Domestic Abuse Services in Cumbria

Directory held by Cumberland and Westmorland and Furness Councils on behalf of the Community Safety and Domestic Abuse Partnerships

V1.1 October 2023

Next version update due end April 2023

Version control/ amendments to Mary-Claire.Telford@cumberland.gov.uk

Foreword

What is Domestic Abuse?

Under the Domestic Abuse Act 2021, Domestic Abuse consists of the following between two people aged 16 or older who are 'personally connected' in that they are or have been in an intimate personal relationship or those who are related.

- physical or sexual abuse;
- violent or threatening behaviour;
- controlling or coercive behaviour;
- economic abuse;
- psychological, emotional or other abuse;

The definition recognises children as victims of domestic abuse if they see, hear or otherwise experience the effects of abuse and are related to either the abuser or the abused.

The following is a guide to Domestic Abuse Services in Cumbria, including training opportunities, available services-referral mechanisms, and annual reports.

Domestic Abuse is everyone's business. If someone is at risk, or a crime is in progress, always dial 999.

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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/report-it 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: Homelessness3@cumberland.gov.uk **t:** 01946 598300 24 hours

Allerdale: e: Homelessnes1@cumberland.gov.uk **t:** 01900 702660 office hours, 0300 373 3730 out of hours

Carlisle: e: Homelessness2@cumberland.gov.uk **t:** 01228 817428 office hours, 01228 817373 / 817386 out of hours

Barrow: e: dutytorefer1@westmorlandandfurness.gov.uk **t:** 01229 876599 office hours, 01229 833311 out of hours

Eden: e: housingoptions@edenha.org.uk e: dutytorefer2@westmorlandandfurness.gov.uk t: 01768 861499 office hours, 0800 0614232 out of hours

South Lakeland: e: homelessness@southlakeland.gov.uk t: 01539 793 199 office hours, 01229 833311 out of hours

LOCAL SUPPORT SERVICES

Gateway 4 Women (Carlisle)

t: 01228 212090
e: admin@cumbriagateway.co.uk

Women Out West (Whitehaven)
t: 01946 550103/ 07516 416040
e: wowadmin@ttcwestcumbria.org.

Women Community Matters (Barrow)
t: 01229 311102
e: reception@womenscommunitymatters.org

Freedom Project (West Cumbria) for women, men and children affected by Domestic Abuse
t: 01900 67167/ 07712 117986
e: admin@freedom-project-westcumbria.org.uk

Springfield (South Lakeland)
Women's refuge support takes referrals Nation Wide.
Community based support available for men, women & children
t: 01539 726171
e: refuge@springfieldsupport.org
Men, women & Children help@springfieldsupport.org

NATIONAL SERVICES
National LGBT Domestic Abuse Victims
t: 0800 9995428
Mankind Initiative
t: 01823 334244 and Men's Advice Line 0808 8010327

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

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

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

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

Accommodation for Victims of Domestic Abuse

A Quick Guide

Under the Domestic Abuse Act 2021, there is a duty to accommodate and support victims of Domestic Abuse, including children.

The aim is to stabilise the service user, so they are in a position to move into permanent accommodation and recover from their experiences. Each person is allocated a Domestic Abuse Supported Accommodation Officer to act as a Lead Professional to bring in all required services including mentoring, life skills and therapeutic services.

In order to make a referral, please contact the relevant area, although those in need can present in any area.

Copeland: e: Homelessness3@cumberland.gov.uk **t:** 01946 598300 24 hours

Allerdale: e: Homelessnes1@cumberland.gov.uk **t:** 01900 702660 office hours, 0300 373 3730 out of hours

Carlisle: e: Homelessness2@cumberland.gov.uk **t:** 01228 817428 office hours, 01228 817373 / 817386 out of hours

Barrow: e: dutytorefer1@westmorlandandfurness.gov.uk **t:** 01229 876599 office hours, 01229 833311 out of hours

Eden: e: housingoptions@edenha.org.uk **e:** dutytorefer2@westmorlandandfurness.gov.uk **t:** 01768 861499 office hours, 0800 0614232 out of hours

South Lakeland: e: homelessness@southlakeland.gov.uk **t:** 01539 793 199 office hours, 01229 833311 out of hours

Data on Domestic Abuse Supported Accommodation service delivery is available here:

DASA Needs Assessment for Cumberland DASA Needs Assessment for Cumberland (cumbria.gov.uk) updated September 23

DASA Needs Assessment for Westmorland and Furness DASA Needs Assessment for Westmorland and Furness 2023 (cumbria.gov.uk) updated September 23

Training Opportunities

Responding Well - Multi-agency Domestic Abuse Training

Endorsed by SafeLives - available to all professionals.

