



Domestic abuse and general support during Coronavirus/Covid-19 outbreak – newsletter #25 06-05-20

Hello all, please find latest info and news attached, including a quick survey request from Dr Venetia Young. Thanks to everyone for sharing useful stuff and for the feedback 😊 Take care, Steve

Post-Traumatic Stress - we have been asked to circulate a quick survey by our friend and colleague Dr Venetia Young, and her colleagues at Cumbria CVS. Some of you will know that Venetia has been working with CVS to promote understanding and awareness of issues around Post Traumatic Stress over the last two years. So, thinking about the current situation we find ourselves in with the Covid-19 pandemic ...

Could you state which three things you personally have found most important in supporting traumatised individuals you have been working with. Thank you and please send email replies to ...

venetiaemmayoung@gmail.com

Post-Traumatic Stress resources – on the subject of PTS/PTSD please also see this useful Australian website. The site contains lots of useful factsheets about PTS for different groups such as survivors of abuse, family and friends supporting survivors, health professionals, GP's and more, including a factsheet about Covid-19. See more here <https://www.blueknot.org.au/> ***Please note the helpline/phone numbers etc are all based in Australia not the UK.**

Small actions matter – please remember that seemingly small actions can make a big difference, If you're concerned about a friend, family member or client who you think may be experiencing domestic abuse, find safe ways to let them know you're there for them. Safe Lives are encouraging us to #ReachIn - see more here <https://safelives.org.uk/reach-in>

"Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around." Leo Buscaglia

Boots Safe Space – please see Boots Safe Space image below for use on your social media. Reminder of what it's about here <https://www.bbc.co.uk/news/uk-52495434> Please can anyone who has access to leaflets detailing local or national domestic abuse support services consider dropping some off/having a chat with your local Boots pharmacy to see if they'd like some? Thanks all (Thanks Gillian 😊 for the idea)

Latest news items from the domestic and sexual abuse world

<https://metro.co.uk/2020/05/02/domestic-abuse-victims-get-priority-housing-status-new-law-12645997/>

<https://www.ok.co.uk/lifestyle/refuge-real-life-melanie-clarke-21952044>

<https://www.theguardian.com/society/2020/may/04/my-working-week-police-lockdown-domestic-abuse>

<https://news.sky.com/story/coronavirus-domestic-abuse-victims-to-get-priority-for-housing-11982278>

Covid-19 'It's OK2Ask' – please poster below.

'We Will' Youth Mental Health Campaign – please see information below.

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 of the information.

Kind regards, Steve

Could you be THAT person who can help us improve youth mental health at a time when it has never been more needed?

If so, WE WILL need YOU! Due to COVID-19 our planned activities for Mental Health Awareness Week 18-24th May have been adapted but our key message is now more important than ever.

1. WILL YOU SHARE THE 'JUST LISTEN' MESSAGE?

Following years of research, WE WILL say:

Listening better is a vital skill that can save relationships, health and lives.

We are asking you to be THAT person who steps up and LISTENS BETTER to young people and each other.

WE WILL – will you?

Will you share the importance of listening with people in your work and home communities?

2. WILL YOU WATCH AND SHARE OUR FILMS?

We're launching our latest film 'JUST LISTEN' to highlight the need for listening - THE simplest and most effective solution to coping in challenging times.

- Please take a few minutes to **watch 'BOY'** and understand WHY listening is so important.
- To find out HOW to listen please **watch our NEW film 'JUST LISTEN'**.

JUST LISTEN is an essential message for staff, clients, family, friends and the most vulnerable. Can you share our films with people you work with or those in your networks? Can you share them on your website or on social media channels to raise awareness? Can you like and comment on our Facebook, Twitter and Instagram page?

INFORMATION ABOUT HOW TO VIEW, SHARE AND UPLOAD OUR FILMS IS BELOW.

