



Domestic abuse and general support during Coronavirus/Covid-19 outbreak – newsletter #29 26-05-20

Hello all – hope you are well, please see latest resources, news and information re: domestic and sexual abuse below and attached. Also below is some information about kindness, following Mental Health Awareness Week last week, and a section on self-care – you can't pour from an empty cup 😊

Safe spaces for domestic abuse victims – shops guide

Morrisons, Boots and Superdrug pharmacies, plus many independent pharmacies are now 'safe spaces' – see articles below.

WHICH SHOPS ARE OFFERING SAFE SPACES TO VICTIMS OF DOMESTIC ABUSE? -

<https://www.independent.co.uk/life-style/women/safe-space-domestic-abuse-victim-women-boots-morrisons-superdrug-pharmacies-a9523881.html>

More than 100 businesses offer domestic abuse victims 'safe spaces' to get help -

<https://uk.news.yahoo.com/more-100-businesses-offer-domestic-174311877.html>

Please see both Morrisons and Boots 'Safe Space' graphics attached for use on social media etc.

Male Survivor Helpline – please see graphic for use on social media etc attached 0808 800 5005

Message from Cumbria Safeguarding Adults Board (CSAB) – Safeguarding is Everybody's Business

CSAB and our partners continue to work together and remain committed to protecting adults with care and support needs from abuse and neglect. During these difficult times we want to make sure, the most vulnerable in our communities are safe and that we protect them. Abuse can happen anywhere and take many forms including, physical, emotional, sexual and financial. To find out more about how to spot the signs please visit our [website](#). We are asking members of the public, volunteers and local communities to be vigilant and if they see something, which doesn't feel right, report it [here](#)

Latest news/articles relating to domestic and sexual abuse

Domestic abuse survivor Natasha Saunders was raped by ex-husband just hours after giving birth to second child - <https://www.ok.co.uk/lifestyle/refuge-real-life-natasha-saunders-21952671>

How Universal Credit Is Exacerbating Financial Abuse Under Lockdown -

<https://novaramedia.com/2020/05/15/how-universal-credit-is-exacerbating-financial-abuse-under-lockdown/?fbclid=IwAR0IKg1mA1-UCy4kyxbQFGWGHZMHoGt9aiwudiTe0W6d1sR33O2n9xjwvs>

Podcasts from Safe Lives

Experiences of domestic abuse and mental ill health - <https://soundcloud.com/domestic-abuse-podcast/experiences-of-domestic-abuse-and-mental-ill-health>

Hestia Modern Slavery and Homelessness training, for local authority staff only – see information attached.

Kindness

1. Kindness can work wonders. Especially for the vulnerable, newspaper article - https://www.theguardian.com/society/2020/may/17/kindness-can-work-wonders-especially-for-the-vulnerable?CMP=Share_AndroidApp_Tweet
2. Kindness Matters, Mental Health Foundation video from Mental Health Awareness Week 2020 - <https://youtu.be/Qcyc68d6OAK>
3. Kindness research briefing, What do we mean by kindness? - <https://www.mentalhealth.org.uk/campaigns/mental-health-awareness-week/kindness-research?fbclid=IwAR2wPEP1LG2NN2zA42L-HvzrGjto6qloP1GhWqe3JpVB54PfAe7BQzxd-Fc>

4. Kindness, emotions and human relationships: The blind spot in public policy - <https://www.carnegieuktrust.org.uk/publications/kindness-emotions-and-human-relationships-the-blind-spot-in-public-policy/>

Self-care

1. 12 best mindfulness apps to help you keep calm during a crisis - https://www.independent.co.uk/extras/indybest/gadgets-tech/phones-accessories/best-mindfulness-apps-a8217931.html?utm_medium=Social&utm_source=Twitter#Echobox=1589790329
2. 7 best self-care books: Learn how to look after your mental wellbeing during lockdown - https://www.independent.co.uk/extras/indybest/books/best-self-care-books-a8116376.html?utm_medium=Social&utm_source=Twitter#Echobox=1589790319
3. 8 best sleep apps for tracking, meditation and waking up gently - https://www.independent.co.uk/extras/indybest/gadgets-tech/best-sleep-app-free-cycle-tracker-monitor-recorder-sounds-a9479971.html?utm_medium=Social&utm_source=Twitter#Echobox=1589790324
4. Why self-care is vital to our mental wellbeing - <https://www.actionforhappiness.org/news/whyself-careisvitaltoourmentalwellbeing>
5. Self-care wheel also attached.

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.

HOME ISN'T ALWAYS A SAFE SPACE.

Your local Morrisons Pharmacy is.



UKSAYSNOMORE.ORG/SAFESPACES

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.



UKSAYSNOMORE.ORG/SAFESPACES

Hestia housing and support with funding from MCHLG are hosting a free online Modern Slavery and Homelessness training

The training is aimed at local Authority frontline staff working within homelessness.

