



Domestic abuse and general support during Corona virus/Covid-19 outbreak – newsletter #1

Hello Champions' – please see information below re: services during the coronavirus situation. We will try and keep you updated as things change and develop regarding all our local domestic abuse related services.

1. [The Freedom Project/ West Cumbria Domestic Violence Support](#)

IMPORTANT NOTICE- COVID 19 - Our clients and staff health is extremely important to us therefore we have taken the action to suspend all groups and face to face meetings until after the Easter period.

All counselling sessions will now be done via telephone or video call. Counsellors and support workers are available to group members that feel they need support until the group restarts.

If you have any concerns or queries please call our helpline 07712117986 between 9am and 5pm.

2. [Springfield Domestic Abuse Support in South Lakeland](#)

Springfield continues to closely monitor the current Coronavirus situation. The safety of staff, volunteers and our service users remains Paramount, so as of today we are suspending our groups, and workshops from our Community Hub, as a precautionary measure.

Essential 1-1's, new referrals, information and advice will be delivered via telephone, or electronically wherever possible. Face to face meetings will very limited, and only be available with prior arrangement, if safe to do so.

If you have any symptoms of Coronavirus, or have been in close contact with someone who has tested positive, please do not attempt to attend the Hub.

Staff remain on duty at the Hub, during office hours, and we are available to contact by the usual telephone number - 01539 726171.

3. **The Network meeting** scheduled for this Friday 20/03/20 is postponed until further notice due to the situation re: coronavirus. Details of future meetings will be shared as and when things change. Take care everyone and give our vulnerable clients an extra call 😊
4. See news article here https://www.huffingtonpost.co.uk/entry/domestic-violence-coronavirus_uk_5e6b9c9ec5b6bd8156f63d01?ncid=tweetInkukhpmg00000001
5. List of local services contact details attached and list of national services/helplines attached.
6. Managing mental health will be an issue for some people so please see advice here <https://www.bbc.co.uk/news/health-51873799> and poster attached.
7. Please follow and share official advice only i.e.

Public Health England <https://www.gov.uk/government/organisations/public-health-england>

NHS <https://www.nhs.uk/>

World Health Organisation <https://www.who.int/>

And your local authorities/councils.

Take care, look after yourselves and one another – be kind and good luck and best wishes to you all. Kind regards, Steve

National helplines

24-hour National Domestic Violence Freephone Helpline 0808 2000 247

helpline@womensaid.org.uk

National phoneline offering advice and support for men experiencing domestic violence and abuse

0808 801 0327 www.mensadviceline.org.uk info@mensadviceline.org.uk

Freephone national helpline for LGBT+ domestic abuse victims 0800 999 5428 Mon/Tues/Fri 10am –

5pm; Wed/Thur 10am – 8pm help@galop.org.uk

National Stalking Helpline 0808 802 0300

Respect phoneline - Are you hurting the one you love? 0808 802 4040 info@respectphoneline.org.uk

Action on Elder Abuse Helpline 080 8808 8141

The Revenge Porn Helpline is open from 10am to 4pm Monday to Friday (excluding bank holidays)

03456 000 459 <https://revengepornhelpline.org.uk/>

Useful websites

Women's Aid - domestic abuse – <https://www.womensaid.org.uk/>

Refuge - domestic abuse - www.refuge.org.uk

Safe Lives - domestic abuse - www.safelives.org.uk

Suzy Lamplugh Trust - stalking and personal safety - www.suzylamplugh.org

Surviving Economic Abuse - www.survivingeconomicabuse.org

Victim Support - www.victimsupport.org.uk

UK Says No More - domestic violence/sexual assault - <http://uksaysnomore.org/>

Respect UK - men, young people and perpetrators - <http://respect.uk.net>

Rights of Women - legal help for women - <http://rightsofwomen.org.uk/>

Men's Advice Line - www.mensadviceline.org.uk

Galop – LGBT+ anti-violence charity - <http://www.galop.org.uk/domesticabuse/>

AVA – against violence and abuse - <https://avaproject.org.uk/>

National Centre for Domestic Violence – legal measures - <https://www.ncdv.org.uk/>

Action on Elder Abuse - <https://www.elderabuse.org.uk/>

Crimestoppers – report a crime anonymously - <https://crimestoppers-uk.org/>

Cumbria Together – support and advice directory <http://www.cumbriatogether.com/>

Local Support Services – Cumbria

Victim Support Cumbria (Cumbria wide, commissioned service)

0300 303 0157 lines are open 8-6pm Monday-Friday

24 hour/7 days a week Supportline 08 08 16 89 111

Website: <https://www.victimsupport.org.uk/help-and-support/get-help/support-near-you/north-west/cumbria>

Turning the Spotlight (Cumbria wide, commissioned service)

A project working supporting families experiencing conflict, violence and abuse. Built on a package of programmes, offering extensive support to those who have experienced (and/or have perpetrated) standard to moderate levels of violence and abuse.

