



## **Domestic abuse and general support during Coronavirus/Covid-19 outbreak – newsletter #18 14-04-20**

Hello all – please see latest advice, information and news attached. Take care, Steve

**Latest government guidance on domestic abuse** – here <https://www.gov.uk/guidance/domestic-abuse-how-to-get-help> see video here <https://twitter.com/i/status/1249005823763808258> for use on social media, use #YouAreNotAlone

**Ministry of Justice, early prisoner release** – some people may be anxious about the early release of perpetrators, please see information below.

**Safer Cumbria** – please see domestic abuse specific information/image below, feel free to use the image on your social media etc.

**Victim Support Cumbria** – latest information from colleagues at Victim Support re: safety planning. Detailed versions, including links, can be accessed here: <https://www.victimsupport.org.uk/crime-info/types-crime/domestic-abuse/living-domestic-abuse-or-coercive-control-during-coronavirus>

**Victim Support contact info** - Telephone: 0300 3030 157 or to VS National SupportLine 0808 16 89 111  
Email: General enquiries [Cumbria.Admin@victimsupport.org.uk](mailto:Cumbria.Admin@victimsupport.org.uk) Follow them on Twitter for regular updates @VS\_Cumbria ([https://twitter.com/vs\\_cumbria](https://twitter.com/vs_cumbria))

**Springfield, South Lakes** – see latest information below from colleagues at Springfield in South Lakes.

**FREE online courses for parents, carers, grandparents throughout Cumbria** – see information below.

### **Latest domestic abuse related news stories**

Heartbreaking surge of violence amid lockdown - <https://www.independent.co.uk/news/uk/home-news/coronavirus-domestic-abuse-lockdown-government-campaign-criticism-a9461341.html>

Domestic abuse victims can breach coronavirus lockdown rules -

<https://www.telegraph.co.uk/politics/2020/04/08/domestic-abuse-victims-can-breach-lockdown-rules-says-police/>

Lockdown and custody - <https://www.theguardian.com/world/2020/apr/07/lawyers-inundated-by-divorced-parents-arguing-over-lockdown-custody>

Coronavirus: Domestic abuse services to get £2m amid lockdown - <https://www.bbc.co.uk/news/uk-52255092>

£2m for domestic abuse victims, opinion - <https://www.theguardian.com/society/2020/apr/14/fiona-dwyer-2m-for-coronavirus-domestic-abuse-victims-its-pitiful>

**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/>.

**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.

## **Covid-19 Early Prisoner Release – from Ministry of Justice**

The Government has announced new measures to protect the NHS from coronavirus risks in prisons, deciding to release selected low-risk offenders, who have served over half their sentence and are within two months of their automatic release dates. This action is necessary to avoid thousands of prisoners overwhelming local NHS services and to save lives. All actions have been informed by the advice of experts from Public Health England and will be kept under constant review.

### **Safeguards**

We know that the decision to release an offender early will be distressing for some victims, but a number of safeguards have been put in place.

- Public protection is paramount. **No high-risk offenders, including those convicted of violent or sexual offences, anyone of national security concern or a danger to children, will be considered for release**, nor any prisoners who have not served at least half their custodial term. Additionally, no offender convicted of COVID-19 related offences, including coughing at emergency workers or stealing personal protective equipment, will be eligible.
- All offenders considered for release will be subject to a thorough risk-assessment beforehand to ensure they do not pose a significant risk to the public, including whether they pose a risk of domestic abuse or there are child safeguarding issues.
- Every offender released will be:
  - subject to strict licence conditions;
  - electronically monitored, including with GPS tags, to enforce the requirement to stay at home;
  - and immediately recalled to prison for breaching these conditions or committing further offences.

### **What happens next?**

- The releases will be phased over time but can start from this week (w/c 6 April).
- Phasing the release will ensure appropriate checks and risk assessments can take place. This will not lead to thousands of prisoners being released at the same time.

For more information: <https://www.gov.uk/government/news/measures-announced-to-protect-nhs-from-coronavirus-risk-in-prisons>

### **What support is available to victims?**

- Although for the offenders in scope victims would not normally be informed of the offenders' automatic release, we are currently arranging a central point of contact should victims have any initial concerns and will provide further details in advance of any prisoners being released. We will share a core script with support service providers which may help with questions from victims.
- Victims should contact the **police on 999** if they are concerned about their immediate safety.
- We're committed to ensuring victims continue to receive the support they need during this challenging time and have been working with Police and Crime Commissioners and nationally-commissioned services on contingency arrangements.

Further information on how victims can access support can be found

here: <https://www.gov.uk/guidance/coronavirus-covid-19-victim-and-witness-services>

**Online courses for parents & parents-to-be**

**FREE** for CUMBRIA parents, grandparents and carers

From bump to 19 years, lifetime access

**Access Code: WORDSWORTH**  
 go to [www.inourplace.co.uk](http://www.inourplace.co.uk)  
 Apply the 'ACCESS' code for a 100% discount!  
 Fill in some details to create an account

To return to the course(s) go to [www.inourplace.co.uk](http://www.inourplace.co.uk) and sign in!