Learning outcomes:

- Define Domestic Abuse with an update on the DA Act 2021 and the changes to current practice/legislation.
- Ensure a thorough understanding of controlling and coercive behaviours and how abusive relationships develop.
- Explore typologies of abuse using Michael Johnson's model and consider how this impacts our assessment of risk and intervention for families.
- Understand the importance of risk assessment- using tools such as the DASH risk assessment and the importance of Professional Judgement.
- Identify how trauma impacts survivors and how we can work in a more trauma-informed way.
- Understand best practice when working with those impacted by DA and how to use our knowledge of DA to respond in a non-victim-blaming way.

This is in person training, across Cumbria. If no events posted, please check back soon:

https://www.eventbrite.com/cc/responding-well-domestic-abuse-training-2275729?utm-campaign=social&utm-content=creatorshare&utm-medium=discovery&utm-term=odclsxcollection&utm-source=cp&aff=escb

Domestic Abuse, Stalking, Harassment and Honour Based Violence- DASH- Risk Assessment Training- online training.

This training has been delivered by Victim Support and Cumbria Constabulary. It explains the DASH process in detail - it is available via this link:

(5) Domestic abuse, stalking, harassment and honour-based abuse (DASH) Training - YouTube

Domestic Abuse & Routine Enquiry
Training for NCIC Employees

North Cumbria Integrated Care NHS Foundation Trust, Cumbria Police, Domestic Abuse Champions Network, and Victim Support Cumbria have come together to offer a full day's training on domestic abuse and routine enquiry.

As a partnership we are committed to tackling domestic abuse

Course outline	
North Cumbria Integrated Care NHS Foundation Trust	• Introductions • NCIC How Safe Do You Feel Campaign • Domestic abuse support for employees of NCIC
Cumbria DA Champions Network	• Domestic Abuse Act 2021 • Signs and prevalence of Domestic Abuse • An introduction to a Trauma Informed Approach • Perpetrator behaviours • The Homicide Timeline
Cumbria Police	• Control and Coercion • Domestic Violence Disclosure Scheme - 'Claire's Law' • MARAC • Police role in managing risk & safety. • Domestic Violence Protection Orders (DVPO) • Confidence in information sharing & what to share. • Violence Against Women and Girls (VAWG)
Victim Support Cumbria	• Safety planning • Victim advocacy and the role of Victim Support • Turning the Spotlight – perpetrator disruption & management • Victim Support - Children & Young People service

To book on a session please email the NCIC safeguarding team with Name / Role / area of work/ contact details to:
nca-tr.safeguardingncic@nhs.net

Domestic Abuse Awareness training is available via the Domestic Abuse Champions network. Please contact champions@womenscommunitymatters.org for upcoming availability.

The network also has a regular newsletter with updates on legislation, employment opportunities and national reports and articles.

The link to the annual report is here:

CDACN Evaluation Report March 2023.p

For wider training opportunities, please sign up to the following newsletters:

Cumbria Safeguarding Children's Partnership

https://www.cumbriasafeguardingchildren.co.uk/ (link on right hand side)

Cumbria Safeguarding Adults Board

http://www.cumbriasab.org.uk/ (link on right hand side)

Learn more about Trauma Informed Practice here Trauma Informed Cumbria

Domestic Abuse Support Services in Cumbria

Service Name: The Freedom Project- West Cumbria Domestic Violence Support

Address:	First Floor Offices, Unit 1 Dobies Business Park Lillyhall West, Workington, CA14 4HX
Phone Number:	01900 67167 (office) 07712117986 (mobile/helpline)
Email address:	admin@freedom-project-west-cumbria.org.uk
Web address:	https://www.freedom-project-west-cumbria.org.uk/
Area's covered:	Primarily West Cumbria (Allerdale & Copeland) although we can support people Cumbria wide with remote working or if they are willing/able to travel for face-to-face sessions.

