



Domestic abuse and general support during Coronavirus/Covid-19 outbreak – newsletter #24 04-05-20

Hello all, hope you are all doing OK under the current challenging circumstances. Please find some of the latest information and news from the domestic abuse sector and wider below and attached. Thanks to everyone who has sent things in for sharing and for all the nice comments. Take care, Steve

Boots chemist offers 'safe space' for domestic abuse victims - Domestic abuse victims will be able to access safe spaces at Boots pharmacies across the country from last Friday under measures to improve access to support during the coronavirus lockdown. **Please pass this information on to the people you are working with.** Find out more here <https://www.theguardian.com/business/2020/may/01/boots-to-provide-help-for-domestic-abuse-victims-coronavirus-lockdown> and here <https://www.bbc.co.uk/news/uk-52495434>

Safe Lives information

Latest results from their survey – see PDF attached and here

<https://safelives.org.uk/sites/default/files/resources/Safe%20at%20Home%20survivor%20survey%20results%20.pdf>

Position paper on the development of a safe code word – see PDF attached and here

<https://safelives.org.uk/sites/default/files/resources/Domestic%20Abuse%20Code%20Word%20during%20Covid%2019%20-%20SafeLives%20position%20paper%20summary.pdf> ****Please note this is still a work in**

progress

Podcast about children and young people – staying safe at home: children and young people

<https://soundcloud.com/domestic-abuse-podcast/children-and-young-people-living-with-domestic-abuse-in-lockdown>

Government announcement around funding and domestic abuse – see here

<https://www.independent.co.uk/news/uk/politics/coronavirus-domestic-abuse-support-homeless-funding-daily-briefing-jenrick-a9495906.html> and here https://www.huffingtonpost.co.uk/entry/domestic-abuse-funding-76m-coronavirus-lockdown_uk_5ead8ce0c5b639d6e57721c3

Victim Support – for copies of the two latest safety planning leaflets from Victim Support (safety planning for victims and safety planning for friends) please call them on 0300 303 0157.

Latest news articles re: domestic and sexual abuse

MPs to try to ban 'rough sex' murder defence in domestic abuse bill -

https://www.theguardian.com/society/2020/apr/28/mps-to-try-to-ban-rough-sex-defence-in-domestic-abuse-bill?CMP=Share_iOSApp

My working week: 'I want domestic abuse victims to know the police can still help' -

<https://www.theguardian.com/society/2020/may/04/my-working-week-police-lockdown-domestic-abuse>

Men need to play their part in reducing violence as calls to domestic abuse helplines increase -

https://www.whiteribbon.org.uk/news/2020/4/6/men-need-to-play-their-part-in-reducing-violence-as-calls-to-domestic-abuse-helplines-increase-in-lockdown?mc_cid=b31a51307e&mc_eid=3bf10fc473

Coronavirus lockdown: Boots offers safe space for domestic abuse victims - <https://www.bbc.co.uk/news/uk-52495434>

Refuges from domestic violence running out of space, MPs hear -

https://www.theguardian.com/society/2020/apr/28/refuges-from-domestic-violence-running-out-of-space-mps-hear?CMP=share_btn_tw

'It doesn't discriminate': Shop workers being trained up to spot domestic abuse during lockdown - <https://www.independent.co.uk/independentpremium/uk-news/domestic-abuse-lockdown-tesco-boots-victims-a9494386.html>

Coping with grief – this may be useful to some people [https://hbr.org/2020/03/that-discomfort-youre-feeling-is-grief%20\(5\)](https://hbr.org/2020/03/that-discomfort-youre-feeling-is-grief%20(5)), see also attached.

Free Online Training – Zero Suicide Alliance

- The Zero Suicide Alliance is a collaborative of National Health Service trusts, businesses and individuals who are all committed to suicide prevention in the UK and beyond. The alliance is ultimately concerned with improving support for people contemplating suicide by raising awareness of and promoting FREE suicide prevention training which is accessible to all. The aims of this training are:
 - o to enable people to identify when someone is presenting with suicidal thoughts/behaviour
 - o to be able to speak out in a supportive manner, and
 - o to empower them to signpost the individual to the correct services or support.
- The training can be found at <https://www.zerosuicidealliance.com/training/>

Take care and kind regards, Steve

Coping with grief - David Kessler

David Kessler, the death and grieving expert, recently recommended [four strategies for surviving and managing our anxiety about loss](#), which may be useful to you and your teams.

1. 'Find balance in the things you're thinking'

If you find yourself focusing on the worst things that could happen, challenge yourself to think through a positive alternative. 'The people I know and love stay safe'. This is not to say you shouldn't allow yourself to think through negative scenarios, but just that you should aim to find balance in your thinking.

2. 'Come into the present'

If you find yourself feeling very anxious, even panicky, about the future, focus on bringing yourself back to the present moment as a way of calming yourself down and being able to better manage your thinking. Notice what you can see around you. What can you hear and smell? What can you feel on your skin? It also helps to work on slowing down your breathing.

3. 'Let go of what you can't control'

Some things are in our control; some things we can influence; and many things are out of our realm of control or influence. Recognise what falls into which category, and focus your energies on what you can control, and not on what you can't.

4. 'Stock up on compassion'

This collective anxiety means that people, ourselves included, may be acting out in unusual ways. Anxiety about loss might express itself in a variety of ways including as anger, denial or depression. Recognise that many people may be struggling even if they don't, or can't, articulate this, and try to show people as much understanding and compassion as possible. Show yourself that same compassion.

How can we do this in a context of limited time and space in a challenging work environment? Perhaps through sharing personal reflections and experiences with our teams and colleagues. And by providing space and encouragement for team members to describe how they are feeling, for example, at the beginning of a meeting, or by having dedicated meetings that focus on mutual pastoral care.

Domestic Abuse Support Services Cumbria during COVID-19

To report: Cumbriapolice non-emergency T: **101** or online 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

24 Hour Support Line 08 08 16 89 111

LOCAL

National Child Line - T: 0800 11 11

Safety Net - for women and men affected by Domestic Abuse T: 01228 515859 E: office@safetynet.org

Gateway 4 Women - Carlisle T: 01228 212090 E: admin@cumbriagateway.co.uk

Women Out West - Whitehaven T: 01946 550103 E: contactus@womenoutwest.co.uk

Women Community Matters - Barrow T: 01229 311102 E: 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

NEED A SAFE SPACE?

If you're experiencing domestic abuse, support is available.

You can use the consultation room in your local Boots pharmacy to call a support service.



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