



Domestic abuse and general support during Corona virus/Covid-19 outbreak – newsletter #7

Hello all – latest updates below re: services and support, see attached for personal support advice.

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.

Cumbria Covid-19 Response Fund <https://www.cumbriafoundation.org/2020/03/17/community-foundation-launches-cumbria-covid-19-response-fund/>

Cumbria Community Foundation has set up a fund to help charitable groups support vulnerable people affected by Coronavirus (COVID-19). As the virus spreads across the county, those who are vulnerable will be hardest hit and in times of crisis, many people turn to charities for support.

VICTIM SUPPORT UPDATE

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

Free School Meals and support for low income families https://www.gov.uk/government/news/plans-set-out-to-support-pupils-eligible-for-free-school-meals?fbclid=IwAR2rXPOixO6b4FT2J1h0mPb1MmT5faJxDzOn4idQTjORkPN_x5bG_AMOE0g

Corona virus and pregnancy https://www.rcog.org.uk/coronavirus-pregnancy?fbclid=IwAR0R7PK447qJIC5vcKHIR-W-AfsaKm7s_vG2o6gFhvpA9K-1rxXEVi-dJ80

Surviving Economic Abuse update re: Corona virus here <https://survivingeconomicabuse.org/economic-abuse-and-the-covid-19-outbreak/>

Refuge national charity If you are worried about a loved one, or about isolating with a perpetrator, please call the National Domestic Abuse Helpline on **0808 2000 247** or contact the Helpline via Refuge’s contact form at www.nationaldahelpline.org.uk. To ensure your safety you can let us know how to contact you and what time to contact you. **In an emergency, always be ready to call 999 if you are in danger.**

Cumbria Together Please remember this local resource for support around crime and anti-social behaviour. <http://www.cumbriatogether.com/>

Kind regards and take care of yourselves and others. All the very best, Steve

COPING CALENDAR: KEEP CALM. STAY WISE. BE KIND

30 actions to look after ourselves and each other as we face this global crisis together. Please use & share 📢

- 1 Make a plan to help you keep calm and stay in contact
- 2 Enjoy washing your hands. Remember all they do for you!
- 3 Write down ten things you feel grateful for in life and why
- 4 Stay hydrated, eat healthy food and boost your immune system
- 5 Get active. Even if you're stuck indoors, move & stretch
- 6 Contact a neighbour or friend and offer to help them
- 7 Share what you are feeling and be willing to ask for help
- 8 Take five minutes to sit still and breathe. Repeat regularly
- 9 Call a loved one to catch up and really listen to them
- 10 Get good sleep. No screens before bed or when waking up
- 11 Notice five things that are beautiful in the world around you
- 12 Immerse yourself in a new book, TV show or podcast
- 13 Respond positively to everyone you interact with
- 14 Play a game that you enjoyed when you were younger
- 15 Make some progress on a project that matters to you
- 16 Rediscover your favourite music that really lifts your spirits
- 17 Learn something new or do something creative
- 18 Find a fun way to do an extra 15 minutes of physical activity
- 19 Do three acts of kindness to help others, however small
- 20 Make time for self-care. Do something kind for yourself
- 21 Send a letter or message to someone you can't be with
- 22 Find positive stories in the news and share these with others
- 23 Have a tech-free day. Stop scrolling and turn off the news
- 24 Put your worries into perspective and try to let them go
- 25 Look for the good in others and notice their strengths
- 26 Take a small step towards an important goal
- 27 Thank three people you're grateful to and tell them why
- 28 Make a plan to meet up with others again later in the year
- 29 Connect with nature. Breathe and notice life continuing
- 30 Remember that all feelings and situations pass in time

“Everything can be taken from us but one thing: the freedom to choose our attitude in any given set of circumstances” ~ Viktor Frankl

ACTION FOR HAPPINESS

www.actionforhappiness.org

Find out more about the Ten Keys to Happier Living, including books, guides, posters and more here: www.actionforhappiness.org/10-keys