Services delivered including any programmes, detailing if they are available for men/ women/ non-binary/children/ families:

• a confidential helpline offering practical and emotional support. This is the route to which many of our referrals are received and all signposting to other agencies and support services are made.
• one-to-one assessment of need where client and counsellor decide which counselling support service pathway (group sessions, one-to-one sessions or both) is most appropriate for themselves, and their family
• one-to-one and individual counselling for victims, perpetrators, and children/ young people. We also offer EMDR therapy for victims suffering from PTSD.
• befriending and support service (including pre counselling sessions- provided to clients on the waiting list that feel they need immediate support including emotional support, legal advice, attending courts, helping with transport)
• a rolling programme of group sessions with adult victims/survivors.
• a rolling programme of group sessions for children (primary age and under)
• a rolling programme of group sessions for older children/young people (secondary age up to 18)

- EMDR Therapy
- One-One Professional Counselling (victims, perpetrators and children and young People)
- Group Work for Children and Young People (CYP)

Numbers of people supported from 1st April 2022-31st March 2023, men/women/non-binary/ children/families:

	Engaging at 01/04/22	New Referrals 01/04/22-31/03/23	Total Supported
Female Victims	162	189	351
Nonbinary Victims	0	2	2
Male Victims	8	21	29
Children and Young People (CYP)	56	61	117
Perpetrators	4	17	21
Total	**230**	**290**	**520**

Link to any annual reports:

The Freedom Project Annual Report March

Children and Young People will receive an appointment within the first 3 weeks of referral. Adult appointments based on risk.

Service Name: Women out West

Address: Unit B4, Haig Enterprise Park, Kells. Whitehaven. CA28 9AN

Phone Number: 01946 550103

Email address: contactus@cumbriagateway.co.uk

Web address: https:womenoutwest.co.uk

Areas covered: Whitehaven, Workington and surrounding areas

Services delivered including any programmes, detailing if they are available for men/ women/ non-binary/children/ families:

- My Relationships – Healthy Relationships course exploring our relationships with friends, family, partner, and others.
- Beautiful Women/Beautiful Me – Personal Development course exploring the world and your place in it.
- Arts and Crafts
- Holistic Activities

- One to One Support
- Housing and Benefit Support
- All services offered to women
- Men can be referred for a bespoke service

How to refer: Via email, website contact form or telephone

Numbers of people supported from 1st April 2022-31st March 2023, men/women/non-binary/ children/families: 169 women accessed the service from July 2022 when Cumbria Gateway took over the management of this service

Please could you also provide detail of waiting lists for each service/ programme:

My Relationships has a 10 week waiting list

Beautiful Women/Beautiful Me has a 12 week waiting list

We currently have no waiting lists for generic/ stabilisation support

Service Name: Gateway4Women

GATEWAY 4 WOMEN

Address: Lorne Street, Denton Holme, Carlisle. CA2 5DU

Phone Number: 01228 212090

Email address: admin@cumbriagateway.co.uk

Web address: https:gateway4women.com

Areas covered: Carlisle and surrounding areas

Services delivered including any programmes, detailing if they are available for men/ women/ non-binary/children/ families:

- My Relationships – Healthy Relationships course exploring our relationships with friends, family, partner and others.
- Beautiful Women/Beautiful Me – Personal Development course exploring the world and your place in it.
- Arts and Crafts
- Holistic Activities
- One to One Support
- Housing and Benefit Support
- All services offered to women
- Men can be referred for a bespoke service

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How to refer: Via email, website contact form or telephone

Numbers of people supported from 1st April 2022-31st March 2023, men/women/non-binary/ children/families: 364 women accessed the service during this period

Please could you also provide detail of waiting lists for each service/ programme:

My Relationships has a 10 week waiting list

Beautiful Women/Beautiful Me has a 12 week waiting list

We currently have no waiting lists for generic/ stabilisation support

Service Name: Women's Community Matters

Address: Nan Tait Centre, Abbey Road, Barrow-in-Furness, Cumbria. LA14 1LG

Phone Number: 01229 311102

Email address: reception@womenscommunitymatters.org

Web address: www.womenscommunitymatters.org

Area's covered: Our Centre is in Barrow and the majority of our work takes place her. We have an outreach provision in Kendal. We support women from across Westmorland & Furness and the Millom area.

