



## Domestic abuse and general support during Corona virus/Covid-19 outbreak – newsletter #8

Hello all, hope you're all doing OK and managing to stay well. Take care and I hope you find the information below and attached useful, thanks very much for the messages so far 😊 Steve

**Champions' Network newsletters** - You can find all the previous newsletters we've sent out this week in PDF format at <http://www.womenscommunitymatters.org/cumbria-domestic-champions/> just in case you lose/misplace any info check our Covid-19 newsletter library.

Are you a staff member in the NHS, social care or emergency services who does not have childcare available from next week? Fill in the Coronavirus Essential Workforce - Childcare Survey now at [https://www.surveymonkey.co.uk/survey-closed/?sm=utFwQ1mCQURuxzNQHCr\\_2BMpccsqTY9uBNFwixINfWF0ABT4zXgYzShmrMwtoozF1ZgN0QkdmZaDassQ8EGQNWDJCqEdw3OPZsljmHgmR2FK7k\\_3D](https://www.surveymonkey.co.uk/survey-closed/?sm=utFwQ1mCQURuxzNQHCr_2BMpccsqTY9uBNFwixINfWF0ABT4zXgYzShmrMwtoozF1ZgN0QkdmZaDassQ8EGQNWDJCqEdw3OPZsljmHgmR2FK7k_3D)

**Key worker status** see information here from BBC News <https://www.bbc.co.uk/news/uk-51972793>

**Supporting young people's mental health** during the coronavirus outbreak – see info and resources from Anna Freud centre here <https://www.annafreud.org/what-we-do/anna-freud-learning-network/coronavirus/>

**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.

**Message from Cumbria Police** We are urging the public not to display posters on their doors or windows to let people know they are vulnerable. We are concerned that criminals will use this as an opportunity to target those who are vulnerable within our communities [#coronavirus](#) [#COVID19](#)

**NHS – how to wash your hands** <https://youtu.be/aGJNsplRdrc> see also poster attached for your premises etc.

**Corona virus NHS stay at home advice** [https://youtu.be/isTGA\\_UHH-E](https://youtu.be/isTGA_UHH-E)

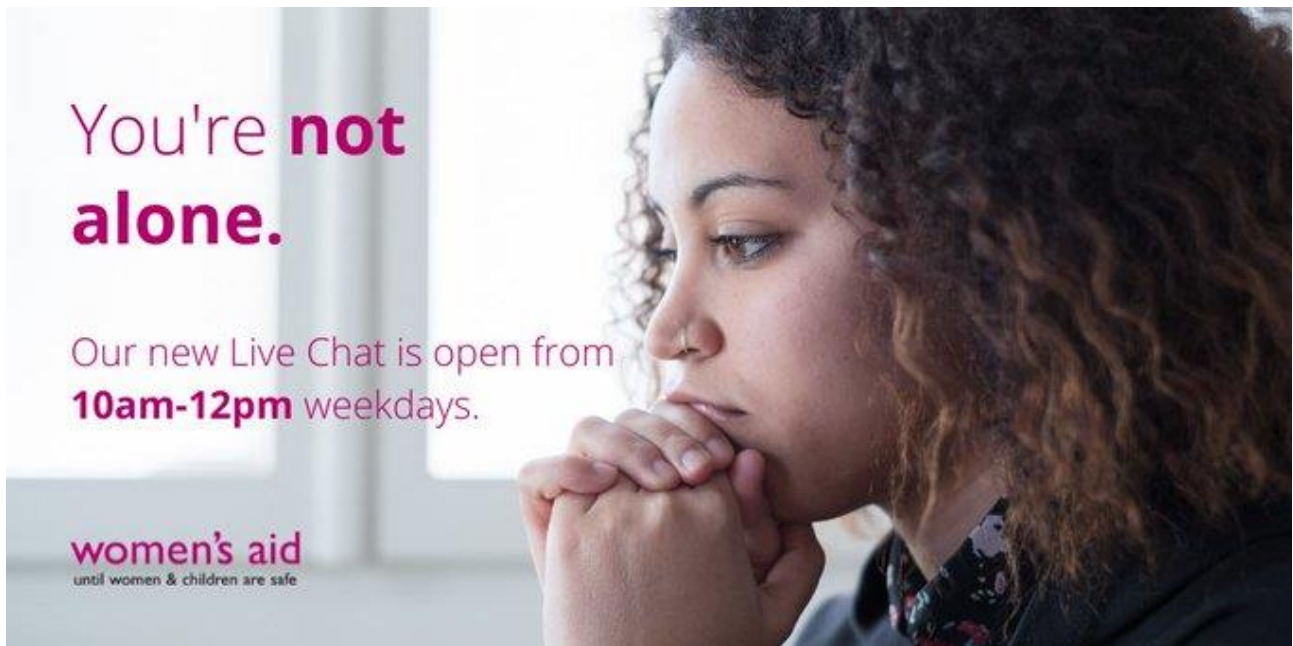
**Self-care** – see self-care wheel attached for suggestions re: maintaining good self-care during these difficult times.

