



Domestic abuse and general support during Corona virus/Covid-19 outbreak – newsletter #12 26-03-20

Hello all – latest information attached. Kind regards, Steve

Cumbria Police statement re: domestic abuse 25/03/20 here <https://www.cumbria.police.uk/News/News-Articles/2020/March/Police-appeal-to-neighbours-and-workers-to-help-victims-of-domestic-abuse.aspx?fbclid=IwAR1jwugD6aJHjETt6GonVYOPt0OdI8vBbATArrKFdZoUcF6mzLBnjoCi4Ilg>

Safe Lives, staying safe during Covid-19 a guide for victims and survivors of domestic abuse here

http://safelives.org.uk/sites/default/files/resources/Safety%20planning%20guide%20for%20victims%20and%20survivors%20during%20COVID-19.pdf?fbclid=IwAR3nRdLVrCKX0avC4yiTLvvQKjIMNb_vucFFceWIPOY6zHmX-3XEe0NxxJM

FamilyLine is a free service available to support adult family members on all aspects of family life issues via telephone, text message and email. Whether it's emotional support or practical advice on any aspect of parenting or broader family issues, **call: 0808 802 6666, text: 07537 404282** or **email: familyline@family-action.org.uk** Monday to Friday: 9am – 3pm and 6pm – 9pm. The helplines will be covered by SHOUT our text crisis line outside these hours including weekends and bank holidays.

Cumbria County Council - Locality Updates - Members of the public can now subscribe to locality specific email updates to receive news and information about how public services and local communities are responding to the Coronavirus (COVID-19) outbreak, at cumbria.gov.uk/coronavirus/communities.asp.

Support Cumbria <https://supportcumbria.org.uk/> Support Cumbria is an official collaboration of partners across Cumbria who are working together to provide community support to residents who are struggling to access basic or essential services during the coronavirus (COVID-19) outbreak. The site provides a central point to help coordinate volunteering efforts to support Cumbria residents who may need help.

Cumbria domestic and sexual abuse services – please find attached a table with contact details including web based i.e. websites and social media. It might be worth following these at this time to keep up to date with any changes to services.

Your local authority domestic abuse support – workers based within our local authorities and their key partners are still delivering their domestic abuse support at present. See DAP poster attached.

The Cash for Kids Appeal - which runs until 8th April, will build a fund from which grants will help families cover basic essentials such as food and heating. We will grant £35 a head which would pay for a child's lunch for two weeks. School teachers, health professionals, social workers and small charitable groups will be able to apply for funds on behalf of the families they support - validating the need and distributing the funds. See more here <https://planetradio.co.uk/cfm/charity/events/appeal-cfm/>

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.

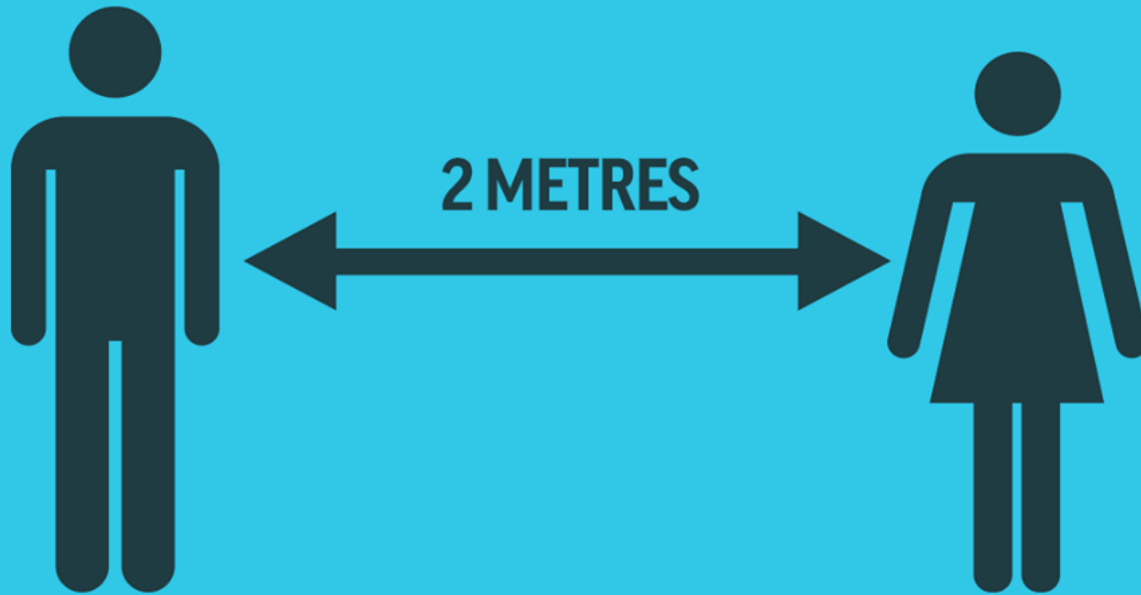
Cumbria based domestic and sexual abuse services – contact details including web based					
Organisation	Phone	Email	Website	Social media	
				Facebook	Twitter
Victim Support Cumbria	0300 3030 157 (local service Mon – Fri 9–6pm 24-hour support line 08 08 16 89 111	Cumbria.Admin@victimsupport.org.uk High Risk DA highpvp@victimsupport.cjsm.net Medium Risk DA mediumpvp@victimsupport.cjsm.net	https://www.victimsupport.org.uk/help-and-support/get-help/support-near-you/live-chat - Live chat	@victimsupport (national feed)	@VS_Cumbria
Turning the Spotlight	07919 393 311	turningthespotlight@victimsupport.org.uk	https://www.victimsupport.org.uk/help-and-support/get-help/support-near-you/north-west/cumbria/turning-spotlight		
Gateway 4 Women	01228 212090	admin@cumbriagateway.co.uk	http://gateway4women.com/	@Gateway4WomenCarlisle	
Safety Net	01228 515859	office@safetynetuk.org	https://www.safetynetuk.org/	@safetynetnorth	@safetynetnorth

