



Domestic abuse and general support during Coronavirus/Covid-19 outbreak – newsletter #27 13-05-20

Hello all – please find latest news and information attached re: domestic abuse, some general info about mental health also. Take care, Steve

FREE E-learning – online training is still available at Cumbria Safeguarding Children Partnership, register and see more here <https://www.cumbriasafeguardingchildren.co.uk/LSCB/training/domesticabuseelearning.asp>, includes domestic abuse and a variety of safeguarding training.

Protecting Victims of Domestic Abuse During COVID-19, online seminar - Tuesday 2nd June

2020 Time: 10:30am - 2:30pm Venue: ONLINE Live Seminar. Find out more at

<https://policyforesight.com/events-details-200602> *Please note this training is not connected to Cumbria Domestic Abuse Champions' Network and there is a cost attached to this training (£195+VAT per person)

Domestic Abuse Bill 2020 Factsheets – please see link here

<https://www.gov.uk/government/publications/domestic-abuse-bill-2020-factsheets> for a number of factsheets relating to the Domestic Abuse Bill 2020.

Survey for professionals who work with perpetrators of domestic abuse - is being co-ordinated by the Drive partnership which is made up of Respect, SafeLives and Social Finance and funded by the National Lottery Community Fund. See more here <https://wh1.snapsurveys.com/s.asp?k=158816554137>

Channel 5 programme tonight, 10pm – a documentary to help those struggling from domestic abuse while in lockdown. See more here <https://metro.co.uk/2020/05/12/channel-5-air-special-domestic-violence-abuse-12689600/>

Latest Domestic Abuse news articles

1. 19 women killed in suspected domestic violence attacks in lockdown - <https://www.mirror.co.uk/news/uk-news/least-19-women-killed-domestic-22002448>
2. Channel 5 to air special on domestic violence to help those stuck with abusive partners in lockdown - <https://metro.co.uk/2020/05/12/channel-5-air-special-domestic-violence-abuse-12689600/>
3. My boyfriend forced me to get his name tattooed on my arm so everyone knew I was his' - <https://www.mirror.co.uk/news/uk-news/my-boyfriend-forced-name-tattooed-22004826>
4. As with so much else, black and minority women have been left out of the national domestic violence conversation - <https://www.independent.co.uk/voices/coronavirus-domestic-violence-women-girls-bame-race-a9510156.html>

Big White Wall – anonymous mental health support online 24/7, register for free. See information below and/or visit www.bigwhitewall.com

Men's Health Forum – information for men about a range of topics including anger management; domestic abuse as victim/perpetrator and more <https://www.menshealthforum.org.uk/>

Champions' Network newsletters – You'll find previous copies of these newsletters as PDF's at <http://www.womenscommunitymatters.org/cumbria-domestic-champions/> just in case you lose/misplace.

Mental health support online,
anonymous and 24/7.

You're
Not
Alone

Register
today for
FREE

Visit bigwhitewall.com to join our
online mental health community.

16+

BIG WHITE WALL
Get Support Take Control Feel Better

“ Having constant access to Big White Wall
gave me a place to escape to ”

Big White Wall offers:

Community

Share thoughts, get creative & receive
support. The community is safe,
anonymous & monitored 24/7 by
trained professionals

Courses

Work through a selection of
courses relevant to you, with
professional support on hand.

Resources

Complete tests, access tools
& content and receive helpful
techniques to help manage your
mental health.

Register at: bigwhitewall.com



BIG WHITE WALL

For more details, please refer to our T&Cs/privacy notification.



Proud of our past. Energised for our future.

Support for Victims of Domestic Abuse and Sexual Exploitation

The Coronavirus pandemic is a worrying time for everyone, but for those living with domestic abuse it can be a terrifying and potentially dangerous time. However, no one should ever have to suffer abuse from anyone or made to feel unsafe where they live.

Victims of domestic abuse in Copeland are being urged not to suffer in silence and should be reassured that the council is on hand to support people who have left, or need to leave, their homes because of it.

Copeland's Housing Options Team is here to support individuals in need of help and emergency accommodation.

The Council has a Prevention and Crisis Support Officer to provide confidential advice and support for those who need it.

If you believe you are in immediate danger at any time please call the police on 999 or 101 for non-emergency assistance. If calling from a mobile, and are unable to speak, press 55 to make yourself heard and this will transfer the call straight to the police.

Copeland Borough Council
Crisis Support, Emergency Housing & Prevention Services
01946 598300 /01946 427070 (out of hours)
Housing.Options@copeland.gov.uk
www.copeland.gov.uk

Victim Support
0300 3030 157 Out of hours 08 08 16 89 111
Cumbria.admin@victimsupport.org.uk
www.victimsupport.org.uk



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

Domestic Abuse Support Services Cumbria during COVID-19

To report: Cumbria police non-emergency T: 101 or online 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

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

Gateway 4 Women - Carlisle T:01228 212090 E: admin@cumbriagateway.co.uk

Springfield Domestic Abuse Support - South Lakes T:01539 726171 E: cs@springfieldsupport.org

Women Out West - Whitehaven T:01946 550103 E: contactus@womenoutwest.co.uk

Women Community Matters - Barrow T:01229 311102 E: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