

SERVICE	DESCRIPTION	CONTACT
24-hour National Domestic Violence Helpline Freephone	A service for women experiencing domestic violence, their family, friends, colleagues and others calling on their behalf. It is run in partnership between Women's Aid and Refuge. Callers may first of all hear an answerphone message before speaking to a person	0808 2000 247 www.nationaldomesticviolencehelpline.org.uk
Men's Advice Line Freephone	A confidential helpline for all men experiencing domestic violence by a current or ex-partner. Caters for all men: whether in heterosexual or same-sex relationships. Offers emotional support, practical advice and information on a wide range of services for further help and support.	0808 801 0327 Days and times of phone support vary. www.mensadvice.org.uk
Respect Phonenumber Freephone	A confidential helpline for people who are abusive and/or violent towards their current, or ex-partner. Offers information and advice to support perpetrators to stop their violence and change their abusive behaviours. The main focus is to increase the safety of those experiencing domestic violence	0808 802 4040 Days and times of phone support vary. www.respectphonenumber.org.uk
Galop	National LGBT Domestic Violence Helpline providing confidential support to all members of the Lesbian, Gay, Bisexual and Trans (LGBT) communities, their family and friends, and agencies supporting them.	0800 999 5428 www.galop.org.uk
Karma Virvana	Helpline: support victims and survivors of forced marriage and honour based abuse.	0800 599 9247 www.karmanirvana.org.uk
Man Kind Initiative	The Man Kind Initiative is a national charity that provides help and support for male victims of domestic abuse.	www.mankind.org.uk
Charity for Civil Servants	The Charity for Civil Servants, providing support and advice for thousands of current, former, and retired civil servants of those who work in our Associated Organisations, and their dependants, when they need it.	0800 056 2424 www.foryoubyyou.org.uk/helping-you/support-and-advice/domestic-abuse
EAPA UK	The UK Employee Assistance Professionals Association is the body that represents the interests of professionals concerned with employee assistance, psychological health and wellbeing in the UK. Our mission is to promote the highest standards of practice and the continuing development of employee assistance programmes (EAPs) and services in the UK.	www.eapa.org.uk/
National Stalking Helpline	National Stalking Helpline provides information and guidance to anyone affected by harassment or stalking. Our helpline is open 9.30am – 4pm. Monday – Friday (except Wednesday when we open at 1pm). We also offer advice via email and on our Forum which can be found on our website	0808 802 0300 advice@stalkinghelpline.org www.stalkinghelpline.org/

<p>Corporate Alliance Against Domestic Violence</p>	<p>SUPPORT FOR EMPLOYERS AND PROFESSIONALS</p> <p>The Corporate Alliance against Domestic Violence (the Alliance) is the nationally recognised membership charity working with Employees addressing the impact of domestic violence in the workplace. The vision at the Alliance is to work with every employer to respond effectively in a business appropriate manner to domestic violence. The collaborative work with employers throughout the country has not only saved lives and addressed the needs of employees who endure, perpetrate and witness violence, but also successfully assisted in the reduction in the calculated cost domestic violence has to the UK economy. The Alliance is a business within business organisation providing accredited training, consultancy, business appropriate risk assessment, strategic response, support and tools to employers, HR teams and line managers that are proven to save lives.</p>	<p>07917228760</p> <p>www.thecorporatealliance.co.uk</p>
<p>SafeLives</p>	<p>A national charity supporting a strong multi-agency response to domestic abuse. CAADA provides practical support to professionals and organisations working with domestic abuse victims. General training and consultancy on domestic abuse, risk and effective multi-agency working is available.</p>	<p>0117 403 3220</p> <p>www.safelives.org.uk</p> <p>info@safelives.org.uk</p>
<p>Women's Aid</p>	<p>Women's Aid is the national domestic abuse charity that coordinates and supports a network of over 500 local services working to end domestic violence against women and children. The Women's Aid National Training Centre, an accredited National Open College Network Centre, provides a variety of training and awareness raising courses addressing domestic abuse that respond to individual training requirements as well as tailor made training packages for the workplace to suit employers. Women's Aid also runs the UK Gold Book Online which provides up to date information for professionals on service for survivors of domestic violence. A range of information and support services are available on Women's Aid's website including a forum for survivors.</p>	<p>0117 915 7450</p> <p>www.womensaid.org.uk</p>
<p>Community Safety Team - Eden</p>		<p>101 opt 2 49391 Mob.07980747380 CommunitysafetyDVreferrals@cumbria.police.uk Claire.stevens@cumbria.police.uk</p>
<p>Barnados Penrith</p>	<p>Barnados protects and supports the UKs most vulnerable children and young people. We help bring out the best in them – no matter who they are or what they have been through.</p>	<p>07887503976</p>

Childrens Services Penrith		01768 812116
Adult Social Care Carlisle		01228 221590
Adult Social Care Eden		01768 812233
Cuedoc		03000247247
CAMHS 18+		01228 603017
Crisis Team Carlisle SERVICE		01228 603048 Op2
IDSVA Victim Support		07391382079
IDSVA Victim Support		07391382073
Probation		0300 0473910
Salvation Army		01768 866732
Victim Support		03003033797 Supportline:08081689111 Email: cumbriaidsva@victimsupport.org.uk Website: www.victimsupport.org.uk Twitter @VS_cumbria @VictimSupport Facebook Victim Support
Prevention and Crisis Support Worker		Karen Teasdale: Karen.teasdale@edenha.org.uk Karen.teasdale@edenha.cjism.net Tel: 01768 861414
Beacon Unit Penrith		Tel: 01768 245503
The Bridgeway		Sexual Assault Support Service 24hr Helpline – 08081186432 www.thebridgeway.org.uk
National Centre for Domestic Violence		For help with getting an injunction 24 hr emergency: 08448044999 For Help Text “NCDV” to 60777
MARAC North Cumbria Police		Tel: 01768 217660 MARAC@cumbria.pnn.police.uk

Safeguarding Hub		Tel: 03332401727
Eden HAWC Duncan Larkin Jones – Eden Kathleen Taylor – Eden SERVICE		Tel: 0300 0133 000 Cumbria Health & Community Coach CCC, PO Box 224, Penrith CA11 1BP 07721923234 07825340357
Crime Prevention Officer	Claire provides crime prevention, safety and security advice for high risk, vulnerable victims.	Claire Stevens Tel: 101 asking for Claire Stevens Email Claire.stevens@cumbria.police.uk

USEFUL WEBSITES

Safer Lives Website – Safelives.org.uk	Cumbria Constabulary – cumbria.police.uk
Cumbria Local Children’s Safeguarding Board (LSCB) Cumbrialscb.com	Expect Respect – justice.gov.uk The Justice Website contains resources for legal professionals
Cumbria County Council – cumbria.gov.uk	