



## Champions' Network - Domestic and sexual abuse newsletter #48 19-02-21

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.*

### **Local job vacancies**

Safety Net, Carlisle – see information for job vacancies here <https://www.safetynetuk.org/vacancies> - Head of Clinical Practice and Freelance Adult and Children, Young People Therapists.

### **A reminder about ...**

**Cumbria Victims Charitable Trust** which provides support to victims of crime who reside in Cumbria. Find out more here <http://www.cumbriavictimstrust.org.uk/>

**Cumbria Together** this website provides information and confidential support through a trusted network of support organisations, giving strength back to those affected by crime <http://www.cumbriatogether.com/>

**Services for male victims/survivors** – we have had some enquiries/conversations recently about services for males so we thought a quick update/reminder might be useful.

There are no shortage of services to work with male victims/survivors of domestic and sexual abuse in Cumbria, most of our statutory, commissioned and voluntary sector services in Cumbria work with male victims/survivors including the MARAC process, all adult safeguarding processes, Cumbria Constabulary, The Bridgeway sexual assault support service, Victim Support, Turning the Spotlight, Safety Net, The Birchall Trust and The Freedom Project West Cumbria.

Nationally there are;

1. National helpline offering advice and support for men experiencing domestic violence and abuse 0808 801 0327 [www.mensadvice.org.uk](http://www.mensadvice.org.uk)
2. Mankind Initiative 01823 334244 Weekdays 10am to 4pm <https://www.mankind.org.uk/>
3. Freephone national helpline for LGBT+ domestic abuse victims 0800 999 5428 Mon/Tues/Fri 10am – 5pm; Wed/Thur 10am – 8pm [help@galop.org.uk](mailto:help@galop.org.uk) and <http://www.galop.org.uk/>

### **In the news ...**

1. 'It's A Miracle I Came Out Alive' - <https://www.elle.com/culture/celebrities/a35460385/fka-twigs-shia-la-beouf-abuse/>
2. Domestic abuse victims dropping charges against violent ex-partners due to lengthy court delays caused by Covid - <https://www.independent.co.uk/news/uk/home-news/domestic-abuse-victims-dropping-charges-against-violent-expartners-due-to-lengthy-court-delays-triggered-by-covid-b1799941.html>

3. 'Women are spending all day with their abusers': the charities helping people escape harm during lockdown - <https://www.theguardian.com/backing-our-communities/2020/dec/21/women-are-spending-all-day-with-their-abusers-the-charities-helping-people-escape-harm-during-lockdown>
4. Lockdown: Could delivery drivers help spot domestic abuse? - <https://www.bbc.co.uk/news/uk-wales-56074048>
5. Lockdown saw 'inevitable' rise in domestic abuse, police say - <https://www.bbc.co.uk/news/uk-england-bristol-56032316>
6. Free rail scheme for domestic abuse victims 'saved my life' - <https://www.bbc.co.uk/news/uk-england-56003695>

**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