



Information update re: domestic and sexual abuse and other support services #39 04-09-20.

Hello all – hope you are all keeping safe and well, apologies for any delay in replying to your email and messages but I have been on leave for a fortnight. Please find latest information below and attached. If you have any information or updates you would like us to share please send in.

Content Note: some of the articles and information in this newsletter may include detailed discussion of physical, emotional and sexual abuse, please be mindful of your own triggers, safety and feelings – take care.

Domestic abuse Champions training – we have had quite a lot of interest lately from people asking about the domestic abuse Champions training. For obvious reasons, relating to the ongoing situation with Covid-19, we have no current plans to resume the face to face training. If you have any colleagues, friends etc who are interested in learning more about domestic abuse then some free online training is still available at Cumbria Safeguarding Children Partnership here

<https://www.cumbriasafeguardingchildren.co.uk/LSCB/training/domesticabuselearningevents.asp>

Cumbria Police domestic abuse surgery on Facebook

Monday 7th September 2020 from 11:00-12:00 Cumbria Police, together with our partner agencies, will be holding our live domestic abuse surgery on the Cumbria Police Facebook page.

You can send questions by private message through Facebook Messenger if you would prefer to remain anonymous, or you can post your question onto the event page or on the status that will be pinned to the top of the Cumbria Police Facebook page from 11am onwards.

Questions from anyone are welcome, whether you are, or think you may be a victim of domestic abuse or you are worried about a friend, neighbour, family member or colleague and would like some advice, we are here to help you so please send your questions in.

Turning the Spotlight – is still operating and taking referrals. They are currently running sessions via video link and hope to be back to some face to face work in September 2020. For further info contact Laraine Carr on 07919 393 311 or by email at turningthespotlight@victimsupport.org.uk

Crimestoppers launch new domestic abuse campaign - #YouAreNotPowerless

Everyone has the power to do the right thing, change their abusive behaviour or make the call. If someone is in immediate danger, call 999. If you don't want to reveal your identity, call us on 0800 555 111 or [complete our anonymous online form](https://crimestoppers-uk.org/domesticabuse). Find out more here <https://crimestoppers-uk.org/domesticabuse>

Latest news articles

1. UK firms face up to threat of domestic abuse as more staff work from home - <https://www.theguardian.com/society/2020/aug/13/uk-firms-face-up-to-threat-of-domestic-abuse-as-more-staff-work-from-home>
2. I escaped my abuser - but other women trapped during lockdown might not be so lucky - <https://www.telegraph.co.uk/women/life/escaped-abuser-women-trapped-lockdown-might-not-lucky/>
3. Covid-19 has brought a surge in domestic violence globally - <https://www.ft.com/content/c494f254-f6f8-44d5-a8e0-897f6e242a7f?sharetype=blocked>
4. For many in Britain, the lockdown of domestic abuse isn't over. But there is help - <https://www.theguardian.com/commentisfree/2020/sep/03/britain-lockdown-domestic-abuse-help-violence-camilla-duchess-of-cornwall>

5. 'Reach in' to help victims of domestic violence, urges Duchess of Cornwall - <https://www.theguardian.com/society/2020/sep/03/reach-in-to-help-victims-of-domestic-violence-urges-duchess-of-cornwall-coronavirus>
6. Today's Domestic Abuse Bill Does Nothing To Tackle Modern Day Stalking - https://consent.yahoo.com/v2/collectConsent?sessionId=3_cc-session_40efaa7f-f68b-495a-b69e-5061b582d081
7. How warnings about Heni and Jan's killer were missed - <https://www.bbc.co.uk/news/uk-53920575?fbclid=IwAR1fTxjWfYfx94fTxZKsAqc8ja5Bjc-rnu5Yy-aApPVO-luLx-NKvCdtMV5>
8. Why it's time to criminalise revenge porn threats - https://www.marieclaire.co.uk/life/revenge-porn-threats-706638?fbclid=IwAR0OUcPMGG-oPmPlwcQhrw3T9WY_fYxkBmYSQ9ro1ZuT7ukVvQHISIAcTds

Elle for Elle - is a charitable foundation administered by Charities Trust (charity number 327489). If you're a Refuge, Homeless shelter or Women's Domestic Abuse support group fill in the form and request essentials for your service users. This only applies to UK - They have high volumes of requests, please be patient and they say they will get around to posting to you as soon as possible. See here <https://elleforelle.org.uk/pages/product-request-form>

The Drive Research Project – findings and evidence

Find out more here <http://driveproject.org.uk/about/research-evaluation/>

Short film from the BBC - includes discussion and details of abuse, please be mindful of your own triggers, safety and feelings.

Coronavirus: Domestic abuse - 'You're with each other 24/7' - <https://www.bbc.co.uk/news/av/stories-53582497>

BT low cost IT access package (see also attached) - Millions of people in receipt of universal credit may be unaware they qualify for a £5 a month BT package that could save them hundreds of pounds a year on phone bills. The package has been designed to help keep phones ringing for the most vulnerable households - and costs £5.16 a month. This comes with a call allowance of £1.50, plus free weekend calls to 0845 and 0870 numbers (lasting up to 60 minutes). There's also a monthly £10 price cap for numbers starting 01, 02, 03, 07 and 08, which means you'll never pay more than £15.16. It's available to anyone on income support, jobseeker's allowance, pensions credit, employment and support allowance and universal credit - providing clients have zero earnings. BT says this means: "The claimant has no earnings from employment or self-employment during the assessment period for their benefit".

The network also offers a BT broadband option for those who need access to the internet, too. BT Basic + Broadband is £10.07 per month. The package includes the BT Basic £1.50 call allowance and £10 monthly call price cap. There is no connection charge for the broadband but customers will need to pay postage and packaging for their BT Home Hub, which is required for BT broadband to work. The package has a 10Mb average download speed and is limited to 15GB usage per month, equivalent to watching 2.5 hours of television online a week. Basic customers will get an email warning them when they approach the data limit. Those who go over will be charged another £2.20 per GB. So, someone 0.9GB over their allowance will be charged £2.20 and someone using 1.3GB will be charged £4.40. To apply for the package, you'll need to be an existing BT account holder.

You can contact BT on 0800 800 864 between 8am and 6pm on a weekday and they will send out an application form. The application form is just one page, which asks for simple information including - home details, date of birth, National Insurance number, and details of any benefits received. **Applications then need to be completed and returned within 14 days of receiving the form.**

Cumbria Domestic Abuse Champions' Network social media – you can follow Cumbria Domestic Abuse Champions' Network on social media for regular posts/updates. On Twitter [@AbuseCumbria](#) and on [Facebook](#) [@CumbriaDomesticAbuseChampionsNetwork](#)

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.

Kind regards, Steve

Respect

Men's advice line

0808 8010327

www.mensadvice.org.uk

**" I felt like I had to
"man up" and be
invincible until
I called. "**



**"They helped me see that
this wasn't just an
unhealthy relationship, it
was more than that"**

National LGBT+ Domestic Abuse Helpline

Helpline:

0800 999 5428

10am – 5pm Monday

10am – 5pm Tuesday

10am – 8pm Wednesday

10am – 8pm Thursday

10am – 5pm Friday

Online chat:

5pm - 8pm Wednesday

5pm - 8pm Thursday

