



## **Domestic abuse and general support during Coronavirus/Covid-19 outbreak – newsletter #17 09-04-20**

Hello everyone – please see latest information below. Thanks to those of you who have sent information to share. Take care everyone. Steve

**Safe Lives advice for employers** – for some people contact with their employer may be their only 'legitimate' link to the outside world while living with abuse on lockdown. Employers can still help and support staff, even while they are working from home. Find out more here

<https://safelives.org.uk/sites/default/files/resources/03042020Briefing%20note%20for%20employers%20during%20covid-19.pdf>

**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>

**Chancellor sets out extra £750 million coronavirus funding for frontline charities** - £750 million pot for frontline charities across the UK – including hospices and those supporting domestic abuse victims. Find out more here ... <https://www.gov.uk/government/news/chancellor-sets-out-extra-750-million-coronavirus-funding-for-frontline-charities>

### **Latest news – domestic abuse**

The Independent - VICTORIA DERBYSHIRE HOSTS BBC SHOW WITH DOMESTIC ABUSE HELPLINE NUMBER WRITTEN ON HAND <https://www.independent.co.uk/life-style/women/victoria-derbyshire-domestic-abuse-helpline-bbc-a9449376.html>

The Guardian - The Guardian view on tackling domestic abuse: when home isn't a haven [https://www.theguardian.com/commentisfree/2020/apr/07/the-guardian-view-on-tackling-domestic-abuse-when-home-isnt-a-haven?CMP=fb\\_cif](https://www.theguardian.com/commentisfree/2020/apr/07/the-guardian-view-on-tackling-domestic-abuse-when-home-isnt-a-haven?CMP=fb_cif)

**The Children's Society** - has launched a survey to gain insight into professionals' views on the issues affecting services for children and young people and the impact of coronavirus on their work. Take the survey here: [Responding to Covid19 – issues affecting services for children and young people](#)

**Buddy Bag Foundation** – providing children entering emergency accommodation with Buddy Bags to restore a sense of safety and security in their lives <https://buddybagfoundation.co.uk/the-buddy-bag-scheme-application-form/>

**Loan sharks helpline** - The Stop Loan Sharks helpline service remains open and fully operational during the COVID-19 pandemic. We encourage not only victims but friends, family members and the wider community to come forward if they suspect someone is suffering at the hands of loan sharks. For some people this is a time of increased financial pressure and it's important some people don't take advantage of others financial vulnerability. See images below for helpline number and for use on social media etc.

**The Samaritans** - Whatever you're going through, a Samaritan will face it with you 24 hours a day, 365 days a year, call 116 123. See website <https://www.samaritans.org/>  
See calming muscle relaxation technique here <https://twitter.com/i/status/1245606652599922688>

**Action for Happiness** – How to keep mentally healthy during uncertain times

<https://www.actionforhappiness.org/news/how-to-keep-mentally-healthy-during-uncertain-times>

**Mindful in May** – Meditations to calm the mind

<https://www.mindfulinmay.org/staycalm/?oprid=9802&ref=114802>

**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.

Kind regards, Steve



**Avoid loan sharks**  
**Check your lender is  
authorised by the FCA**

**[www.loansmart.org.uk](http://www.loansmart.org.uk)**

**STØPLOANSHARKS**  
Intervention . Support . Education



**Stop Loan Sharks  
helpline is open 24/7  
Get advice and support**

**0300 555 2222**

**STØPLOANSHARKS**  
Intervention . Support . Education

# How to spot a loan shark



**No paperwork such as a credit agreement or record of payments**



**Extortionate interest rates and refuse to give you information about the loan**



**They might get nasty and threaten you if you fall behind on payments**

**Report - 0300 555 2222**

**STOPLOANSHARKS**  
Intervention . Support . Education

**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](https://www.cumbria.gov.uk)**

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