# Domestic and sexual abuse – information and resources

Local Support Services – Cumbria

**Cumbria wide**

Victim Support Cumbria – domestic abuse specific service is available (Cumbria wide, commissioned service)

0300 303 0157 lines are open 8-6pm Monday-Friday

24 hour/7 days a week Supportline 08 08 16 89 111

Website: [https://www.victimsupport.org.uk/help-and-support/get-help/support-near-you/north-west/cumbria](https://galop.org.uk/)

Turning the Spotlight (Cumbria wide, commissioned service)

A project supporting families experiencing conflict, violence and abuse. Built on a package of programmes, offering extensive support to those who have experienced (and/or have perpetrated) standard to moderate levels of violence and abuse.

For further info contact Laraine Carr on 07919 393 311 or by email at [turningthespotlight@victimsupport.org.uk](mailto:turningthespotlight@victimsupport.org.uk)

**Carlisle area**

*Gateway 4 Women* - a women’s centre offering support to all women in a safe, welcoming and women-only space. Contact on 01228 212090 Email: [admin@cumbriagateway.co.uk](mailto:help@revengepornhelpline.org.uk) Website: [www.gateway4women.com](mailto:Office@safetynetuk.org)

*Safety Net* - provide trauma informed support and therapy for those affected by rape, exploitation, sexual and domestic abuse. Contact on 01228 515859 or 07748682600 Email: [Office@safetynetuk.org](https://www.freedom-project-west-cumbria.org.uk/) Website: [www.safetynetuk.org](http://www.safetynetuk.org/)

**West Coast area**

Women Out West - a women’s centre offering support to all women in a safe, welcoming and women-only space. Contact on 01946 550103 Email: [contactus@womenoutwest.co.uk](http://www.safelives.org.uk/)

Website: [Women Out West | Empowering Women to Reach their Potential](https://womenoutwest.co.uk/)

Freedom Project – offering free, long-term, community-based support in West Cumbria. Email: [hope@freedom-project-west-cumbria.org.uk](http://www.womenscommunitymatters.org/) Supportline: 07712 117986 Website: [Home - Freedom Project West Cumbria (freedom-project-west-cumbria.org.uk)](https://www.facebook.com/Cumbria-Domestic-Abuse-Champions-Network-258176551665583/)

**South Lakeland area**

*Springfield Domestic Abuse Support* - strives to meet the needs of women today who live with the terrible impact of domestic abuse. Contact on 01539 720313 Email: [refuge@springfieldsupport.org](mailto:refuge@springfieldsupport.org) Website: [www.springfieldsupport.org](http://respect.uk.net/)

**Barrow, Furness and South Lakes**

Women’s Community Matters - holistic one-stop shop women’s centre. Also runs young boys and young girls projects. Telephone: 01229 311102 Email: [reception@womenscommunitymatters.org](mailto:reception@womenscommunitymatters.org) Website: [Women's Community Matters (womenscommunitymatters.org)](http://www.birchalltrust.org.uk/)

Rape and sexual assault/abuse specific

**Cumbria wide (commissioned service)**

*The Bridgeway – sexual assault support service* - available to men, women and children who live or have been raped or sexually assaulted within Cumbria. Contactable 24 hours a day, seven days a week, 365 days a year. Contact on 0808 118 6432 Email: [info@thebridgeway.org.uk](mailto:help@galop.org.uk) Website: <http://www.thebridgeway.org.uk/>

**Furness, South Lakes and North Lancashire area**

*The Birchall Trust* – free specialist counselling service for adults, children and young people who are survivors of rape and sexual abuse. Contact on 01229 820828 Email: [enquiries@birchalltrust.org.uk](http://www.suzylamplugh.org/) Website: [http://www.birchalltrust.org.uk/](mailto:%20info@thebridgeway.org.uk)

**National helplines**

24-hour National Domestic Violence Freephone Helpline 0808 2000 247

National phoneline offering advice and support for men experiencing domestic violence and abuse 0808 801 0327 [www.mensadviceline.org.uk](http://www.mensadviceline.org.uk/)

Freephone national helpline for LGBT+ domestic abuse victims 0800 999 5428

Mon/Tues/Fri 10am – 5pm; Wed/Thur 10am – 8pm [help@galop.org.uk](https://www.mankind.org.uk/)

National Stalking Helpline 0808 802 0300

Respect phoneline - Are you hurting the one you love? 0808 802 4040

Action on Elder Abuse Helpline 0808 808 8141

The Revenge Porn Helpline is open from 10am to 4pm Tuesday to Thursday (excluding bank holidays) 0345 6000 459 <https://revengepornhelpline.org.uk/> email  [help@revengepornhelpline.org.uk](https://www.mankind.org.uk/?subject=Revenge%20Porn%20Helpline%20Query)

Mankind Initiative (male victims/survivors) 01823 334244 Weekdays 10am to 4pm

Useful websites

Women’s Aid - domestic abuse – [www.womensaid.org.uk](https://www.elderabuse.org.uk/)

Refuge - domestic abuse - [www.refuge.org.uk](http://www.refuge.org.uk/)

Safe Lives - domestic abuse - [www.safelives.org.uk](http://www.gateway4women.com/)

Suzy Lamplugh Trust - stalking and personal safety - [www.suzylamplugh.org](http://www.womensaid.org.uk/)

Surviving Economic Abuse - [www.survivingeconomicabuse.org](http://www.survivingeconomicabuse.org/)

Victim Support - [www.victimsupport.org.uk](mailto:admin@cumbriagateway.co.uk)

UK Says No More - domestic violence/sexual assault - <http://uksaysnomore.org/>

Respect UK - men, young people and perpetrators - [http://respect.uk.net](mailto:hope@freedom-project-west-cumbria.org.uk)

Rights of Women - legal help for women - [http://rightsofwomen.org.uk/](https://www.victimsupport.org.uk/help-and-support/get-help/support-near-you/north-west/cumbria)

Men’s Advice Line - [www.mensadviceline.org.uk](http://www.mensadviceline.org.uk/)

Galop – LGBT+ anti-violence charity - [https://galop.org.uk/](mailto:contactus@womenoutwest.co.uk)

AVA – against violence and abuse - <https://avaproject.org.uk/>

National Centre for Domestic Violence – legal measures - <https://www.ncdv.org.uk/>

Action on Elder Abuse - [https://www.elderabuse.org.uk/](http://www.victimsupport.org.uk/)

Crimestoppers – report a crime anonymously - <https://crimestoppers-uk.org/>

Mankind Initiative – male victims/survivors - [https://www.mankind.org.uk](mailto:enquiries@birchalltrust.org.uk)[/](http://rightsofwomen.org.uk/)

**Contact Cumbria Domestic Abuse Champions’ Network**

[champions@womenscommunitymatters.org](mailto:champions@womenscommunitymatters.org)

**Social media**

You can find our page called Cumbria Domestic Abuse Champions Network on [Facebook](http://www.springfieldsupport.org/)

You can also find our page @AbuseCumbria on [Twitter](https://twitter.com/AbuseCumbria)