



Online Support Resources: Domestic Abuse – Help is available

DOMESTIC ABUSE IN PREGNANCY	
<p>NHS. UK PREGNANCY AND BABY: Pregnancy can be a trigger for domestic abuse, and existing abuse may get worse during pregnancy or after giving birth.</p> <p>Domestic abuse during pregnancy puts you and your unborn child in danger. It increases the risk of miscarriage, infection, premature birth, and injury or death to the baby.</p> <p>It can also cause women to experience emotional and mental health problems, such as stress and anxiety, which can affect the development of the baby.</p>	<p>If you're pregnant and being abused, there is help available. You can speak in confidence to a:</p> <ul style="list-style-type: none"> • GP • midwife • obstetrician • health visitor • social worker <p>Information about you won't be shared with other services without your permission, unless there's a concern that your unborn child or other children in your family, or someone else, is at risk of serious harm. Find out more here: https://www.nhs.uk/conditions/pregnancy-and-baby/domestic-abuse-pregnant/</p>
<p>IN AN EMERGENCY DIAL 999</p> <p>Leaving your house to escape domestic abuse is allowed under Covid-19 restrictions</p>	

Make Yourself Heard

In danger, need the police, but can't speak?

- 1 Dial 999
- 2 Listen to the questions from the 999 operator
- 3 Respond by coughing or tapping the handset if you can
- 4 If prompted, press **55**
This lets the 999 call operator know it's a genuine emergency and you'll be put through to the police.

See our guide for more information.

#MakeYourselfHeard
#SilentSolution
www.policeconduct.gov.uk



Led by **OPC** Independent Office for Police Conduct
Supported by **women's aid** until women & children are safe **NPCC** National Police Chiefs' Council

If prompted and calling from mobile, press 55 to Make Yourself Heard and this will transfer your call to the police. This does not allow police to track your location.

https://www.policeconduct.gov.uk/sites/default/files/Documents/research-learning/Silent_solution_guide.pdf

Silent Solution: <https://www.policeconduct.gov.uk/news/national-campaign-raise-awareness-silent-solution-system>

CUMBRIA POLICE

"NO SITUATION SHOULD EVER LEAD TO SOMEONE ABUSING THEIR LOVED ONES"

Support is always available for victims of

DOMESTIC ABUSE



TO REPORT:

In an emergency call 999
Call 101 or report online via
our online reporting form



We would like to reassure victims of domestic abuse that we are still here to help and support you during the Covid-19 pandemic.

If you want to make a non-urgent report or need advice please call **101**, email 101@cumbria.police.uk or fill in our online reporting form [here](#).

Cumbria Police web advice centre: <https://www.cumbria.police.uk/Advice-Centre/Personal-Safety/Domestic-Abuse.aspx>

UK Government Domestic Abuse Information and Guidance

Government Fact Sheet – support for victims of domestic abuse
Coronavirus (COVID-19) and domestic abuse, 11th April 2020



<https://www.gov.uk/government/publications/coronavirus-covid-19-and-domestic-abuse/coronavirus-covid-19-support-for-victims-of-domestic-abuse>

www.gov.uk/domestic-abuse

Domestic Abuse: How to get help

Call the National Domestic Abuse Helpline for free and confidential advice, 24 hours a day on 0808 2000 247 [National Domestic Abuse Helpline](https://www.gov.uk/national-domestic-abuse-helpline)

DOMESTIC ABUSE NATIONAL SUPPORT GROUPS

Refuge - run a 24-hour helpline “Are you experiencing domestic abuse? You are not alone. “

<https://www.nationaldahelpline.org.uk/> 0808 2000 247

Women’s Aid – Survivors Online Forum

<https://survivorsforum.womensaid.org.uk/>

Women’s Aid: Covid-19 Advice

<https://www.womensaid.org.uk/covid-19-coronavirus-safety-advice-for-survivors/>

Ashiana Sheffield (supports BAMER women at serious risk of Domestic Abuse)

0114 255 5740 www.ashianasheffield.org

Men’s Advice Line (men only)

0808 801 0327 info@mensadviceline.org

DOMESTIC ABUSE LOCAL SUPPORT GROUPS

Women Out West (Whitehaven)

01946 550103 contactus@womenoutwest.co.uk

Gateway4Women (Carlisle)

01228 212090 admin@cumbriagateway.co.uk

Womens Community Matters (Barrow)

01229 311102 reception@womenscommunitymatters.org

Safety Net (for women & men affected by domestic abuse)

01228 515859 office@safetynet.org <https://www.safetynetuk.org/coronavirus>

The Freedom Project / West Cumbria Domestic Violence Support

07712 117986 hope@freedom-project-west-cumbria.org.uk

OTHER

SAMARITANS

116 123

Disclaimer: Whilst every care has been taken to ensure the information on this page is both accurate and up to date, West North East Cumbria MVP does not accept any liability to any party for loss, or damage incurred by reliance placed on the information contained here or through omission or errors how so ever caused. Nothing on this page constitutes professional advice and any user of the website should consult a suitable qualified professional for advice relating to a specific enquiry or issue.

