



Domestic abuse and general support during Corona virus/Covid-19 outbreak – newsletter #2

Hello all – further update re: local domestic abuse services and coronavirus, see attached also.

Please also see an email from The Dog's Trust who can support people in Cumbria with pets who are fleeing domestic abuse. Note Oak Tree Animals charity is also still operating this kind of service in the north and west of the county.

Victim Support Cumbria

For domestic abuse support call Victim Support 8-6pm on 0300 303 015, or outside these hours - call the Supportline on 08 08 16 89 111 or online Live Chat 9-6pm Mon-Friday

<https://www.victimsupport.org.uk/help-and-support/get-help/support-near-you/live-chat>

The Birchall Trust, Barrow

Please see notification attached. All face to face sessions have been postponed but all current clients will receive telephone or online counselling.

Gateway 4 Women, Carlisle

IMPORTANT NOTICE- COVID 19 - Our clients and staffs health is extremely important to us, due to the increasing concerns regarding the Coronavirus a decision has been made to close the centre to all with immediate effect. This includes all group activities, drop in sessions and 1:1 appointments. We hope to be reopening on Monday 30th March 2020, however we will keep you update of any further developments.

All 1:1 appointments will now be done via telephone. Support workers are available to clients via telephone that feel they need support until the centre reopens.

If you have any concerns or queries please call us on 01228 212090 between 9am and 5pm. If you are unable to call and would prefer to text to request a call back please contact us on 07545069218.

We apologise for any inconvenience this may cause, however the safety of all clients and staff are our utmost priority. Thank you for your understanding throughout this time.

Women's Community Matters, Barrow

Please find attached our updated service offer in light of recent advice on Corona Virus. We are remaining open in a reduced capacity at the moment but we expect this may change over the coming days and weeks. For now, we have cancelled a great many groups and activities and the ones that are continuing look quite different. Lots of our support is now over the phone/email.

We are working hard to maintain an offer for vulnerable people in our community.

Regular updates will be shared on social media and we will update everyone further as decisions are made. If anyone has any questions then please get in touch on 01229 311102.

Managing your mental health and coronavirus anxiety

<https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/>

<https://www.theguardian.com/society/2020/mar/16/coronavirus-health-anxiety>

<https://www.mentalhealth.org.uk/publications/looking-after-your-mental-health-during-coronavirus-outbreak>

Kind regards, Steve

Services & Support @ Women's Community Matters

Details of our reduced service due to Corona Virus Covid-19 outbreak & necessary restrictions/precautions

Please ring or email us if you have any concerns or questions

We are offering support by phone and email to those who cannot come to the Centre. Please see opening times and contact details below. Please watch social media for further updates/changes to our service.

People are NOT permitted to attend the centre if they are displaying symptoms and advised to self-isolate at home for 7 days if they live alone or 14 days if they live with others
Those who are particularly vulnerable due to their age or underlying health condition are advised NOT to attend the Centre but to ring us for support
Visitors are required to wash their hands on entering and leaving the Centre and at regular intervals
Visitors are advised to avoid physical contact with each other and to remain 1 metre away from other people

Monday	Tuesday	Wednesday	Thursday	Friday
Drop-in and Clothes Bank 10am - 12noon Continuing to run	Butterfly Group 10am - 12pm Continuing to run	Drop-in and Clothes Bank 10am - 12noon Continuing to run	Vision 10am - 12noon Continuing to run	Changing the World Together 1pm - 2.30pm Last session 20th March
Art 12.30pm—2.30pm Last session 30th March	My Relationships & Me 12.30pm—2.30pm Continuing to run	Mindfulness 11.00am—12 noon Continuing to run	This Women's Work 1pm—2.45pm Continuing to run	All other events and activities have been postponed until further notice
Talking Minds, Mum's Matters & Maths Group Cancelled until further notice	Time for Thought For 13-16 year old men & boys. Cancelled 17th & 24th March. All young people will have been contacted to discuss. Please ring/email for more information	Hello Beautiful 1pm—2.30pm Continuing to run	Pause for Thought Drop in For 13-19 yr old women & girls All young people will have been contacted to discuss. Please ring/email for more info	Shadow Board Cancelled until further notice
Chinwaggers & Knit and Natter Cancelled until further notice	Beautiful Women/Me Cancelled until further notice	Cooking Together Cancelled until further notice		

Reception opening times: Monday 9.30am – 4.00pm, Tuesday 9.30am – 6.00pm, Wednesday 9.30am – 4.00pm, Thursday 9.30am – 6.00pm, Friday 9.30am – 1.00pm

Telephone: 01229 311 102 Email: reception@womenscommunitymatters.org Website: <http://www.womenscommunitymatters.org>

ZDrive: 1.Room booking and diary 17.03.20

The Birchall Trust

UPDATE

The CEO and Chair of the Trustees have today decided that due to the governments recommendation for people to work at home all our building wills be shut and face to face counselling will cease. All current clients will receive either telephone or Zoom counselling from their counsellor at the same day and time as their normal counselling session. The office staff will be working from home to ensure that the office is running normally. We will keep you all up to date with any developments as and when.

Keep well and safe, self care is key.





Dogs Trust
Freedom Project.msç