



Champions' Network - Domestic and sexual abuse newsletter #44 14-12-20

Hello all – hope you are all keeping safe and well. Please find latest information below and attached. If you have any information or updates you would like us to share please send them 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 Partnership – please see information below.

Women Out West – Xmas opening times here <https://womenoutwest.co.uk/opening-hours-over-christmas-period/>

Women's Community Matters – Xmas opening times – see image below.

Cumbria Police launch domestic abuse campaign see here <https://www.cumbria.police.uk/News/News-Articles/2020/December/Cumbria-Police-launch-domestic-abuse-awareness-campaign.aspx>

The Femicide Census is a unique source of comprehensive information about women who have been killed in the UK and the men who have killed them. The latest 10 year report is the most comprehensive study to date. Please find report here <https://www.femicidecensus.org/>

In the News

1. 'I wouldn't be alive if I had stayed': Demand for 'life-saving' free train travel for domestic abuse victims soars amid pandemic - <https://www.independent.co.uk/news/uk/home-news/domestic-abuse-lockdown-coronavirus-free-trains-b1759361.html>
2. 'If I'm not in on Friday, I might be dead': chilling facts about UK femicide - https://www.theguardian.com/society/2020/nov/22/if-im-not-in-on-friday-i-might-be-dead-chilling-facts-about-uk-femicide?CMP=Share_iOSApp_Other
3. Free rail travel for domestic abuse victims extended - <https://www.bbc.co.uk/news/uk-55038392>
4. Escaping a lockdown abuser, *A domestic violence survivor's journey in five objects* - <https://www.bbc.co.uk/news/extra/805vdm9u/escaping-a-lockdown-abuser>
5. Domestic abuse: The hidden housing crisis - <https://www.bigissue.com/opinion/domestic-abuse-the-hidden-housing-crisis/>
6. One in five older people in the UK have been abused, poll finds - https://www.theguardian.com/society/2020/nov/29/one-in-five-older-people-in-the-uk-have-been-abused-poll-finds?CMP=Share_iOSApp_Other
7. 'It's never too late to reach out': How Refuge helps women of all ages leave abusive relationships - <https://www.telegraph.co.uk/christmas/2020/11/29/never-late-reach-refuge-helps-women-ages-leave-abusive-relationships/>
8. 'My sister-in-law was murdered by her ex-boyfriend but I believe it could have been prevented' - <https://www.telegraph.co.uk/christmas/2020/11/28/sister-in-law-murdered-ex-boyfriend-believe-could-have-prevented/>
9. Urgent change needed to stem femicides, says new domestic abuse tsar - <https://www.theguardian.com/society/2020/nov/29/urgent-change-needed-to-stem-femicides-says-new-domestic-abuse->

[tsar?utm_term=55f5019375374eedd65bf8c6abadec91&utm_campaign=GuardianTodayUK&utm_source=esp&utm_medium=Email&CMP=GTUK_email](https://www.guardian.co.uk/ukraine/2022/01/05/ukraine-war-refugees-uk?utm_term=.55f5019375374eedd65bf8c6abadec91&utm_campaign=GuardianTodayUK&utm_source=esp&utm_medium=Email&CMP=GTUK_email)

Refuge – new animation via Twitter here <https://twitter.com/i/status/1333335002197725185> about their Freephone 24-hour National Domestic Abuse Helpline www.nationaldahelpline.org.uk

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](https://twitter.com/AbuseCumbria) and on [Facebook](https://www.facebook.com/CumbriaDomesticAbuseChampionsNetwork) [@CumbriaDomesticAbuseChampionsNetwork](https://www.facebook.com/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

A poster with a grey background and white snowflake patterns. It features a table of opening times for Christmas 2020 and January 2021. Below the table, it says 'Merry Christmas and a Happy New Year from all at WCM.' and 'Reception will be open as usual from Tuesday 5th January 2021 9.30am'. The logo for 'Barrow Women's Community Matters' is in the bottom right corner.

Christmas opening times 2020/21

Date	Time
Monday 21 st December 2020	9.30am – 1pm
Tuesday 22 nd December 2020	9.30am – 1pm
Wednesday 23 rd December 2020	9.30am – 1pm
Thursday 24 th December 2020	Closed
Friday 25 th December 2020	Closed
Monday 28 th December 2020	Closed
Tuesday 29 th December 2020	9.30am – 1pm
Wednesday 30 th December 2020	9.30am – 1pm
Thursday 31 st December 2020	Closed
Friday 1 st January 2021	Closed
Monday 4 th January 2021	Closed

Merry Christmas and a Happy New Year from all at WCM.

Reception will be open as usual from
Tuesday 5th January 2021
9.30am



Cumbria Domestic Abuse Partnership

Working Together to Stop Domestic Abuse

Help is available from the Cumbria Domestic Abuse Partnership if you, or someone you know, needs support.

All Cumbrian district councils are part of the county-wide domestic abuse network providing specialist advice and assistance to anyone within the area who is at risk of losing their home as a direct result of domestic, sexual abuse or exploitation (men, women and children).



How Can We Help?

- Crisis intervention and access to secure emergency accommodation for households in a domestic abuse crisis or identified as being at severe risk of harm from others.
- Non-judgemental personalised help and support to address any immediate safeguarding and longer-term rehousing needs identified.
- Specialist housing assessment and support including relocating to another area for those at serious risk of harm.
- Advocacy support working with key partners and statutory bodies to mitigate risks and promote community safety, including advice and assistance to anyone identified who poses a significant risk to others.
- Access to personal and community safety interventions.

For further information or advice contact

Other key contacts

- **Allerdale Borough Council: 01900 702660**
- **Barrow Women's Community Matters/Barrow Borough Council: 01229 311102 / 01229 876599**
- **Barrow Borough Council: 01229 876599**
- **Carlisle City Council: 01228 817079**
- **Copeland Borough Council: 01946 598300**
- **Eden Housing Association/Eden District Council: 01768 861400/01768 817817**
- **South Lakeland District Council: 01539 733333**

- **Cumbria Police: 101 or in an emergency always call 999**
- **Victim Support: 0300 303 3797**
- **OutREACH Cumbria: 0800 345 7440**
- **National Women's Aid: 0808 2000 247**
- **National Men's Advice Line: 0808 801 0327**
- **National Childline: 0800 11 11**