Services delivered including any programmes, detailing if they are available for men/ women/ non-binary/children/ families:

We worked with 3,307 different women and young people:

- 2,004 people were new to our service
- Volunteers gave 4,386.5 hours of their time
- The Clothes Bank gave out 27,293 items to 1,093 different people

Looking at the 3,307 different people we worked with in the year, their primary reason for coming to us for support can be noted as follows:

- 1,453 were seeking support for domestic and/or sexual abuse
- 98 accessed support at the Kendal hub
- 1,213 accessed support for their health and wellbeing
- 211 women came for support due to their involvement with the Criminal Justice System
- 27 women accessed support around education, training and employment
- 139 boys/young men (aged 11-19) accessed support from the Time, for thought programme

- 166 girls/young women accessed support from the Pause, for thought programme

We supported a number of men (23) with a range of issues but none whose primary issue was domestic abuse in the last 12 months. In addition, we offered ongoing support for 11 fathers/step-fathers/carers of girls/boys attending the young people's programmes.

Many of the young people accessing our group programme and one to one support are affected by domestic abuse in their family or personal relationships.

Programmes available for victims and survivors of domestic abuse are as follows:

- Butterfly Project – a six week course too enable women to explore the different types od abuse and the effect it can have on them and their family
- My Relationships & Me – a six week course to help women understand and identify healthy and unhealthy relationships
- One to one support – individual support for victims and survivors of domestic abuse available in person at our Barrow Centre or Kendal Town Hall, or via phone/online for those who would prefer. A blend of the two is also available
- Crisis room – a safe space within the Barrow Centre is available during reception opening hours
- Accommodation & Support Service – a joint programme with Westmorland & Furness Council, Furness Homeless Support Group & Women's Community Matters. Safe accommodation is provided by FHSG with wrap around holistic support provided by WCM (including several one-to-one appointments per week, groups, activities, socialising opportunities)
- Cumbria Domestic Abuse Survivors' Network – Established in early 2022 this contracted service is a countywide network of enabling the lived experience of survivors of domestic abuse to directly shape the design, delivery and development of domestic abuse services and related services at a local level. 16 women, 1 man and 4 people from the trans/non-binary community have engaged with the network in the 12 month period

How to refer: The easiest way to refer is by email: reception@womenscommunitymatters.org. We are also happy for women to refer themselves in person, by phone or by email. We have a Facebook page with the ability to send us private messages that is checked during office hours

Numbers of people supported from 1st April 2022-31st March 2023, men/women/non-binary/ children/families:

Link to any annual reports:

Please find below two embedded reports for the year 2022-23. The first relates to our overall domestic abuse provision and the second is about the Champions' Network

I BELIEVE YOU ANNUAL REPORT 12

Please could you also provide detail of waiting lists for each service/ programme:

Our waiting list for victims/survivors of domestic abuse is separate from the waiting list for other elements of our service. It changes on a daily basis. The crisis room supports those who are fleeing and these are helped on the same day alongside partner agencies. All those needing/wanting urgent support are seen on the same day, others wait a maximum of 48 hours. There are a small number of women who wait a little longer by mutual agreement where they are not at risk and who waited a maximum of 2 weeks during the year 2022-23.

Service Name: Safety Net (UK)

Address: 1 Fisher Street, Carlisle CA3 8RR

Phone Number: 01228 515859

Email address: office@safetynetuk.org

Web address: www.safetynetuk.org

Areas covered: North & West Cumbria

Services delivered including any programmes, detailing if they are available for men/ women/ non-binary/children/ families:

Safety Net (UK) is a specialist organisation that supports the recovery of those affected by rape, exploitation, sexual and domestic abuse, we support CYP and adults.