For further info contact Laraine Carr on 07919 393 311 or by email at

turningthespotlight@victimsupport.org.uk

Carlisle area

Gateway 4 Women - a women's centre offering support to all women in a safe, welcoming and women-only space.

Contact on 01228 212090 Email: admin@cumbriagateway.co.uk Website:

www.gateway4women.com

Safety Net - we provide trauma informed support and therapy for those affected by rape, exploitation, sexual and domestic abuse.

Contact on 01228 515859 or 07748682600 Email: Office@safetynetuk.org Website:

www.safetynetuk.org

South Lakeland area

Springfield Domestic Abuse Support - strives to meet the needs of women today who live with the terrible impact of domestic abuse.

Contact on 01539 720313 Email: refuge@springfieldsupport.org Website:

www.springfieldsupport.org

Barrow and Furness area

Women's Community Matters – a women's centre offering a wide range of courses, support groups, activities and appointments in a safe, women-only space.

Contact on 01229 311102 Email: reception@womenscommunitymatters.org Website:

www.womenscommunitymatters.org

West Cumbria

The Freedom Project/West Cumbria Domestic Violence Support – a place to turn for survivors, perpetrators and children of sexual and domestic abuse.

Contact on 01900 67167 Email: hope@freedom-project-west-cumbria.org.uk Website:

www.freedom-project-west-cumbria.org.uk Free confidential helpline: 07712 117986

Women Out West - to provide services designed by West Cumbrian Women for West Cumbrian Women to empower all women to reach their full potential. Unit B4, Haig Enterprise Park, Kells, Whitehaven CA28 9AN Contact: 01946 550103 Email: contactus@womenoutwest.co.uk Website:

<http://womenoutwest.co.uk/>

Cumbria Constabulary

<https://www.cumbria.police.uk/Home.aspx>

Call 101 for non-emergencies – email 101emails@cumbria.police.uk

People who are deaf, hard of hearing or speech impaired can use the 101 service by using textphone 18001 101

Facebook www.facebook.com/cumbriapolice

Twitter www.twitter.com/cumbriapolice

Always call 999 in an emergency

**Rape and sexual assault/abuse specific
Cumbria wide (commissioned service)**

The Bridgeway – sexual assault support service - available to men, women and children who live or have been raped or sexually assaulted within Cumbria. We are contactable 24 hours a day, seven days a week, 365 days a year. Contact on 0808 118 6432 Email: info@thebridgeway.org.uk Website: <http://www.thebridgeway.org.uk/>

Furness, South Lakes and North Lancashire area

The Birchall Trust – free specialist counselling service for males and females, adults, children and young people who are survivors of rape and sexual abuse. Also offers counselling to those friends and family members supporting survivors. Contact on 01229 820828 Email: enquiries@birchalltrust.org.uk Website: <http://www.birchalltrust.org.uk/>

Safeguarding

Cumbria Adult Safeguarding Board <http://www.cumbriasab.org.uk/>

Cumbria Safeguarding Children Partnership <http://www.cumbrialscb.com/>

Email: CSCP@cumbria.gov.uk

HOW TO LOOK AFTER YOUR MENTAL HEALTH DURING A TIME OF UNCERTAINTY

You're likely to be in a period where the amount of worry you experience is going to be higher. Anticipate this and be ready to find out how well you can tolerate this level of worry

 @BELIEVEPHQ



1 Speak to friends or family and ask how they cope with uncertainty. Could you learn anything from them?



2 Think back to past experiences where you have coped well with uncertainty and pick out what really helped you feel better back then



3 Take each day one step at a time. Focus on the present moment. A routine can help give you some structure



4 In times like this, increase your focus on self care and kindness. Take time to slow down, to breathe, to connect and to relax



5 You're likely to be having lots more worry-type thoughts. Be ready not to react to them. Make a commitment to noticing them, rather than trying to respond to them



6 Rumination is a common factor during times of uncertainty - If your mind starts to wander, use your senses to refocus on what you are doing in the present moment



7 Write down a list of helpful facts that you want to stay focused on, so when your mind wanders, you come back to solid ground

