



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

Hello all, latest information re: domestic abuse attached.

**Cumbria Police, Domestic Abuse Q and A session on Facebook** - The Cumbria Police Q&A session will be held this Wednesday 22<sup>nd</sup> April from 3-5pm on the Cumbria Police Facebook page which can be found here: <https://www.facebook.com/cumbriapolice/>

If you need to speak to someone regarding domestic abuse or would like to make a report please call 101, or use our online reporting form here: <https://www.cumbria.police.uk/Report-It/Report-a-Crime/Non-Emergency-Crime-Online.aspx> **Always call 999 in an emergency.**

**Respect phonenumber** – Are you hurting the one you love? Choose to stop, ring 0808 8024040, see more here <https://respectphonenumber.org.uk/>. See image for social media etc. attached.

**Safe Lives** – safety planning guide during Covid-19 pandemic, please see here <https://safelives.org.uk/sites/default/files/resources/Safety%20planning%20guide%2C%20victims%20and%20survivors%2C%20COVID-19.pdf>

**Surviving Economic Abuse** – see resource booklet here <https://survivingeconomicabuse.org/wp-content/uploads/2020/04/Economic-abuse-and-the-coronavirus-outbreak-110420.pdf> from SEA. See more at <https://survivingeconomicabuse.org/>

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

1. 'Violent Men Are To Blame, Not The Virus': Lockdown Sees Rise In Women Being Killed - [https://www.huffingtonpost.co.uk/entry/domestic-abuse-women-killed-coronavirus-lockdown-violent-men\\_uk\\_5e9866bac5b65eae70a07f5d?ncid=tweetInkukhpmg00000001](https://www.huffingtonpost.co.uk/entry/domestic-abuse-women-killed-coronavirus-lockdown-violent-men_uk_5e9866bac5b65eae70a07f5d?ncid=tweetInkukhpmg00000001)
2. The Hidden Horror: The Women Scared For Their Life In Lockdown - <https://www.refinery29.com/en-gb/domestic-abuse-increase-lockdown>
3. How to help someone in an abusive relationship during lockdown - <https://www.cosmopolitan.com/uk/reports/a32154739/help-friend-domestic-abusive-relationship/>
4. Coronavirus: 'Unsafe and inaccurate' domestic violence safe zone advice could put victims at risk - <https://inews.co.uk/news/coronavirus-unsafe-inaccurate-domestic-violence-safe-zone-advice-victims-risk-2538547?fbclid=IwAR2IbK9RC8WS4KggqAfV5eUGAEv76iJhdXGHE-ADRZ-9hXiNa3wEdZSKOXQ>

**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.

Take care and stay safe, Steve

**Respect**  
Phoneline

**0808 8024040**  
[www.respectphoneline.org.uk](http://www.respectphoneline.org.uk)

**When the world feels unsafe, don't make your home unsafe.**



**There is no excuse for abuse.**

**Respect**

Free to call from landlines, mobile phones and BT payphones  
The Respect Phoneline is operated by Respect. Charity number 1141636

**Helplines**  
STANDARD

## 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)

**Springfield Domestic Abuse Support** - South Lakes T:01539 726171 E: [cs@springfieldsupport.org](mailto:cs@springfieldsupport.org)

**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**

# Make Yourself Heard

In danger, need the police, but can't speak?

- 1** Dial 999
- 2** Listen to the questions from the 999 operator
- 3** Respond by coughing or tapping the handset if you can
- 4** If prompted, press **55**  
This lets the 999 call operator know it's a genuine emergency and you'll be put through to the police.

See our guide for more information.



#MakeYourselfHeard  
#SilentSolution



[www.policeconduct.gov.uk](http://www.policeconduct.gov.uk)



Led by

**IOPC** Independent Office for Police Conduct

Supported by

**women's aid** until women & children are safe

**NPCC** National Police Chiefs' Council

# COVID-19 Helpline - SAFA

From Monday 13th April 2020, SAFA Cumbria will be using our team of trained counsellors to provide telephone support for ANYONE in Cumbria who is anxious, isolated or worried about COVID-19.

Talking now is more important than ever ...

## **How it works.**

Our team of experienced counsellors will provide emotional help and support over the telephone. Anyone in Cumbria can ring to access the support. Types of client may include:

- People who are isolated
- People who are anxious
- People who are worried about the future
- People who are worried about friends or family
- People who have been bereaved

## **How we can help.**

We may be help to able in the following ways:

- Provide a calm listening ear
- Provide coping techniques & improve resilience
- View things in a different light
- Regain emotional balance
- Minimize trauma

## **How to access the service.**

Please ring 01229 832269. Your details will be taken, a counsellor will then be assigned who will call you back.

All calls are confidential, and we only need your first name and a contact number.

COVID-19 Helpline Number (01229 832269)

The helpline is manned by trained staff and is manned Monday-Friday, 9am-5pm.