The Freedom Project/West Cumbria Domestic Violence Support	07712 117986 or text 07860 021756	hope@freedom-project-west-cumbria.org.uk	https://www.freedom-project-west-cumbria.org.uk/	@FreedomProjectWestCumbria	@FreedomProjWest
Women Out West	01946 550103	contactus@womenoutwest.co.uk	www.womenoutwest.co.uk	@womenoutwestcumbria	@WomenOutWest2
Springfield Domestic Abuse Support in South Lakeland	01539 720313 or text 07415 323357	cs@springfieldsupport.org	https://springfieldsupport.org/	@Springfield1915	@Springfield1915
Women's Community Matters	01229 311102	reception@womenscommunitymatters.org	www.womenscommunitymatters.org	@WCMBarrow	@WCMBarrow
Bridgeway SARC	0808 118 6432 24-hour	info@thebridgeway.org.uk	https://www.thebridgeway.org.uk/	@CumbriaSARC	@The_Bridgeway
The Birchall Trust	01229 820828	enquiries@birchalltrust.org.uk	https://www.birchalltrust.org.uk/	@TheBirchallTrust	@BirchallTrust



HM Government

**YOU NEED TO STAY 2 METRES
APART TO **SAVE LIVES NOW****



Cumbria Domestic Abuse Partnership

Working Together to Stop Domestic Abuse



Help is available from the Cumbria Domestic Abuse Partnership if you, or someone you know, needs support. All Cumbrian district councils are part of the county-wide domestic abuse network providing specialist advice and assistance to anyone within the area who is at risk of losing their home as a direct result of domestic, sexual abuse or exploitation (men, women and children).

How Can We Help?

- Crisis intervention and access to secure emergency accommodation for households in a domestic abuse crisis or identified as being at severe risk of harm from others.
- Non-judgemental personalised help and support to address any immediate safeguarding and longer-term rehousing needs identified.
- Specialist housing assessment and support including relocating to another area for those at serious risk of harm.

- Advocacy support working with key partners and statutory bodies to mitigate risks and promote community safety, including advice and assistance to anyone identified who poses a significant risk to others.
- Access to personal and community safety interventions.

For further information or advice contact

Other key contacts

- **Allerdale Borough Council: 01900 702660**
- **Barrow Women’s Community Matters/Barrow Borough Council: 01229 311102 / 01229 876599**
- **Barrow Borough Council: 01229 876599**
- **Carlisle City Council: 01228 817079**
- **Copeland Borough Council: 01946 598300**
- **Eden Housing Association/Eden District Council: 01768 861400/01768 817817**
- **South Lakeland District Council: 01539 733333**

- **Cumbria Police: 101 or in an emergency always call 999**
- **Victim Support: 0300 303 3797**
- **OutREACH Cumbria: 0800 345 7440**
- **National Women’s Aid: 0808 2000 247**
- **National Men’s Advice Line: 0808 801 0327**
- **National Childline: 0800 11 11**