

## Domestic Abuse Support Services Cumbria during COVID-19

To report: Cumbria police non-emergency call **101** or online [www.cumbria.police.uk](http://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](mailto:office@safetynet.org)

##### Gateway 4 Women (Carlisle)

t: **01228 212090**

e: [admin@cumbriagateway.co.uk](mailto:admin@cumbriagateway.co.uk)

##### Women Out West (Whitehaven)

t: **01946 550103**

e: [contactus@womenoutwest.co.uk](mailto:contactus@womenoutwest.co.uk)

##### Women Community Matters

(Barrow)

t: **01229 311102**

e: [reception@womenscommunitymatters.org](mailto: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](mailto: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**

# COVID-19 EMERGENCY SUPPORT HELPLINE

Only for people at high risk of becoming seriously ill as a result of COVID-19, who do not have support available from friends, family or neighbours and are struggling for food, medicines or other essential supplies.

Call: **0800 783 1966**  
or email: **COVID19support@cumbria.gov.uk**

Full details can be found online at  
[cumbria.gov.uk](http://cumbria.gov.uk)

Provided by Cumbria County Council and partners including District Councils, CVS, Cumbria Community Foundation, community and voluntary sector, and private sector.

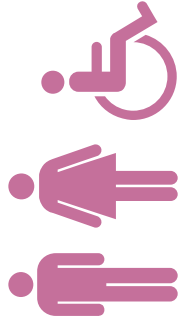


**SUPPORT EACH OTHER**  
**#TogetherWeCan**

# Staying Safe

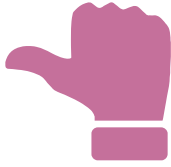
## We want to make sure that people are safe in their communities.

Here are some things to think about if you are offered, or need, support during this time.



## Try to use existing and trusted community groups.

If not, could a family member, friend or neighbour who you know and trust help?



## Not sure? Don't answer the door.

If you're not sure about an offer of help, ask the person to leave details and talk to someone you trust about it.



## Contact us

If you are concerned that an adult is at risk of abuse or neglect please call:

Copeland and Allerdale

0300 303 3589

Carlisle and Eden

0300 303 3249

Furness and South Lakes

0300 303 2704

Out of Hours

01228 526690

In an emergency, call 999

## Are you concerned about a child?

**We are all living in unprecedented times, it is really important that we look out for each other and support each other in our communities.**

This will be a difficult time for lots of families, and they may be making different care arrangements for their children. Families may experience added stress at this time, with added financial pressure or isolation from support networks. These issues can add a great burden onto families and children and young people could be at increased risk of harm during these times.



**If you are concerned about a child or young person who you believe might be at risk of harm, please contact:**



**The Multi Agency Safeguarding Hub on  
0333 240 1727 or NSPCC 0808 800 5000.**



**If you believe a child is at risk of immediate danger dial 999 and speak to the Police.**