UNDERSTANDING YOUR CHILD  
SOLIHULL APPROACH

Cumbria County Council

Cumbria Children's Trust

[www.solihullapproachparenting.com](http://www.solihullapproachparenting.com) [www.inourplace.co.uk](http://www.inourplace.co.uk)  
 Solihull Approach @SolihullApproach

For technical support contact  
[solihull.approach-parenting@heartofengland.nhs.uk](mailto:solihull.approach-parenting@heartofengland.nhs.uk)  
 or 0121 296 4448 Mon-Fri 9am-5pm

DEAR PARENT/CARER/GRANDPARENT 😊

**FREE ONLINE COURSES FOR FAMILIES OF CUMBRIA:**

- **Understanding your pregnancy, birth, labour and your baby**
- **Understanding your baby**
- **Understanding your child**
- **Understanding your teenager's brain**

Cumbria County Council have invested in 3 award winning, quality marked, evidence based online courses by the Solihull Approach (a national NHS organisation).

These courses are for **ALL parents-to-be, parents, grandparents or carers of any child from the antenatal period to age 18 years.**

You don't need to be struggling to do these courses. The courses are relevant to parents/carers of all children, including those with special needs, autism, ADHD etc.

We would encourage you to take advantage of this time limited opportunity. These courses are normally £19-£39 per person, but are **FREE** with the access codes below to all residents of CUMBRIA.

Go to [www.inourplace.co.uk](http://www.inourplace.co.uk) and apply the relevant access code:

Understanding your child age – Access code: WORDSWORTH

Understanding your pregnancy, labour, birth and your baby – Access code: WORDSWORTH

Understanding your baby – Access code: WORDSWORTH

Understanding your teenager's brain – Access code: WORDSWORTH

You will be asked to create an account so that you can resume the course where you last left off. Once you have accessed the courses using this code you will have access even after the code expires.

You will also be asked to verify that you are legitimately entitled to use the access code by entering your postcode.

Please know personal information supplied by you remains private. Your responses to the monitoring questions are anonymised. You will **not** receive any marketing emails. You will receive congratulatory emails when you complete a module.

The Solihull Approach may very occasionally email you to tell you about updates to the course. We welcome your feedback.

For further information about the course visit [www.inourplace.co.uk](http://www.inourplace.co.uk)

For technical queries email [solihull.approach@heartofengland.nhs.uk](mailto:solihull.approach@heartofengland.nhs.uk) or ring 0121 296 4448 Mon-Fri 9am-5pm

# Domestic Abuse Support Services Cumbria during COVID-19

To report: Cumbria police non-emergency T: **101** or online [www.cumbria.police.uk](http://www.cumbria.police.uk), in an emergency always call **999**

**No one should suffer domestic abuse.**

If you are at risk or experiencing abuse help and support is available. For more information contact:

## VICTIM SUPPORT CUMBRIA

**Telephone Support** - Local number 0300 3030 157 Mon-Fri 9-6pm

**Self Help Guides** – 'My Support Space' online guides

**Live On-line Chat** - available on-line 9am-6pm, Monday to Friday [www.victimsupport.org.uk/help-and-support](http://www.victimsupport.org.uk/help-and-support)

**24 Hour Support Line** 08 08 16 89 111

## LOCAL

**Safety Net** – for women and men affected by Domestic Abuse T: 01228 515859 E: [office@safetynet.org](mailto:office@safetynet.org)

**Gateway 4 Women** – Carlisle T:01228 212090 E: [admin@cumbriagateway.co.uk](mailto:admin@cumbriagateway.co.uk)

**Women Out West** – Whitehaven T:01946 550103 E: [contactus@womenoutwest.co.uk](mailto:contactus@womenoutwest.co.uk)

**Women Community Matters** – Barrow T:01229 311102 E:[reception@womenscommunitymatters.org](mailto:reception@womenscommunitymatters.org)

## NATIONAL

**National Domestic Abuse helpline** 0808 2000 247

**LGBT Domestic Abuse Victims** – T: 0800 999 5428

**Mankind Initiative** – T: 01823 334 244

**National Child Line** – T: 0800 11 11

**safer Cumbria**



# Springfield

• Domestic Abuse Support in South Lakeland •

## DOMESTIC ABUSE SUPPORT DURING COVID - 19

**If you are at risk or  
experiencing abuse  
help and support is  
available**

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**For more information call**  
**SPRINGFIELD 9-5;**  
**mob 07415 431103**  
**mob 07415 432357**  
**01539 726171**



Victim support  
0300 3030 157  
mon-fri 9-6pm



Police  
non emergencies 101  
emergencies 999  
national domestic  
abuse helpline  
(24HRS)  
0808 2000 247

**PLEASE GET IN TOUCH- YOU  
ARE NOT ALONE**

**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](https://www.cumbria.gov.uk)**

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



**PROTECT THE *NHS***

 **save lives**