



Domestic abuse and general support during Corona virus/Covid-19 outbreak – newsletter #14 01-04-20

Hello everyone, latest information from the domestic and sexual abuse sector and local Cumbria info below. I hope you are all keeping well, physically and emotionally. Do look after yourselves and take care.

Government info. new page re: support services - <https://www.gov.uk/guidance/coronavirus-covid-19-victim-and-witness-services>

Silent Solution - If you need help from the police but can't talk then you can ring 999 and use the Silent Solution. Details here <https://policeconduct.gov.uk/news/national-campaign-raise-awareness-silent-solution-system> Please share. Also see poster attached.

Refuge online/tech safety – social media can be a great way to keep in touch with friends during the lockdown. If you've separated from an abusive partner the Refuge tech bot can provide simple steps to help you do so safely. See here https://www.refuge.org.uk/our-work/forms-of-violence-and-abuse/tech-abuse-2/resources/?utm_source=Twitter&utm_medium=SocialMedia&utm_campaign=TechAbuse

Respect helpline – are you hurting the one you love?

If you know someone who thinks they are going to hurt a member of their family, they can call the Respect UK helpline 0808 8024040 www.respectphoneline.org.uk see flyer attached for use on social media channels.

National domestic abuse helpline – this service remains open 0808 2000 247, see image attached for use on social media channels.

Impact of COVID-19 on domestic abuse services - initial reactions/survey

Women's Aid are working to assess and monitor the impact of COVID-19 on services and survivors. This survey is designed to help us build a picture of the initial concerns services have and the current impact on the support you can offer. We'll use these findings in our policy, research, fundraising and communications materials. We may contact you about the answers in your survey. <https://www.surveymonkey.co.uk/r/37QJCT2>

Emergency support helpline for Cumbria

A new emergency support helpline is here to help vulnerable people who don't have access to strong support networks and may struggle for food, medicines or other essential supplies.

http://yourcumbria.org/News/2018/emergency_support_line.aspx?utm_source=Twitter&utm_medium=social&utm_campaign=SocialSignIn&utm_content=Coronavirus

See attached for use on your social media channels.

Women's Community Matters – online activities

See poster attached for online activities.

**NEW EMERGENCY
SUPPORT HELPLINE**

0800 783 1966
**COVID19support@
cumbria.gov.uk**



SUPPORT EACH OTHER
#TogetherWeCan

Only for people at
high risk of becoming
seriously ill as a result of
COVID-19 and who do not
have support available
from friends, family or
neighbours.

**Full details can be found
online at cumbria.gov.uk**

Provided by Cumbria County Council and
partners including District Councils, CVS, Cumbria
Community Foundation, community and voluntary
sector, and private sector.

Respect
Phoneline

0808 8024040
www.respectphoneline.org.uk

**When the world feels
unsafe, don't make
your home unsafe.**



There is no excuse for abuse.

Respect

Free to call from landlines, mobile phones and BT payphones
The Respect Phoneline is operated by Respect. Charity number 1141636


Help lines
STANDARD

Weekly Videos

SOMETHING FOR EVERYONE TO LOOK FORWARD TOO

We hope everyone is well and looking after themselves!

- Most of us are stuck at home and thank you for sticking to the new rules. Staying at home can and will save lives!
- We are aware it can have a massive impact on our physical and mental health. Being isolated from everyone can lead to feeling lonely or maybe you've got children and are finding it hard to keep them busy.
- To keep you busy and connected we will be posting weekly videos to help with the boredom and to help us feel connected to each other.
- Below is a list of the videos and activities that you can look forward to seeing.
- And worst case scenario you can have a laugh at Boy Sam making a fool of himself in the videos!!!

Activity/Session	Will be Posted on:	Where Can I watch it
Chair Aerobics	01/04/20	 Women's Community Matters & Our Website www.womenscommunitymatters.org
General Knowledge Quiz	08/04/20	
Craft Making	15/04/20	
Bun Making	22/04/20	
Mindfulness	29/04/20	
Grounding Techniques	06/05/20	

B A R R O W
women's
COMMUNITY MATTERS

 **COMMUNITY**
FUND

Our services remain open during the UK Coronavirus lockdown. You are not alone.

We know if you're scared of your partner, contacting us may be harder than normal. If safer, we can call you back on a trusted friend or family member's number at a specific time and use a code word.

nationaldahelpline.org.uk | 0808 2000 247