We have three available training days as below ;

2nd of June

16th of June

18th of June

The training will run from **10am – 14.30 with a one hour lunch break. The training will be delivered over Zoom.**

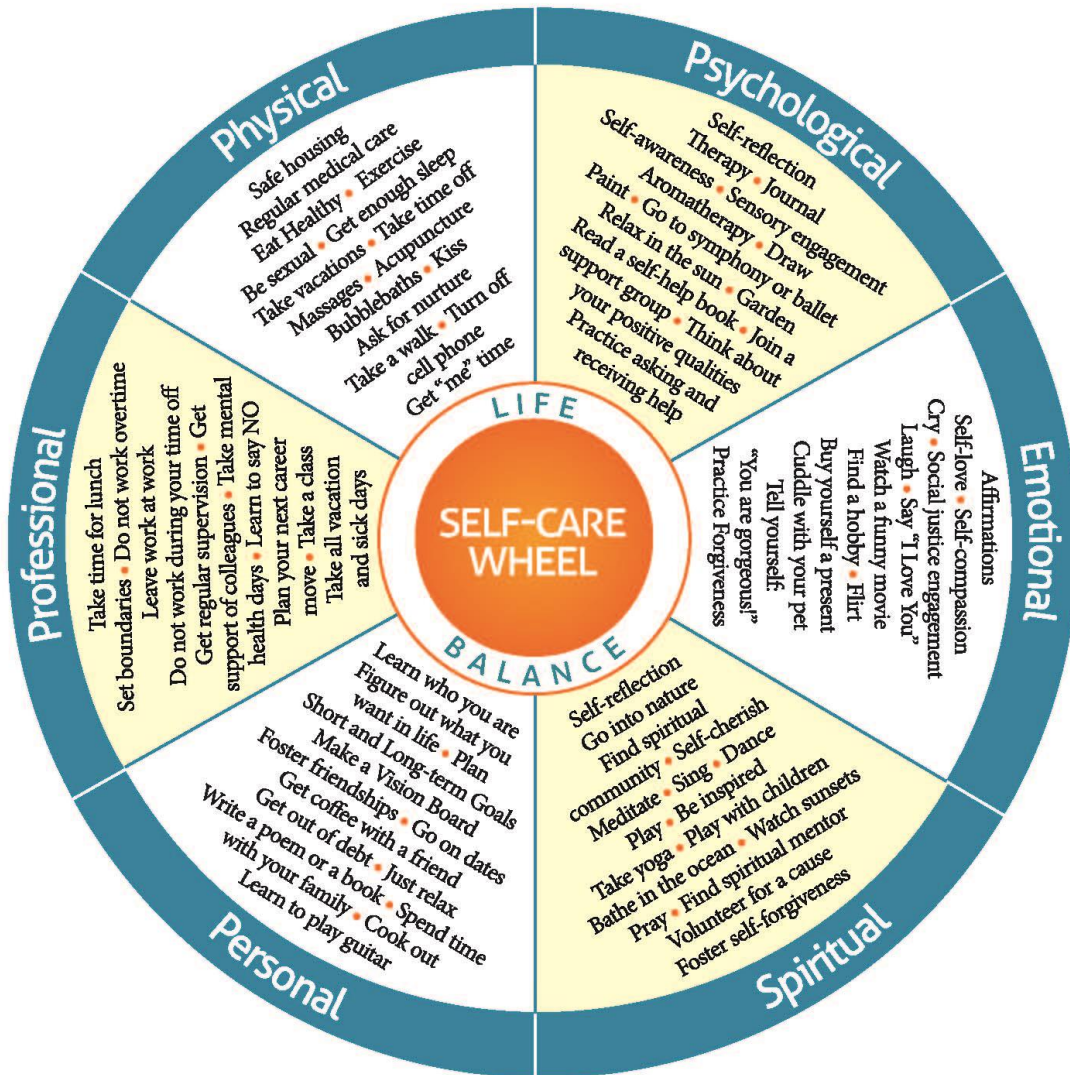
If you are interested in attending the training please contact training@hestia.org

****This training is for Local Authority staff only****

Learning objectives :

- Describe modern slavery and the different forms it takes
- Understand what to do if faced with a potential victim of modern slavery
- Understand the relationship between homelessness and modern slavery
- Understand the relevant legislative framework and the responsibilities of Local Authorities
- Understand typical behaviours demonstrated by trafficked persons (including indicators/signs of trafficking)
- Recognise the support needs that a trafficked person might present with
- Understand the risks associated with having been trafficked and be able to plan to manage the needs someone may have because of this
- Understand the National Referral Mechanism
- Understand your role in providing effective interventions including
 - Referring an individual effectively and safely
 - When and how to share intelligence in relation to illegal employers
 - Referral pathways

SELF-CARE WHEEL



This Self-Care Wheel was inspired by and adapted from "Self-Care Assessment Worksheet" from *Transforming the Pain: A Workbook on Vicarious Traumatization* by Saakvitne, Pearlman & Staff of TSI/CAAP (Norton, 1996). Created by Olga Phoenix Project: Healing for Social Change (2013).

Dedicated to all trauma professionals worldwide.

www.OlgaPhoenix.com