



## **Domestic abuse and general support during Coronavirus/Covid-19 outbreak – newsletter #22 27-04-20**

Hello all – please see latest information, advice and news attached relating to domestic abuse and related services. Thanks to everyone who has sent information to share. Take care, Steve.

**Guidance for professionals for Domestic Abuse Emergency Operating Procedures (COVID-19)** – please see here <file://wcmserver/Folder%20Redirection/steven.robson/Desktop/Covid-19%20newsletters/439449142%20Safer%20Cumbria.pdf> from Safer Cumbria.

**COVID-19: Guidance on how to respond to domestic abuse during lockdown for healthcare professionals** – see here <http://www.standingtogether.org.uk/news/read-our-latest-covid-19-guidance-and-procedures> from Standing Together.

**Cumbria Police, Domestic Abuse Question and Answer session on Facebook** – Cumbria Police Q and A session will be held today, **Wednesday 29 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, **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.

**Safety Net, Carlisle – Coronavirus update** - These are challenging times at Safety Net but we will continue to work in partnership to deliver high quality services to our service users. **We would like our stakeholders, partners, other professionals and service users to know that, as a service, we are still very much open and all staff have been set up to work remotely. Professionals can refer using the online referral form on our website, and we are still taking self-referrals by telephone.**

We believe it is vital that we play our part to help reduce the transmission of COVID-19, as such we will not be seeing them face to face in our offices, we will be offering 1:1 video or telephone sessions instead. Our staff will do their utmost to support our communities in these challenging times; As well as continuing with weekly therapeutic or support sessions we will also check that our clients are safe and have practical and emotional support in place and we will provide advice and signpost where necessary.

We will also regularly update our website and social media platforms with relevant information, advice and self-help guidance. If you require any information or advice then just call us on 01228 515859 and leave a message, we will return your call, or message us via our website, or email on [office@safetynetuk.org](mailto:office@safetynetuk.org). Stay safe and let us all look after each other

**Last week was National Stalking Awareness Week** – please find stalking advice sheet attached.

**Domestic abuse podcast** - Lucy Hadley works at Women's Aid, a charity working to end domestic abuse against women and children. She chats to Ellen and Yvette about some of the current issues surrounding domestic abuse during the pandemic - there are more calls going into hotlines and refuges are struggling. <https://podcasts.apple.com/gb/podcast/mentally-yours-coronavirus/id1227701964?i=1000472106929>

### **Latest Domestic Abuse related news**

Vogue UK - [https://www.vogue.co.uk/news/article/jess-phillips-domestic-abuse-](https://www.vogue.co.uk/news/article/jess-phillips-domestic-abuse-coronavirus?fbclid=IwAR2aXCSQXdeISdNUbWmXE0NVPOhRfs7XesZ3wep8JcFAtvkKAWMPSOI6bKQ)

[coronavirus?fbclid=IwAR2aXCSQXdeISdNUbWmXE0NVPOhRfs7XesZ3wep8JcFAtvkKAWMPSOI6bKQ](https://www.vogue.co.uk/news/article/jess-phillips-domestic-abuse-coronavirus?fbclid=IwAR2aXCSQXdeISdNUbWmXE0NVPOhRfs7XesZ3wep8JcFAtvkKAWMPSOI6bKQ)

The Voice online - <https://www.voice-online.co.uk/news/coronavirus-my-story/2020/04/22/domestic-violence-perpetrators-using-lockdown-to-their-advantage-to-further-control-their-victims/>

Red online - <https://www.redonline.co.uk/red-women/news-in-brief/a32218732/domestic-violence-lockdown/>

The Observer - [https://www.theguardian.com/commentisfree/2020/apr/26/the-observer-view-on-the-domestic-abuse-bill-failing-women-trapped-in-lockdown?CMP=Share\\_iOSApp\\_Other](https://www.theguardian.com/commentisfree/2020/apr/26/the-observer-view-on-the-domestic-abuse-bill-failing-women-trapped-in-lockdown?CMP=Share_iOSApp_Other)

The Guardian - [https://www.theguardian.com/lifeandstyle/2020/apr/22/every-abuser-is-more-volatile-the-truth-behind-the-shocking-rise-of-domestic-violence-](https://www.theguardian.com/lifeandstyle/2020/apr/22/every-abuser-is-more-volatile-the-truth-behind-the-shocking-rise-of-domestic-violence-killings?fbclid=IwAR2I3S1KWrdAD0pHdetZZB8J2kgmgmwD629q4T7zZidKwS3GfC_92SRzZZk)

[killings?fbclid=IwAR2I3S1KWrdAD0pHdetZZB8J2kgmgmwD629q4T7zZidKwS3GfC\\_92SRzZZk](https://www.theguardian.com/lifeandstyle/2020/apr/22/every-abuser-is-more-volatile-the-truth-behind-the-shocking-rise-of-domestic-violence-killings?fbclid=IwAR2I3S1KWrdAD0pHdetZZB8J2kgmgmwD629q4T7zZidKwS3GfC_92SRzZZk)

Bloomberg - <https://www.bloomberg.com/news/articles/2020-04-22/lockdown-exit-set-to-reveal-europe-s-grim-toll-of-domestic-abuse>

Sky News - <https://news.sky.com/story/coronavirus-rise-in-domestic-abuse-related-web-searches-amid-covid-19-lockdown-11975235>

**Cash for Kids** - Basic Essentials Family Grants are available to organisations seeking to help the individual families they work with affected by poverty due to the Covid-19 virus. £35 per child is available for children up to and including the age of 18 as soon as funds are available. Cash for Kids could change this sum at their discretion at any time, see here <https://planetradio.co.uk/cfm/cashforkids/> and [file:///C:/Users/steven.robson/AppData/Local/Microsoft/Windows/INetCache/Content.Outlook/IAU8YP6Y/cfm%20\(003\).pdf](file:///C:/Users/steven.robson/AppData/Local/Microsoft/Windows/INetCache/Content.Outlook/IAU8YP6Y/cfm%20(003).pdf)

**Inspira remains open** - are still open digitally and people looking to access employment can still have telephone or video appointments with our qualified careers advisors. See this link to the booking page on their website. <https://www.inspira.org.uk/keeping-you-updated>

**Employment and Support Allowance** – there is now a new digital service for [New Style ESA claims](#). There is still a telephony service for those who need it. For information about the changes the government has brought in to support people who are already claiming benefits, need to claim benefits, or are at risk of losing their job as a result of coronavirus, see the new [Employment and benefits support](#) site.

**Get help with funeral costs (Funeral Expenses Payment)** – unfortunately some of our clients and wider community may need this information at this time <https://www.gov.uk/funeral-payments>

**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.

Kind regards, Steve

Do you feel like someone is contacting you in a way you find uncomfortable or don't want?



Do you worry someone might be following or spying on you either online through your phone or computer or as you travel around?



Do you feel at risk from someone knowing more about your whereabouts during the Covid19 lockdown?



If the answer to any of these is yes you may be experiencing stalking  
We are here to help

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Contact us



National Stalking Helpline on 0808 802 0300



Online <https://suzy.lamplugh.org/contact-the-helpline> for support.

Always call 999 if you feel in immediate danger.  
Then press 55 if you are unable to speak.

@TalkingStalking  
@live\_life\_safe



# 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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