We provide:

- Tier 1: Short term information, advice, advocacy, and helpline. Providing advice around court procedures, pre-trial advice, and support, linking you in with and liaising with other agencies and services, as well as advice and support to professionals and family members (up to 3 sessions).
- Tier 2: Trauma-informed support - providing short-term safety and stabilisation work. As well as practical support with housing, benefits, court procedures and your health needs, our specialist trained practitioners work with clients on strategies to improve safety and ability to cope. This can include mindfulness and relaxation, sleep, and self-care techniques, as well as psychoeducational work on the impact trauma has on the brain and on the body. (Up to 12 sessions on average.)
- Tier 3: Counselling and therapeutic support. We have a team of specialist trained therapists and counsellors who work within a trauma-informed model. Our counsellors and therapists provide a safe, trusting, non-judgemental and confidential space where you can build a therapeutic relationship with your counsellor to explore how the rape and/or domestic or sexual abuse is impacting your life now. The duration of this support is adjusted according to need (Max of 20-25 sessions on average.)
- Tier 4: Recovery community. We work in partnership with other charities, groups, gyms, and clubs to support integration back into the community, helping you to build social networks and

relationships. We also have peer mentors and befrienders to support you when you have finished therapy or support at Safety Net. Our work in this area includes an arts and crafts group, and a specific men's group, managed by volunteers, many of whom have been clients.

- Training, education, and awareness raising – Increased awareness of the psychological and emotional impact of domestic violence and sexual abuse through education and training.

How to refer:

Please visit our website for information regarding our referral pathway: Make a referral — Safety Net UK

Numbers of people supported from 1st April 2022-31st March 2023, men/women/non-binary/ children/families:

At Safety Net (UK), in 2022-2023, we supported 998 clients: 592 adults and 396 CYP, this accounts for 51% Adults and 49% CYP.

Link to any annual reports:

Accounts and annual returns, SAFETY NET (UK) - 1164998, Register of Charities - The Charity Commission

Please could you also provide detail of waiting lists for each service/ programme:

Acknowledgement within 48 hours - triage within 2 weeks. Our current waiting list in August 2023 is on average 9 months

Service Name: Springfield Domestic Abuse Support Services

Address: Stricklandgate House, 92 Stricklandgate Kendal, L19 4PU

Phone Number: 01539 726171

Email address: Help@springfieldsupport.org

Web address: https://springfieldsupport.org/

Areas covered: South Lakeland, Tebay, Kirkby Stephen, Appleby, Ulverston, Sedbergh, Kirkby Lonsdale. Independent Stalking Advocate (ISAC) covers the whole of Cumbria

Services delivered including any programmes, detailing if they are available for men/ women/ non-binary/children/ families: Refuge accommodation for women and children – women in refuge have access to trauma counselling through funding we have secured, community based support for women and men, support delivered in rural areas, ISAC, poverty support, support for friends and family of DA victims and survivors.

Group work programmes: Helping Hands group program for children under 12 years old who's parents are being supported by us, Power to Change – men and women, You and me mum - women, Hope to recovery – men and women. Boundaries group for men and women, peer support groups for men and women and creative writing for men and women.

How to refer: Self referrals or agency referrals via phone, email or in person via contact details above (referral form attached)

Numbers of people supported from 1st April 2022-31st March 2023, men/women/non-binary/ children/families: 232 (221 women, 11 men)

Link to any annual reports: https://springfieldsupport.org/annual-report/

Please could you also provide detail of waiting lists for each service/ programme: We aim to contact each referral within 24 hours.

Service Name: Victim Support

Address: Cumbria wide service

Phone Number: 0300 3030157

Email address: CumbriaIDSVA@victimsupport.org.uk

Web address: www.victimsupport.org.uk/cumbria/

Area's covered: All areas of Cumbria

Services delivered including any programmes, detailing if they are available for men/ women/ non-binary/children/ families:

All of our services are available to anyone, regardless of your/their gender and/or sexuality.

DA support can be provided to anyone aged 5+ from relevant teams within our integrated services.

We accept self-referrals & partner agency referrals for each VS service. Explicit consent is required for ISVA referrals. Consent is not required if referring a high risk DA victim to MARAC & IDVA.

Independent Victim Advocate team – Domestic Abuse Independent victim advocates (DA IVAS) specifically work with DA victims & survivors aged 16+ who are referred to us with a Standard or medium risk grading from referring agencies. DA IVA will review risk and implement an Independent

Safety & Support plan much the same way as an IDVA would, monitoring for risk escalation and referring to MARAC as required.

How to refer: Partner agencies can email a completed DASH/homicide timeline risk assessment with password protection. Please include safe contact details, address, victim, any children & perpetrator names and DOB within the additional information section of the risk assessment form – sending the password in a follow up email for security purposes CumbriaIDSVA@victimsupport.org.uk

Self-referrals can call our local service line on 0300 3030157 to request support.

