



## **Domestic abuse and general support during Coronavirus/Covid-19 outbreak – newsletter #21 22-04-20**

Hello all, **thanks very much** for the positive feedback received about these newsletters, also thank you to those who have asked to be added to the mailing list and thanks again to those who have been sharing these newsletters widely, outside of our usual Champions' Network. All of your help and support is very much appreciated. Thanks also to those of you who have sent me items and information for inclusion.

### **Reminder of domestic abuse basics, definitions and coercion and control**

Domestic violence and abuse: government definition (Home Office,

[https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment\\_data/file/142701/guide-on-definition-of-dv.pdf](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/142701/guide-on-definition-of-dv.pdf))

The cross-government definition of domestic violence and abuse is: any incident or pattern of incidents of controlling, coercive, threatening behaviour, violence or abuse between those aged 16 or over who are, or have been, intimate partners or family members regardless of gender or sexuality. The abuse can encompass, but is not limited to; psychological; physical; sexual; financial and emotional. We can also add online and digital abuse and harassment and stalking to this list.

**Controlling behaviour** - Controlling behaviour is a range of acts designed to make a person subordinate and/or dependent by isolating them from sources of support, exploiting their resources and capacities for personal gain, depriving them of the means needed for independence, resistance and escape and regulating their everyday behaviour.

**Coercive behaviour** - Coercive behaviour is an act or a pattern of acts of assault, threats, humiliation and intimidation or other abuse that is used to harm, punish, or frighten their victim. Further explanation of coercive and controlling behaviour here <https://vimeo.com/238375649>

**Cumbria Police, Domestic Abuse Question and Answer session on Facebook** – Cumbria Police Q and A session will be held today, **Wednesday 22 April 2020 from 3-5pm** on the Cumbria Police Facebook page which can be found here <https://www.facebook.com/cumbriapolice/>

If you need to speak to someone regarding domestic abuse or would like to make a report please call 101, or use our online reporting form here: <https://www.cumbria.police.uk/Report-It/Report-a-Crime/Non-Emergency-Crime-Online.aspx> **Always call 999 in an emergency.**

Further Domestic Abuse Q and A sessions will take place, as above, on **Friday 24<sup>th</sup> April 2-4pm and every Wednesday and Friday** thereafter during the lockdown period. There will also be a **Safeguarding Children Q and A** every Thursday, 3-5pm during the lockdown period.

**Domestic abuse frontline service COVID-19 survey**- This is a Safe Lives' survey for Managers/CEO's of frontline domestic abuse services.

[https://wh1.snapsurveys.com/s.asp?k=158472140117&fbclid=IwAR0RT3BJnU0u9lfjzwyUN6tpC\\_XceKsD8UKiwEhV5mPx7vvei1AsgrDE](https://wh1.snapsurveys.com/s.asp?k=158472140117&fbclid=IwAR0RT3BJnU0u9lfjzwyUN6tpC_XceKsD8UKiwEhV5mPx7vvei1AsgrDE)

It is **National Stalking Awareness Week 20=24 April** – stalking activity can, and is, still occurring throughout the current lockdown situation. Find out more here <https://www.suzylamplugh.org/news/stalking-victims-say-they-feel-like-sitting-ducks-and-must-not-be-forgotten-in-the-response-to-covid-19>

**Am I in an abusive relationship?** – a quick series of questions to help people understand if they are experiencing domestic abuse is available here - <https://www.womensaid.org.uk/the-survivors-handbook/am-i-in-an-abusive-relationship/>

### **Latest domestic abuse related news**

[https://blog.insidegovernment.co.uk/covid-19-domestic-abuse?utm\\_content=126845996&utm\\_medium=social&utm\\_source=twitter&hss\\_channel=tw-271527515](https://blog.insidegovernment.co.uk/covid-19-domestic-abuse?utm_content=126845996&utm_medium=social&utm_source=twitter&hss_channel=tw-271527515)  
<https://news.sky.com/story/coronavirus-rise-in-domestic-abuse-related-web-searches-amid-covid-19-lockdown-11975235>  
<https://www.bbc.co.uk/sport/football/52328967>

### **Department of Work and Pensions update** - latest information from DWP here

<http://news.dwp.gov.uk/dwplz/lz.aspx?p1=MsZDUwNTEyNIMyMTE00jYxOTcyNjUxRkRBRTU1MjlyQjBBNjk0NUU3QURGQkly-&CC=&p=0>

**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 of the info.

Take care and stay safe, kind regards, Steve

# Domestic Abuse Support Services Cumbria during COVID-19

To report: Cumbriapolice  
non-emergency T: **101**  
or online [www.cumbria.police.uk](http://www.cumbria.police.uk),  
in an emergency always call **999**

**No one should suffer domestic abuse.**

If you are at risk or experiencing abuse help and support is available.  
For more information contact:

## VICTIM SUPPORT CUMBRIA

**Telephone Support** - Local number 0300 3030 157 Mon-Fri 9-6pm

**Self Help Guides** - 'My Support Space' online guides

**Live On-line Chat** - available on-line 9am-6pm, Monday to Friday  
[www.victimsupport.org.uk/help-and-support](http://www.victimsupport.org.uk/help-and-support)

**24 Hour Support Line** 08 08 16 89 111

## LOCAL

**Safety Net** - for women and men affected by Domestic Abuse T: 01228 515859 E: [office@safetynet.org](mailto:office@safetynet.org)

**Gateway 4 Women** - Carlisle T:01228 212090 E: [admin@cumbriagateway.co.uk](mailto:admin@cumbriagateway.co.uk)

**Springfield Domestic Abuse Support** - South Lakes T:01539 726171 E: [cs@springfieldsupport.org](mailto:cs@springfieldsupport.org)

**Women Out West** - Whitehaven T:01946 550103 E: [contactus@womenoutwest.co.uk](mailto:contactus@womenoutwest.co.uk)

**Women Community Matters** - Barrow T:01229 311102 E: [reception@womenscommunitymatters.org](mailto:reception@womenscommunitymatters.org)

## NATIONAL

**National Domestic Abuse helpline** 0808 2000 247

**LGBT Domestic Abuse Victims** - T: 0800 999 5428

**Mankind Initiative** - T: 01823 334 244

**National Child Line** - T: 0800 11 11

**Safer Cumbria**

# Make Yourself Heard

In danger, need the police, but can't speak?

- 1** Dial 999
- 2** Listen to the questions from the 999 operator
- 3** Respond by coughing or tapping the handset if you can
- 4** If prompted, press **55**  
This lets the 999 call operator know it's a genuine emergency and you'll be put through to the police.

See our guide for more information.



#MakeYourselfHeard  
#SilentSolution



[www.policeconduct.gov.uk](http://www.policeconduct.gov.uk)



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