TO FIND OUT MORE ABOUT 'WE WILL' AND TO VIEW, SHARE AND UPLOAD OUR FILMS

WEBSITE: www.ewanrigg.com/wewill

YOU TUBE:

BOY: <https://www.youtube.com/watch?v=L9WBZ1L2s4I&t=11s> *BOY shows WHY it's important to listen better to others.*

JUST LISTEN: <https://www.youtube.com/watch?v=Kg053UnO7S0> *JUST LISTEN is a new animation showing HOW to listen better to others.*

WE WILL – Will you? <https://www.youtube.com/watch?v=t2-dtcl0LC4> *Commissioned by NHS England - interviews with WE WILL members explaining what matters to them, what they DID about it and how YOU can help improve youth mental health.*

SEARCH You Tube and Vimeo for WE WILL Ewanrigg mental health

FACEBOOK: on Making Maryport Smile's Facebook page @makingmaryportsmile

INSTAGRAM: @wewillcampaign

TWITTER: @wewillcampaign

UPLOAD: If you would like a copy of the film to upload direct to your website and social media channels please email development@ewanrigg.com and we can provide you with the most appropriate formats and file sizes for your requirements.

Bay Health &
Care Partners
delivering



#Ok2Ask

www.cumbria.gov.uk/coronavirus



**1 in 3 could be unemployed due to COVID-19.
It's okay to ask for help.**



ASK, ADVICE, ACT:

Take the first step in seeking help by speaking to friends and family. There are many resources for advice on everything from finances to food. For advice on claiming benefits, employment rights, managing debt or emergency help, speak to South Lakes Citizens Advice, DWP or AgeUK South Lakeland. For advice on Free School Meals or other food resources, such as Foodbanks and Food Pantries, speak to your local school. Action for Children can also offer support.



SEARCH FOR SUPPORT:

Go online for further support and resources. Most charities have informative websites and helpful apps. Visit www.cumbria.gov.uk/coronavirus or use the Cumbria Emergency Helpline: 0800 783 1966 where you can find the right organisation for your needs.



KINDNESS IS KEY:

Feeling depressed or perhaps at risk of abuse and you need someone to talk to? You can speak to your local community volunteer group or organisations such as The Big White Wall, AgeUK South Lakeland, Churches Together and chat to someone through the GoodSam app. If you have a neighbour, friend, loved one or know someone who you believe may be vulnerable or isolated through age or underlying health conditions, please get in touch with them and see how you can help, #TogetherWeCan.



Stay home, protect the NHS, save lives.

Cumbria Emergency Helpline: 0800 783 1966

Coping with grief - David Kessler

David Kessler, the death and grieving expert, recently recommended [four strategies for surviving and managing our anxiety about loss](#), which may be useful to you and your teams.

1. 'Find balance in the things you're thinking'

If you find yourself focusing on the worst things that could happen, challenge yourself to think through a positive alternative. 'The people I know and love stay safe'. This is not to say you shouldn't allow yourself to think through negative scenarios, but just that you should aim to find balance in your thinking.

2. 'Come into the present'

If you find yourself feeling very anxious, even panicky, about the future, focus on bringing yourself back to the present moment as a way of calming yourself down and being able to better manage your thinking. Notice what you can see around you. What can you hear and smell? What can you feel on your skin? It also helps to work on slowing down your breathing.

3. 'Let go of what you can't control'

Some things are in our control; some things we can influence; and many things are out of our realm of control or influence. Recognise what falls into which category, and focus your energies on what you can control, and not on what you can't.

4. 'Stock up on compassion'

This collective anxiety means that people, ourselves included, may be acting out in unusual ways. Anxiety about loss might express itself in a variety of ways including as anger, denial or depression. Recognise that many people may be struggling even if they don't, or can't, articulate this, and try to show people as much understanding and compassion as possible. Show yourself that same compassion.

How can we do this in a context of limited time and space in a challenging work environment? Perhaps through sharing personal reflections and experiences with our teams and colleagues. And by providing space and encouragement for team members to describe how they are feeling, for example, at the beginning of a meeting, or by having dedicated meetings that focus on mutual pastoral care.

NEED A SAFE SPACE?

If you're experiencing domestic abuse, support is available.

You can use the consultation room in your local Boots pharmacy to call a support service.



[UKSAYSNOMORE.ORG/SAFESPACES](https://uksaysnomore.org/safespaces)