

**No one should suffer domestic abuse.**  
**If you are at risk or experiencing abuse help and support is available.**

**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****

**Domestic Abuse Partnerships Emergency accommodation, in an emergency, please contact your local Borough Council. There is a Statutory Duty to accommodate victims of DA**

**Copeland:** e: [Housing.options@copeland.gov.uk](mailto:Housing.options@copeland.gov.uk) t: 01946 598300 24 hours

**Allerdale:** e: [homelessness@allerdale.gov.uk](mailto:homelessness@allerdale.gov.uk) [Housing Assistance Self Referral \(allerdale.gov.uk\)](http://Housing Assistance Self Referral (allerdale.gov.uk))  
t: 01900 702660 or 0303 123 1702 out of hours

**Carlisle:** e: [dutytorefer@carlisle.gov.uk](mailto:dutytorefer@carlisle.gov.uk) t: 01228 817200 office hours. Out of hours 01228 817386 (single women and families scheme) and 01228 817373 (single men's scheme)

**Barrow:** e: [dutytorefer@barrowbc.gov.uk](mailto:dutytorefer@barrowbc.gov.uk) office hours only t: Office Hours 01229 876599 or Out of Hours 01229 833311

**Eden:** e: [housingoptions@edenha.org.uk](mailto:housingoptions@edenha.org.uk) t: Office hours 01768 861499 or Out of Hours 0800 0614232

**South Lakeland:** e: [homeless@southlakeland.gov.uk](mailto:homeless@southlakeland.gov.uk) t: Office hours 01539 733 333/ 01539 793 199  
Kendal and Eastern Area 0870 428 6905. Lakes, Ulverston and Western Area 0870 428 6906

#### LOCAL SUPPORT SERVICES

##### Gateway 4 Women (Carlisle)

t: 01228 212090  
e: [admin@cumbriagateway.co.uk](mailto:admin@cumbriagateway.co.uk)

##### Women Out West (Whitehaven)

t: 01946 550103/ 07516 416040  
e: [contactus@womenoutwest.co.uk](mailto:contactus@womenoutwest.co.uk)

##### Women Community Matters (Barrow)

t: 01229 311102  
e: [eception@womenscommunitymatters.org](mailto:eception@womenscommunitymatters.org)

##### Freedom Project (West Cumbria) for women and men affected by Domestic Abuse

t: 01900 671167/ 07712 117986  
e: [hope@freedom-project-westcumbria.org.uk](mailto:hope@freedom-project-westcumbria.org.uk)

##### Springfield (South Lakeland)

refuge support takes referrals Nation Wide.  
Community based support also available  
t: 01539 726171  
e: [cs@springfieldsupport.org](mailto:cs@springfieldsupport.org) or  
[refuge@springfieldsupport.org](mailto:refuge@springfieldsupport.org)

#### CUMBRIA WIDE SERVICES

##### Cumbria Victim Support

t: 0300 3030 157 (local) Monday - Friday 9.00am - 6.00pm and 24/7 Support Line 0808 1689 111  
e: [cumbria.admin@victimsupport.org.uk](mailto:cumbria.admin@victimsupport.org.uk)

**Safety Net** for women and men affected by Domestic Abuse - County Wide Service  
t: 01228 515859 <https://www.safetynetuk.org/make-a-referral>

**The Birchall Trust** for women and men affected by Domestic Abuse - County Wide Service  
<https://www.birchalltrust.org.uk/wp-content/uploads/2021/11/Referral-Form-Adult-21-22.docx>

#### NATIONAL SERVICES

##### National LGBT Domestic Abuse Victims

t: 0800 9995428  
**Mankind Initiative**  
t: 01823 334244 and Men's Advice Line 0808 8010327  
**24 Hour National Domestic Abuse**  
Freephone helpline t: 01942 262 270  
National Child Line t: 0800 1111

**The Domestic Abuse Alliance** brings together organisations working on the frontline of domestic abuse across the UK with the legal sector to deliver joined-up instant legal assistance and protection. They run the We Protect app. Via this app, victims of DA can get free, legal advice. Referrals can be made online via a one page form or via telephone **T: 0800 101 7110**  
<https://domestic-abuse.co.uk>

# Domestic Abuse – Support and Guidance

## Victim Support

- An independent charity offering free and confidential support in Cumbria
- You do not need to have reported a crime to the police to access support

## CAFCASS

- Make recommendations early in the proceedings about safe arrangements during the court proceedings
- Assess the impact of domestic abuse on your child and on you using the domestic abuse practice pathway – [www.cafcass.gov.uk](http://www.cafcass.gov.uk)
- Ensure that recommendations made in relation to any spending time arrangements are safe for both **your children** and **you**
- Alert the court of any risks which may need immediate action that are identified during our involvement
- Signpost you to agencies that can offer support in relation to the domestic abuse
- Signpost you to who you need to speak to if you want to request “Special Measures” at court
- Recognise and respond to community, cultural and diversity issues which may impact on you and your child
- Children and Young People can use the Hear to Listen service to feedback about the work we do/have done on 0808 175 3333

## Solicitors

- Can assist you to apply for protective orders from the Family Court
- Non-Molestation Orders – protect the applicant from the behaviour of the other person
- Occupation Orders – control who can live in a property
- They can also help to assess your eligibility for Legal Aid

## Children’s Services / Children and Young People

- Are part of the Domestic Abuse Partnership to provide services to victims in safe accommodation and to provide survivors with community in-reach services
- The partnership has emergency accommodation and support service throughout the county to keep you safe, information about this can be found on the County councils’ website under community safety
- If your child is unsafe or likely to be harmed, then you should contact the Safeguarding Hub – 0333 240 1727. They will carryout an assessment to ensure you get the appropriate service. This may involve Children Services or Early Help.
- Children Services will work with you to keep your child safe and this may be through Child in Need or Child Protection procedures.

## Support within Court Proceedings

- A solicitor can help you apply for an order (known as an injunction) that will help to protect you from an abusive partner. You may be entitled to Legal Aid to help make an application.
- If you or your solicitor tells the Court in advance, you may be able to have special arrangements at court so that you do not have to see your ex-partner. You can ask for a separate waiting area, screens in court and in some circumstances to attend by video link.
- You can also bring someone to support you in the hearing for moral support. This is known as having a ‘Mckenzie Friend’. They must not be a potential witness in the case and the judge will check this before allowing that person into the court hearing.
- The Court has the power to prevent the alleged perpetrator from cross-examining you if they are representing themselves.

## Helpful Websites

- <https://www.gov.uk/legal-aid/eligibility>
- [www.victimsupport.org.uk/cumbria/](http://www.victimsupport.org.uk/cumbria/)
- [www.thebridgeway.org.uk/contact/](http://www.thebridgeway.org.uk/contact/)
- [www.safetynet.org/](http://www.safetynet.org/)
- [www.freedom-project-west-cumbria.org.uk](http://www.freedom-project-west-cumbria.org.uk)
- <https://cumbria.gov.uk/communitysafety/DomesticViolence/default.asp>
- [www Carlisle.gov.uk/residents/housing-and-homeless/Cumbria-Domestic-Abuse-Partnership](http://www Carlisle.gov.uk/residents/housing-and-homeless/Cumbria-Domestic-Abuse-Partnership)
- <https://cumbria-pcc.gov.uk>
- [www.victimsupport.org.uk/cumbria/turning-the-spotlight/](http://www.victimsupport.org.uk/cumbria/turning-the-spotlight/)