Domestic Abuse Support Services Cumbria during COVID-19

To report: Cumbria police non-emergency call **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:

LOCAL

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

CUMBRIA

Cumbria Victim Support

t: 0300 3030 157 (local)

Mon-Fri 9-6pm and 24/7 Support
Line 0808 1689 111

e: Cumbria.Admin@victimsupport.org.uk

Domestic Abuse Partnerships Emergency accommodation

Allerdale t: 01900 702660

Copeland t: 01946 598300

Barrow t: 01229 876599

South Lakes t: 01539 73333

Carlisle t: 01228 817079

Eden t: 01768 817817

NATIONAL

LGBT Domestic Abuse Victims

t: 0800 9995428

Mankind Initiative

t: 01823 334244 and

Men's Advice Line
0808 8010327

National Child Line

t: 0800 1111



The Coronavirus pandemic is a worrying time for everyone, but for those living with **domestic abuse** it can be a terrifying and potentially dangerous time.

Safety planning when self-isolating

ALWAYS keep your mobile phone charged and with you.

HAVE a code word with friends or families so that they know when to call the police.

HAVE a code word with children to let them know to leave the house.

USE your intuition with your abuser's mood, and if a situation is escalating try to leave.

THINK about the quickest way out of the house.

KEEP bank card, keys, etc in a safe place.

PACK an overnight bag (with ID and cash if possible) and hide it somewhere safe (eg with a neighbour).

IF the situation is likely to escalate stay out of the kitchen, garage, any room where there are possible weapons.

ALWAYS stay away from the top of the stairs.

IF you can't get out of the house go to a safe room that you can lock to give you enough time to call 999.

ALWAYS CALL 999 IF YOU ARE IN IMMEDIATE DANGER

Victim Support 0300 3030 157 Out of hours 08 08 16 89 111

Live chat: Mon-Fri, 9am-6pm

www.victimsupport.org.uk/help-and-support/get-help/support-near-you/live-chat

Email: cumbria.admin@victimsupport.org.uk



USEFUL CONTACTS TO SUPPORT YOU:

Freedom Project West Cumbria

Are still providing telephone counselling support.

If you have any concerns or queries please call 07712 117986 (9am - 5pm)

Email: hope@freedom-project-west-cumbria.org.uk

National Domestic Abuse Helpline

Confidential support available 24-hour freephone 0808 2000 247

Victim Support Cumbria (8am-6pm) call 0300 303 0157 or Support line

0808 1689 111 or online Live Chat 9am-6pm Monday-Friday.

[Click here online](#) or visit victimsupport.org.uk and search support near you for live chat.

Women's Aid Live Chat <https://chat.womensaid.org.uk/>

Monday-Friday 10am-12pm Email: helpline@womensaid.org.uk

You can download Bright Sky app free:

<https://www.hestia.org/brightsky>

CHAYN is a global volunteer network addressing gender-based violence by creating survivor-led resources online <https://chayn.co/>

LGBT+ Freephone helpline victims 0800 999 5428 Email;

help@galop.org.uk

Men's Advice Line Support for men experiencing domestic violence and abuse

0808 801 0327 www.mensadvice.org.uk Email:

info@mensadvice.org.uk

Respect Help Are you hurting the one you love? Call 0808 802 4040

Email: info@respectphoneline.org.uk

Action on Elder Abuse Helpline 080 8808 8141

LOOKING AFTER YOUR MENTAL HEALTH AT THIS TIME:

MIND ORGANISATION

<https://www.mind.org.uk/>

GUARDIAN SUPPORT

<https://www.theguardian.com/>

MENTAL HEALTH GUIDANCE

<https://www.mentalhealth.org.uk/>

IN AN
EMERGENCY
ALWAYS
CALL 999

Domestic Abuse Support during Coronavirus & Covid-19 Isolation

Domestic abuse
services, women's
centres etc continue
to provide support.
This is all accessible
by phone, email,
website and
social media.

We are all still here
to support you!

Check out specific
helplines and
contact details here
& stay in
touch on FB
& Twitter



WE ARE HERE FOR YOU ON PHONE & EMAIL

T: 01946 550103 (9.30 - 2.30) M: 07539 780431 (9 - 4) ON MONDAY - FRIDAY

AT OTHER TIMES LEAVE MESSAGE OR IN EMERGENCY PLEASE CALL 999

CONTACTUS@WOMENOUTWEST.CO.UK

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).

What is Domestic Abuse?

Domestic abuse is any incident or pattern of incidents of controlling, coercive or threatening behaviour, violence or abuse (psychological, physical, sexual, financial, emotional) between those aged 16 or over who are or have been intimate partners or family members regardless of gender or sexuality.

The abuser can use a pattern of behaviour(s) that is both abusive and controlling but may not always be violent. This behaviour is designed to give control and power over their victims and isolate them from other people and support. They can also deprive people of their independence and try to control and regulate their everyday behaviour.

The effects of domestic abuse can be both frightening and devastating. If you, or someone you know is suffering from domestic abuse we are here to help - together we can stop domestic abuse.



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IOPC

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Supported by

women's aid
until women & children are safe



NPCC
National Police Chiefs' Council



Cumbria Police

24 March · 🌐

The stress and strain caused by the current situation with COVID-19 is going to be a testing time for people.

