



Domestic abuse and general support during Coronavirus/Covid-19 outbreak – newsletter #16 08-04-20

Hello all – please find latest information and resources below and attached.

Current reports support our original worry that self-isolation and lockdown would see an increase in domestic abuse incidents is true, see BBC and other news stories below, please be mindful of this as we all try our best to maintain contacts with people accessing our services. It's a very challenging time but **the most important thing is victims and survivors know they are not alone.**

The most important message we have for survivors right now is that they are not alone. Freephone 24 hour National Domestic Abuse Helpline remains open 0808 2000 247, and the website, <https://www.nationaldahelpline.org.uk/>, contains information on staying safe.

Cumbria - The Bridgeway (SARC) – remains open. They are a non-judgemental service 24/7 for everyone, for advice and support on rape and sexual assault, whether recent or historic. Please don't stay silent, contact them on 0808 118 6432, See also <https://www.thebridgeway.org.uk/>

The Home Office guidance re: domestic abuse - highlighting help and support available to victims of domestic abuse during the coronavirus outbreak in England. Here [Coronavirus \(COVID-19\): support for victims of domestic abuse](#)

Contact 999 by text – see Action on Hearing Loss for information about contacting 999 using SMS text. Find out more here <https://www.actiononhearingloss.org.uk/live-well/products-and-technology/products-and-technology-to-help-with-profound-deafness/contacting-the-emergency-services/>

Concerned about a child -

http://yourcumbria.org/News/2018/publicurgedtohelpkeepchildrensafe.aspx?utm_source=Twitter&utm_medium=social&utm_campaign=SocialSignIn&utm_content=Coronavirus see image for use on social media etc below.

Coronavirus and children's mental health – The Children's Commissioner

<https://www.childrenscommissioner.gov.uk/2020/04/03/angry-fed-up-isolated-coronavirus-and-childrens-mental-health/>

The NSPCC online Hub - providing advice and support for parents and carers during the coronavirus outbreak. Content includes: information on keeping children safe from abuse; tips and advice to help parents working from home; and ways to talk to a child who is anxious or worried about coronavirus. Here [Coronavirus \(COVID-19\) advice and support for parents and carers](#)

Childline - has updated its Coronavirus webpage to include tips for children and young people on coping at home during lockdown. Advice includes: keeping in touch with friends online and talking to people at home; staying busy with things like schoolwork or hobbies; and speaking to a trusted adult or parent if they need support. Here <https://www.childline.org.uk/info-advice/your-feelings/anxiety-stress-panic/worries-about-the-world/coronavirus/#lockdown>

Public Health England (PHE) advice for parents and carers - looking after the mental health and wellbeing of children or young people during the coronavirus outbreak. The guidance covers: helping children and young people cope with stress; how children and young people of different ages may react; children and

young people who are accessing mental health services; children and young people with learning disabilities; autistic children and young people; children and young people who care for others; and bullying. The guidance will be updated in line with the changing situation. Here [Guidance for parents and carers on supporting children and young people's mental health and wellbeing during the coronavirus \(COVID-19\) outbreak](#)

Family Line – 0808 802 666 or familyline@family-action.org.uk Monday to Friday 9am-3pm and 6pm-9pm.

Latest news – domestic abuse

BBC – Coronavirus: Domestic abuse calls up 25% since lockdown - <https://www.bbc.co.uk/news/uk-52157620>

BBC - The Digital Human podcast discusses Coercive Control and Tech Abuse, listen to the podcast here <https://www.bbc.co.uk/sounds/play/m000gt5t> and find tech advice here <https://www.refuge.org.uk/our-work/our-services/tech-abuse-empowerment-service/>

The Guardian – Domestic abuse cases soar as lockdown takes its toll -

<https://www.theguardian.com/world/2020/apr/04/domestic-abuse-cases-soar-as-lockdown-takes-its-toll>

Women's Aid – Covid-19 does not cause homicide, abusers do - <https://www.womensaid.org.uk/covid-19-does-not-cause-homicide-abusers-do/>

The Independent -Women are facing lockdown with their abusers, if I was still with him, I'm not sure I'd still be alive - <https://www.independent.co.uk/voices/coronavirus-lockdown-domestic-violence-women-sexual-assault-saunders-a9449011.html>

The Mental Health Foundation are promoting 'Random Acts of Kindness' as a way for us all to stay connected and stay sane during these difficult times, see tips here <https://mentalhealth.org.uk/coronavirus/random-acts-kindness>

Free School Meals, latest guidance - <https://www.gov.uk/government/news/voucher-scheme-launches-for-schools-providing-free-school-meals?fbclid=IwAR2EOMCP00JH1wXLlirhglzSqDNnAP6fDy65v-LMFJI72PvdbodyChFtyz0>

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.

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.

**Concerned about
a child?**



**Call
0333 2401727**



**STAY AT
HOME**

PROTECT THE NHS

 **save lives**