Independent Domestic Violence Advocates (Including trained Independent Domestic & Sexual Violence Advocates IDSVAs) IDVAs specifically provide crisis intervention, risk assessment, individual safety & Support planning and are able to advocate on behalf of victims/survivors who are deemed to be at high risk of harm.

How to refer: Submit your completed risk assessments and MARAC referral form to the MARAC coordinators. This generates a safe guarding hub referral to IDVAs.

Children & Young person's DA recovery service - Children & Young Peoples domestic Abuse practitioner team accept referrals from our own case workers in any dept, from the area Domestic Abuse Supported accommodation workers (Local authority DASAs) & any partner agency including schools, family support workers, Early help etc.

Our practitioners deliver stabilisation and recovery support to school age children who have experienced Domestic Abuse in the home. The programme is tailored to their needs and age related ability. Using a combination of Rock pool's Children & young people's recovery tool kit and roots to support. 1-1 sessions are provided with the children and young people with a view to improving their overall wellbeing, ability to cope and increasing their understanding of Domestic abuse.

They are duel trained to also provide CHIDVA support to young people under 16 in their own relationships who disclose domestic abuse. Assessing &monitoring risk and implementing safety & support plans much the same as IDVAs .

How to refer: Please email to request a referral form CYPCumbria@victimsupport.org.uk

Self-referrals from the Child/ren's or young person's parent or safe carer can be made by calling our local service line on 0300 3030157 to request support

Turning the Spotlight & They Matter perpetrator behavioural change programmes – Turning the Spotlight's Healthy Relationships programme is best suited to situational couple violence & lower risk Domestic Abuse. It explores general awareness, stereotypes, relationships, love/sex, and spiralling video. Self-Awareness body cues, Red flags, cognitive triangle, Skills for change, taking responsibility, awareness of other people, thoughts and emotions, coping strategies. Education, self-awareness and skills for change.

They Matter is similarly structured & aimed at higher risk domestic abuse, it follows the same course but in much greater detail, with more one to one work.

How to refer: Partner agency referrals and queries can be emailed to turningthespotlight@victimsupport.org.uk for more information and/or to request a referral form.

Self-referrals can also be made by calling our local service line on 0300 3030157 to request access to the programmes.

Numbers of people supported from 1st April 2022-31st March 2023, men/women/non-binary/ children/families:

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902 high risk referrals to IDVA

3299 standard and medium risk referrals to IVA

(661 ISVA referrals – some of which also include DA support from a duel trained IDSVA)

Please could you also provide detail of waiting lists for each service/ programme?

VS Cumbria have no waiting list for Domestic abuse victim referrals of any risk level. There may however be a short waiting time for both CYP recovery work & /or Turning the Spotlight & They Matter referrals due to the structure of the programmes. Newly referred clients may be placed on a holding list for assessment and access to new course dates starting.

Service Name: The Birchall Trust

Address: 60 Hartington St, Barrow in Furness, Cumbria, LA14 5SR

Phone Number: 01229 820828

Email address: equiries@birchalltrust.org.uk

Web address: https://www.birchalltrust.org.uk/

Areas covered: Barrow, Kendal, Morecambe, Lancaster, Blackpool & Fylde Coast, Preston and East Lancs including Colne, Nelson, Clitheroe, Blackburn & Accrington.

Services delivered including any programmes, detailing if they are available for men/ women/ non-binary/children/ families:

One to one counselling for anyone aged 4+ who are affected by rape/ sexual abuse. Our categories are male/ female survivors, children 4-12, young people 13-17 and family/ friends. We provide education and groups such as protective behaviours/ parent & carers/ managing sexualised behaviour in secondary schools/ staying safe online/ safe relationship & consent

How to refer: Through website, either self-referral or through agency

Numbers of people supported from 1st April 2022-31st March 2023, men/women/non-binary/ children/families:

Men	94	Women	497
CYP	145	Trans	8
Non binary	8	Not specified	32

Link to any annual reports:
https://www.birchalltrust.org.uk/_files/ugd/84bc57_38c14da443cc48b880bef8975b4b0a3b.pdf

Please could you also provide detail of waiting lists for each service/ programme:

Acknowledgement within 48 hours - triage within 2 weeks

Approx 3 months for wellbeing, 6 months Children & Young People, 9 months adults

Service Name: Family Action

Domestic Abuse Recovery Toolkit (DART)

The Recovery Toolkit is a trauma focused cognitive behavioural therapy programme. It is suitable for women not currently in an abusive relationship. The aim of the course is to empower participants with lifelong skills, tools and techniques to effectively make healthy relationships.