However, no situation should ever lead to someone abusing their loved ones. With families and couples spending extra time isolating indoors together, it is important to remain respectful to each other.

If you are a victim of domestic abuse, or are concerned for someone who is, you can report this or receive guidance by calling 101.

Always call 999 in an emergency.

For more information on domestic violence please visit Cumbria Constabulary dedicated webpage <http://orlo.uk/FMwKX>

Cumbria Constabulary continues to treat domestic abuse very seriously. It is maintaining services to support victims, keep children safe and target perpetrators. #ReducetheAbuse

**NO SITUATION SHOULD EVER
LEAD TO SOMEONE ABUSING
THEIR LOVED ONES.**



From 24th March 2020—Services & Support @ Women's Community Matters

Details of our reduced service due to Corona Virus Covid-19 outbreak & necessary restrictions/precautions

We are currently offering support via phone and email only

A limited number of staff are working from the Centre and where possible others are working from home

Please see opening times and contact details below.

Please watch social media for further updates/changes to our service and for useful information.

If you or someone you are working with is in crisis please give us call, message or email during the times below.

Monday

Reception emails and phone
9.30am—4pm

Tuesday

Reception emails and phone
9.30am—4pm

Wednesday

Reception emails and phone
9.30am—4pm

Thursday

Reception emails and phone
9.30am—4pm

Friday

Reception emails and phone
9.30am—4pm

[Women's Community Matters](#) Facebook page messages are answered 9.30am—4pm, Monday to Friday.

Telephone appointments available for
women and young people

Please ring for access to the Clothes
Bank

Telephone appointments available for
women and young people

Please ring for access to the
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All events, groups and activities have been cancelled until further notice

Telephone: 01229 311 102 Email: reception@womenscommunitymatters.org Website: <http://www.womenscommunitymatters.org>

Safety Net and COVID-19

These are challenging times at Safety Net but we will continue to work in partnership to deliver high-quality services to our service users.

We would like our stakeholders, partners, other professionals and service users to know that, as a service, we are still very much open and all staff have been set up to work remotely.

Professionals can refer using the online [referral form on our website](#), and we are still taking self-referrals by telephone. We believe it is vital that we play our part to help reduce the transmission of COVID-19, as such we will be contacting all service users this week to let them know that, although we will not be seeing them face-to-face in our offices, we will be offering 1:1 video or telephone sessions instead.

Our staff will do their utmost to support our communities and those who have been affected by rape, exploitation, sexual and domestic abuse across North and West Cumbria. As well as continuing with weekly therapeutic or support sessions we will also check that our clients are safe and have practical and emotional support in place and we will provide advice and signpost where necessary.

We will also regularly update our website and social media platforms with relevant information, advice and self-help guidance.

If you require any information or advice then just email, call or message us via our website.

Stay safe and let's all look after each other.

office@safetynetuk.org
Telephone 01228 515859





Women Out West

6 April at 11:04 · 🌐



Our temporary programme about the services we offer during this challenging time. We can also be contacted via private message on this page. Please share! ❤️



WOMEN OUT WEST

SERVICE UPDATE: APRIL 2020

Different Ways of Supporting You During Coronavirus / Covid 19

We are here for you during these challenging times as always, but we have adapted our services to comply with the guidance from government on preventing spread of Covid-19.

Our team is now working from home but available to support you by phone & email:

Email contact any time:

contactus@womenoutwest.co.uk

Reception phone enquiries: Monday to Friday 9.30 - 2.30pm

01946 550103

1:1 phone appointments: Monday to Friday 9am - 4pm

07539 780431

Women Out West centre is closed until restrictions are lifted.

Follow latest news via [facebook.com/womenoutwestcumbria](https://www.facebook.com/womenoutwestcumbria) and twitter.com/womenoutwest2



Gateway 4 Women

9 April at 14:03 · 🌐



Please note, although the building is currently closed due to the ongoing coronavirus pandemic, Gateway 4 Women staff members are continuing to work from home and are offering support via telephone, email and Facebook. Anybody requiring support can contact us via Facebook Messenger or by calling the Gateway 4 Women Centre on 01228 212090 where all messages continue to be monitored and picked up – If you leave a voicemail, please ensure you leave a name and contact number or other preferred method of contact.

Alternatively, get in touch via email on admin@cumbriagateway.co.uk. All women are welcome to self-refer and all agencies can continue to refer through the usual channels.

Please take care and stay safe, love from all at Gateway 4 Women x



The Freedom Project/ West Cumbria Domestic Violence Support

18 March · 🌐

We would like our service users, partners and other professionals to know that, as a service, we are still very much open and all staff have been set up to work remotely.

People can still refer using the online referral form on our website, and we are still taking self-referrals by our telephone helpline 07712117986 and email hope@freedom-project-west-cumbria.org.uk

Although we will not be seeing our clients face to face in our offices, we are still providing 1-1 counselling via video call or telephone sessions.

Support is always available for victims of
DOMESTIC ABUSE



TO REPORT:

In an emergency call 999
Call 101 or report online via
our online reporting form

