



## **Domestic abuse and general support during Corona virus/Covid-19 outbreak – newsletter #13 30-03-20**

Hello everyone, hope you are all keeping well. Please find some hopefully useful information attached. Take care, Steve

### **Latest news items re: domestic abuse and Corona virus**

BBC - <https://www.bbc.co.uk/news/uk-52081280?fbclid=IwAR2aAVwP0RvxfZztxdvcOqnVONNnZx697oehRBIDYe7VNT- M3rAB84G3tM>

The Guardian - <https://www.theguardian.com/society/2020/mar/26/warning-over-rise-in-uk-domestic-abuse-cases-linked-to-coronavirus?fbclid=IwAR1iCOBRvipr9-H60qy-jDIFAhv3QEpgjI9uLQTWAEDvDk3EIHzwVsdJB2Q>

ITV - [https://www.itv.com/news/granada/2020-03-26/police-leader-domestic-abuse-linked-to-coronavirus-outbreak-has-already-been-reported/?fbclid=IwAR0-TB4QKvl\\_VPCej4wELx1bjPs2z8adiebxQeztK9M5cngMFOHZ0JO8crs](https://www.itv.com/news/granada/2020-03-26/police-leader-domestic-abuse-linked-to-coronavirus-outbreak-has-already-been-reported/?fbclid=IwAR0-TB4QKvl_VPCej4wELx1bjPs2z8adiebxQeztK9M5cngMFOHZ0JO8crs)

### **Child contact and Corona virus**

For helpful advice see Rights of Women website here [https://rightsofwomen.org.uk/get-information/family-law/coronavirus-and-child-contact-arrangements/?fbclid=IwAR3oHYfEEUfCDI3mboEYlcyKp357vSKgP-Oh-JqTZ7iAo\\_1CF-rxqHCrY5k](https://rightsofwomen.org.uk/get-information/family-law/coronavirus-and-child-contact-arrangements/?fbclid=IwAR3oHYfEEUfCDI3mboEYlcyKp357vSKgP-Oh-JqTZ7iAo_1CF-rxqHCrY5k)

**Legal advice for people working with women experiencing domestic abuse** – FLOWS - If you're working for a front-line organisation and are working with women experiencing domestic abuse, get in touch: Phone: 0203 745 7707 Email: [flows@rcjadvice.org.uk](mailto:flows@rcjadvice.org.uk) Our advice is available Monday – Friday 9am – 5pm

### **Cumbria specific information and support re: Corona virus**

Cumbria County Council dedicated webpage: <https://cumbria.gov.uk/coronavirus/> - lots of useful information

Cumbria Community Foundation Covid-19 Response Fund: <https://www.cumbriafoundation.org/cumbria-covid-19-response-fund-faqs/>

Support Cumbria: Dedicated website for those seeking to volunteer during the crisis: <https://supportcumbria.org.uk/>

### **Mental Health**

**Help with managing mental health (updated)** - <https://mentalhealth.org.uk/coronavirus/staying-at-home?bblinkid=211109162&bbemailid=20085626&bbejrId=1415934361>

**Guide to living with worry and anxiety amidst global uncertainty** - <https://www.psychologytools.com/articles/free-guide-to-living-with-worry-and-anxiety-amidst-global-uncertainty/>

**FREE course** - <https://lms.recoverycollegeonline.co.uk/course/view.php?id=373&sesskey=L1oLKzAjs#section-1>

This is a worrying time for everyone. If you experience mental health difficulties, you might find it even more challenging.

This course has been created to give you information about current guidance, and links to the most up to date advice, as well as exploring how you might be feeling, what you can do to support your mental health at this time, how to best manage a period of self-isolation and support other people you know, including children and young people.

### **Housing**

**Housing advice: coronavirus (COVID-19)** - [https://england.shelter.org.uk/housing\\_advice/coronavirus](https://england.shelter.org.uk/housing_advice/coronavirus)

### **Foodbanks**

**How to help food banks during the coronavirus outbreak** - <https://www.theguardian.com/society/shortcuts/2020/mar/17/how-to-help-food-banks-during-the-coronavirus-outbreak>

**Trussel Trust response** - <https://www.trusseltrust.org/2020/03/23/14922/>

Kind regards, Steve