Domestic Abuse Recovery Toolkit for Children & Young People (CHILD DART)

The aim of the Children & Young People Domestic Abuse Recovery Toolkit is to help children and young people to become experts in their own recovery, allowing them to understand that they are not responsible for what has happened to them and for them to understand that they are not blamed for actions or decisions taken at the time of domestic abuse and to help them come to terms with their experiences.

The Recovery Toolkit for Children & Young People builds empowerment, feelings of self-efficacy and confidence and how to manage difficult emotions. Building postive relationships with family members and peers.

A referral form can by completed by professionals or self. Referral forms can be found on our website: https://www.family-action.org.uk/cumbria;

Support for Perpetrators

We have 3 Perpetrator Programmes in Cumbria.

Turning the Spotlight (TTS) provides a RESPECT accredited holistic whole family approach to working with those causing harm and abuse, and situations where conflict within relationships is becoming or has the potential to become abusive. This is based on a 12 week healthy relationships group programme.

They Matter works with perpetrators of DA who have been assessed as a high risk of harm. The programme is 27 weeks and combines group and 1:1 work and will run until July 2025

All the services provided by Victim Support Cumbria are free and you do not need to have reported to the police, meaning Perpetrators of DA can access programmes without conviction

To make a referral to Tuning the Spotlight or They Matter, please contact Justine.Parker@victimsupport.org.uk

Step up- Restorative Solutions

Step Up, a group programme for families experiencing youth violence in the home.

The overall aim of the programme is to support young people to stop violent and abusive behaviour, restore safety, trust and respect and to promote accountability to young people for their own behaviour in the home.

We aim to support families to leave the programme with a respectful family model established and new methods for handling problems and conflict that will prevent further re-offences of violence and abuse by young people who are being abusive.

Agreeing a family safety is a priority of the programme and we will develop a 'safety plan' with families followed by support to assess your young person's progress in staying non-violent and safe with family members.

Families are supported through a programme of interactive workshops during weekly 2 hour session sessions in a local venue. Sessions will be delivered as a whole 'Family' group and separate sessions with young people and parents/carers.

Please contact the email address below for up to date referral information:
enquiries@restorativesolutions.org.uk;

Assessing risk, DASH Risk Assessments and referral to MARAC (Multi-Agency Risk Assessment Conference)

Anyone who receives a disclosure of Domestic Abuse OR who has concerns based on professional Judgement MUST complete a DASH Risk Assessment

Please remember, you may hold a small piece of a jigsaw, which added to other pieces, may save someone's life

We have 3 DASH Risk Assessments that have been adopted across Cumbria

Please use the most relevant one:

- General DASH- for those aged 16-59

General- Stalking DA combined homicide ti

- The older person's DASH- for those aged 59+

Older Persons- Stalking DA combinec

- Potential Suicide DASH- for those experiencing MH issues

Potential Suicide- Stalking DA combinec

The relevant DASH should be completed via this link if referring to MARAC

MARAC Referral Form inc Standard RIC (office.com)

What is MARAC?

A MARAC is a Multi-Agency Risk Assessment Conference. This is a weekly meeting to discuss how to help victims at high-risk of murder/serious harm.

The meeting allows the sharing of information and resources between agencies and professionals. This allows agencies to volunteer specialist actions/support – which create multi-agency risk management action plans. Together the attendees write an action plan for each victim.

The MARAC enables agencies to work together and share resources.

A referral to MARAC should be made if:

- 14 YES ticks on the DASH Risk Assessment
  OR
- Professional Judgement- Use your professional judgement in conjunction with the DASH risk indicators to assist in identifying and grading the risk.
- Anyone aged 16 or over can be referred to MARAC. The government definition of domestic abuse acknowledges that young people can be both victims and perpetrators.

If the DASH does not meet the threshold for MARAC, you should consider safety planning, referral to relevant agencies in order to best support the person.

Please remember - the DASH is a live document and should be completed with any increase or decrease in risk or every three months as good practice.