**Women's Aid – Live Chat** see details attached and here <https://chat.womensaid.org.uk/>

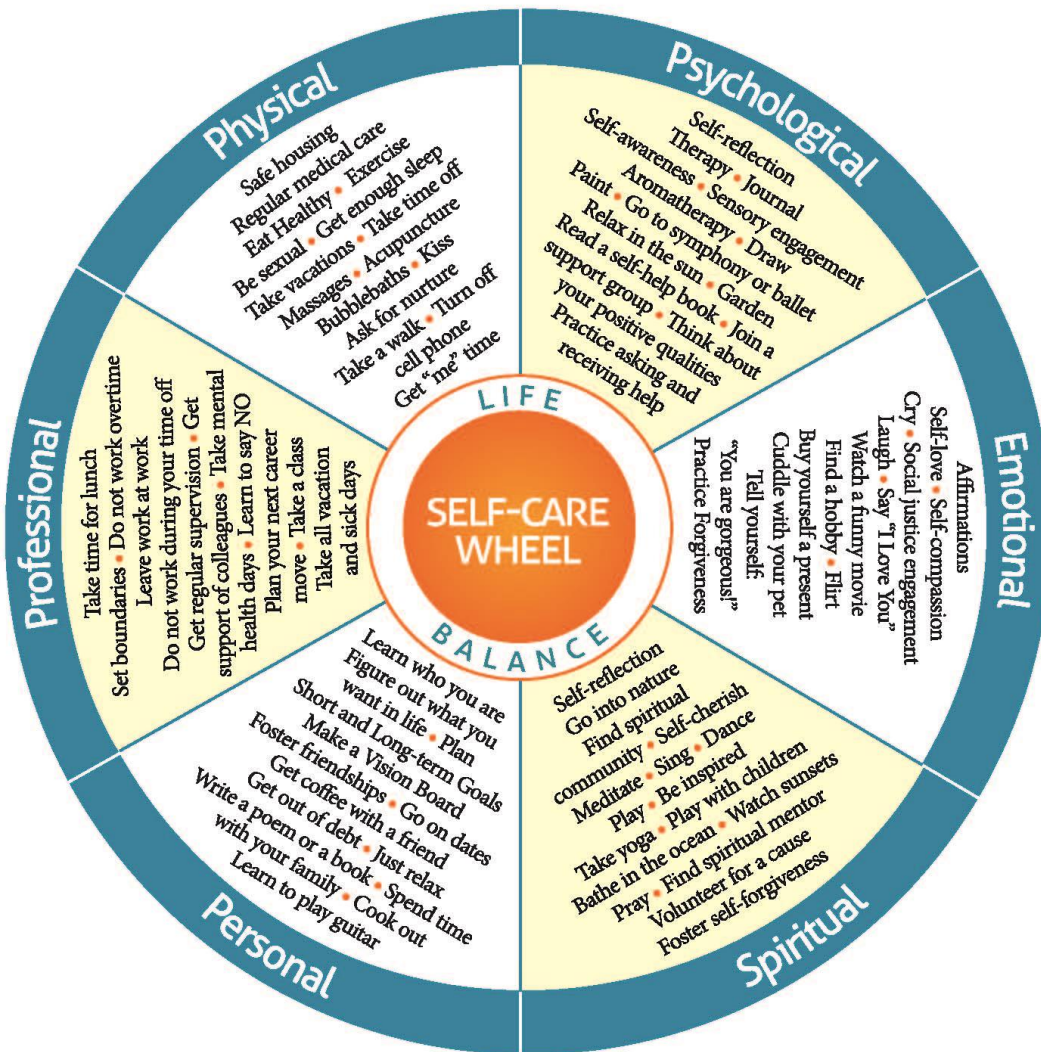
**Our local services** Please note again, all local domestic and sexual abuse services remain open and have limited or ended face to face contact. They can be contacted via telephone and/or email – some may take a little longer to get back to you as they adjust systems and practices to home working etc. Please bear with them but do still contact them for support and advice re: families we are working with.

**Crimestoppers** please call 0800 555 111 they are 100% anonymous, always. Or visit <https://crimestoppers-uk.org/>

Kind regards and take care, Steve



# SELF-CARE WHEEL



This Self-Care Wheel was inspired by and adapted from "Self-Care Assessment Worksheet" from *Transforming the Pain: A Workbook on Vicarious Traumatization* by Saakvitne, Pearlman & Staff of TSI/CAAP (Norton, 1996). Created by Olga Phoenix Project: Healing for Social Change (2013).

Dedicated to all trauma professionals worldwide.

[www.OlgaPhoenix.com](http://www.OlgaPhoenix.com)