermarkets• Visit to pharmacy• Visit to GP• Traveling• Check on friends and family safely• Public transport	<ul style="list-style-type: none">• Go for a walk• Jogging• Working in the home• DIY in and around the home• Reading• Going for a drive• Video calls

HOW TO LOOK AFTER YOUR MENTAL HEALTH DURING A TIME OF UNCERTAINTY

You're likely to be in a period where the amount of worry you experience is going to be higher. Anticipate this and be ready to find out how well you can tolerate this level of worry

 @BELIEVEPHQ



1 Speak to friends or family and ask how they cope with uncertainty. Could you learn anything from them?



2 Think back to past experiences where you have coped well with uncertainty and pick out what really helped you feel better back then



3 Take each day one step at a time. Focus on the present moment. A routine can help give you some structure



4 In times like this, increase your focus on self care and kindness. Take time to slow down, to breathe, to connect and to relax



5 You're likely to be having lots more worry-type thoughts. Be ready not to react to them. Make a commitment to noticing them, rather than trying to respond to them



6 Rumination is a common factor during times of uncertainty - If your mind starts to wander, use your senses to refocus on what you are doing in the present moment



7 Write down a list of helpful facts that you want to stay focused on, so when your mind wanders, you come back to solid ground

