



Domestic abuse and general support during Corona virus/Covid-19 outbreak – newsletter #9

Hello all – hope you are well and keeping your chin up. Thanks very much to all of you keeping our valuable public services and charity sector going during this difficult time, also thanks very much to all those helping out in their communities. Take care and stay safe.

Domestic abuse sector statement re: Corona virus / Covid-19 - <https://www.womensaid.org.uk/vawg-sector-statement-on-covid-19/>

Follow and share trusted sources – if you or your organisation uses social media please advise your followers to use trusted local and national sources. Locally they are Cumbria County Council, your district council, your local NHS provider/s, Cumbria CVS, Cumbria Police. Nationally they are NHS and Public Health England and the government links below.

Cumbria CVS – full of useful information here

http://cumbriacvs.org.uk/coronavirus/?fbclid=IwAR2BakA3OBYp9OBr_Wq6AL18IG0uPLNmRA9KoB7t865iZL110XmEtEeHomw

See Every Life Matters **mental health helpline** information attached.

Free school meals – support for those pupils eligible for free school meals

<https://www.gov.uk/government/news/plans-set-out-to-support-pupils-eligible-for-free-school-meals>

Protecting the most vulnerable – latest information -

<https://www.gov.uk/government/publications/guidance-on-shielding-and-protecting-extremely-vulnerable-persons-from-covid-19/guidance-on-shielding-and-protecting-extremely-vulnerable-persons-from-covid-19>

Women's Community Matters, Barrow – please see latest information attached.

NHS advice re: staying at home - NHS Corona virus stay at home advice https://youtu.be/isTGA_UHH-E

Main government website re: Corona virus - <https://www.gov.uk/coronavirus>

Gas and electric meters - Should you receive any calls in relation to families / persons unable to top up on their pre-payment meters due to self-isolation and have no one who can 'Top Up' for them – please advise them to contact their Gas & Electric Supplier . Ofgem are liaising with the Gas and Electric Companies as we speak, to ensure they are putting the relevant measures in place for anyone affected at the moment - those who are unable to physically put credit on their Top Up meters.

At the moment Customers can top up remotely as in by phone, mobile app or online within their own home, however if these methods are unavailable to the customer the companies are looking to offer to Top Up Smart Meters electronically or they some may send top up cards to the address already loaded with credit. Each company will have a different response to their pre-payment customers please advise customers in need to ring their supplier to discuss further.

Billing Meters - For families struggling to pay their fuel bills, companies are discussing reassessing debt repayments, reducing or pausing where necessary payments, whilst disconnection of credit meters will also be completely suspended.

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 check our Covid-19 newsletter library.

If your service has anything you need to share please get in touch.

Kind regards, Steve



There is Hope

Reach Out and Talk

Samaritans

Call: 116 123

24/7 365 days a year

CALM

0800 58 58 58

Men's helpline 5pm-Midnight

Shout

Text Shout to 85258

24/7 Crisis Text Line

Papyrus

0800 068 4141

Young people's helpline 2-10pm

**Every
life
matters** ...



Talking about suicide
saves lives