



Domestic abuse and general support during Coronavirus/Covid-19 outbreak – newsletter #15 06-04-20

Good morning everyone, hope you are all keeping well. Below and attached latest information and support advice. Take care, Steve

Safety planning when isolated with an abuser – see below for a guide to safety planning whilst isolated with an abuser, produced by some colleagues in the Blackburn area.

Advice and resources for housing providers – The government's stay at home advice in response to the COVID-19 pandemic can create new challenges for people experiencing domestic abuse. Victim/survivors may be at home with their perpetrator and unable to escape from the abuse. Housing providers are uniquely placed to access people in their homes; their response to domestic abuse is therefore even more important during these times. Find resources and advice here

<https://www.dahalliance.org.uk/resources/information-on-covid-19/>

Mental health guidance for adults and young people re: Covid-19

Guidance for the public on mental health and wellbeing is available here:

<https://www.gov.uk/government/publications/covid-19-guidance-for-the-public-on-mental-health-and-wellbeing>.

Guidance for parents and carers on supporting children and young people's mental health and wellbeing is available here: <https://www.gov.uk/government/publications/covid-19-guidance-on-supporting-children-and-young-peoples-mental-health-and-wellbeing>.

Further information can be found here: <https://www.gov.uk/government/news/new-advice-to-support-mental-health-during-coronavirus-outbreak>.

Safeguarding adults – information poster from Cumbria Safeguarding Adults Board below.

Safeguarding, 7 step process -

<http://www.cumbriasab.org.uk/AdultSafeguarding/covid19/covid19safeguarding7process.asp>

Recent news items re: domestic abuse

1. The Guardian - Calls for funds to house domestic violence victims during Covid-19 outbreak
https://www.theguardian.com/society/2020/mar/31/call-for-uk-domestic-violence-refuges-to-get-coronavirus-funding?utm_source=dlvr.it&utm_medium=twitter

2. The Guardian - For people with an abusive partner, lockdown means captivity
<https://www.theguardian.com/commentisfree/2020/mar/30/abusive-partner-lockdown-domestic-abuse-charities-women-home>

3. The Independent - Coronavirus: Domestic abuse victims can leave home to access help during lockdown, Priti Patel says
<https://www.independent.co.uk/news/uk/home-news/coronavirus-domestic-abuse-lockdown-priti-patel-a9432646.html>

4. ITV News - 'Stay home, stay safe' coronavirus message can be a danger for people facing domestic abuse
<https://www.itv.com/news/london/2020-03-30/stay-home-stay-safe-coronavirus-message-can-be-a-danger-for-people-facing-abuse/>

5. i news - 'My ex is using the child maintenance system to continue to abuse me'
<https://inews.co.uk/opinion/comment/child-maintenance-system-economic-abuse-2520578>

6. The Independent - <https://www.independent.co.uk/voices/coronavirus-lockdown-uk-domestic-abuse-crisis-priti-patel-womens-refuge-a9441566.html>

Spot false information online

To help the public spot false information the government is running the SHARE checklist. This gives the public five easy steps to follow to identify whether information may be misleading:

- Source – make sure information comes from a trusted source
- Headline – always read beyond the headline
- Analyse – check the facts
- Retouched – does the image or video look as though it has been doctored?
- Error – look out for bad grammar and spelling

Further information: <https://sharechecklist.gov.uk/>.

My Support Space (Victim Support) - You can sign up here to access a range of tools to help you cope and move forwards after crime. This is a free, safe, secure and confidential space where you can choose how you want to be supported after crime. <https://www.mysupportspace.org.uk/>

Champions' Network newsletters - You can find all the previous copies of these newsletters 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.

Kind regards, Steve

NEW EMERGENCY SUPPORT HELPLINE

0800 783 1966
**COVID19support@
cumbria.gov.uk**



SUPPORT EACH OTHER
#TogetherWeCan

**Only for people at
high risk of becoming
seriously ill as a result of
COVID-19 and who do not
have support available
from friends, family or
neighbours.**

**Full details can be found
online at cumbria.gov.uk**

Provided by Cumbria County Council and partners including District Councils, CVS, Cumbria Community Foundation, community and voluntary sector, and private sector.

SAFETY PLANNING WHEN SELF ISOLATING WITH YOUR ABUSER

The Coronavirus spread is a worrying time for everyone, but being housebound with your abuser is a terrifying and potentially dangerous time.

Following the instruction to self-isolate in China, reports of domestic abuse doubled. This secondary effect of the pandemic needs to be addressed and people with no choice but to remain in their homes need to be aware of the risks and plan for their safety. Below are our suggestions for keeping yourself as safe as possible.

ALWAYS keep your mobile phone charged and with you.

USE a **code word with friends & family** so they know, if you call or text them and use that word, they need to contact the police. Or agree with them you will send a blank text if you are in need of the police. If neighbours are aware of your situation, ask them to call police if they hear sounds of an attack.

USE a **code word with children** to let them know they should leave the house. Agree with them before where they should go.

DON'T drink alcohol together as the probability of abuse increases. If your abuser insists you drink, add lemonade or have a soft drink in between alcoholic drinks. Alcohol reduces your ability to think clearly and it's difficult to reason with a drunk person.

IF you are drinking, make sure you both are **eating properly**. Keeps snacks available and **don't skip meals**.

KEEP your bank card & car keys (if you have a car) in a safe place where you can access them quickly. **Keep a little cash in your pocket** if you can.

USE your **judgement and intuition** with your abuser's mood. Keep a close eye on their body language. Nobody knows them better than you know them. If a situation is escalating, try to leave the room.

IF you can't get out of the house, go to a **safe room** that you can lock. Consider purchasing a Howsar Quick Lock from Amazon or eBay. They can be slipped into a pocket and they will give you enough time to call 999. Alternatively, put a door wedge under the door once you're in the room.

IF the situation is likely to escalate, stay out of the kitchen, bathroom, garage, or rooms where there are possible weapons. Stay away from the top of the stairs.

THINK about the quickest route out of your house. Consider risks that are unique to your home. Make sure children's toys are not blocking routes and exits.

PACK an overnight bag and hide it somewhere if it's safe to do so - e.g. with a neighbour for example. Ensure you pack ID etc.

Important numbers **IF YOU ARE IN DANGER CALL 999**

Refuge Helpline 0808 2000 247

Samaritans 116 123 - if you are experiencing emotional/psychological abuse and feel low

Shelter 0344 515 1831 – for housing needs

Safeguarding Adults Covid-19 for people who are self-isolating



We want to make sure that the **most vulnerable are safe** when they are self isolating. Here are some things to think about if you are offered, or need, support during this time.

Try to use **existing and trusted community groups**. If not, could a family member, friend or neighbour who you know and trust help?

Not sure? Don't answer the door
If you're not sure about an offer of help, ask the person to leave details and talk to someone you trust about it.



Contact us

If you are concerned that an adult is at risk of abuse or neglect please call:

Copeland and Allerdale - 0300 303 3589 Carlisle and Eden - 0300 303 3249

Furness and South Lakes - 0300 303 2704 Out of Hours 01228 526690

In an emergency, call 999

For concerns about a child, report to: cumbriasafeguardingchildren.co.uk



@cumbriasab



cumbriasab.org.uk