



Domestic Abuse Resources & Key Messages

For local professionals during the coronavirus pandemic

May 2020

leicester.gov.uk/domesticabuse [_HowManyTimes](#)

LOCAL COMMUNITY RESOURCES

UAVA is a consortium of Living Without Abuse, FreeVA and Women's Aid Leicestershire Limited. They offer a range of specialist support services around sexual and domestic violence and abuse, including specialist services for children and young people

Helpline 0808 80 200 28 Monday to Saturday, 8am to 8pm

Text support 07715 994 962

info@uava.org.uk uava.org.uk

Friends and family guide Advice for supporting a friend, relative, neighbour or colleague, plus a range of other general information including council and commissioned services

bit.ly/friendsfamilyguide

For help with **housing** ring 0116 454 1008, Monday to Friday 8am-6pm. For emergencies on weekends/out of hours call 0116 221 2770

Police Online disclosure service and reporting leics.police.uk/advice/advice-and-information/daa/domestic-abuse/

Jenkins Centre Services for those using abuse wishing to change, and their partners/ex-partners jenkinscentre.org/for-professionals

Key Messages during Covid-19:

- Domestic abuse and sexual violence are likely to increase significantly during this period.
- Everyone has a role to play in reducing these harms. Every contact can be a window of opportunity to provide information and support.
- These are serious public issues.
- There are specialist services, locally and nationally, available to help.

NATIONAL RESOURCES FOR WORKING WITH VICTIM-SURVIVORS

Women's Aid [web chat service](https://www.womensaid.org.uk/covid-19-resource-hub/) and general resources [womensaid.org.uk/covid-19-resource-hub/](https://www.womensaid.org.uk/covid-19-resource-hub/)

Refuge helpline service (includes Routes to Safety for safe emergency accommodation) and survivor tips [refuge.org.uk/covid19-survivor-tips/](https://www.refuge.org.uk/covid19-survivor-tips/)

NHS Five Steps to Mental Wellbeing [nhs.uk/conditions/stress-anxiety-depression/improve-mental-wellbeing/](https://www.nhs.uk/conditions/stress-anxiety-depression/improve-mental-wellbeing/)

Surviving Economic Abuse for support related to financial abuse, including advocating with banks [survivingeconomicabuse.org/resources/](https://www.survivingeconomicabuse.org/resources/)

FLOWs Finding Legal Options for Women Survivors - a legal support service, including protection orders flows.org.uk/support-for-women/legal-support-options

Rights of Women Family law, including child contact arrangements during Coronavirus rightsofwomen.org.uk/get-information/family-law/coronavirus-and-child-contact-arrangements/

DAHA Advice and resources for housing providers dahalliance.org.uk/resources/information-on-covid-19/

Chayn Survivor-led resources in multiple languages chayn.co/

Key messages for victim-survivors

- Abuse is likely to intensify.
- Develop a safety plan, including a plan for what to do if **what you fear might happen** happens.
- Try to build in time alone (outside or inside) as part of your daily routine.
- Find a trusted safe person (in family, a neighbour, in community) to communicate with – try to set up appropriate code words for safety and danger.
- Domestic abuse includes coercive control, so-called honour-based abuse and female genital mutilation.
- Police, safeguarding, housing, health and specialist agencies are there to help. Refuges are open. You **can** leave your house and you **can** move house if unsafe due to domestic abuse.

NATIONAL RESOURCES FOR WORKING WITH PERPETRATORS

Respect UK Guidance document for practitioners working with perpetrators, and other updates
respect.uk.net/pages/15-covid-19

Safe & Together Institute Partnering with survivors and an emerging checklist for perpetrator mapping in the current context

safeandtogetherinstitute.com/evidence-resources/covid-19-case-planning/

See also their podcast audio on Buzzsprout: [Episode 13: Mapping domestic violence perpetrator's use of COVID-19 pandemic to increase coercive control](#)

Key messages for those using abuse

- Get time alone (inside or outside) as part of your daily routine.
- Access professional help and take steps to change.
- There is no excuse for abuse; it is your responsibility.
- A better relationship with self and others is possible.
- Think about the impact of your behaviour on those you love.

NATIONAL RESOURCES FOR WORKING WITH FAMILIES AND YOUNG PEOPLE

Coronavirus easy-read and accessible information A range of resources including a booklet for children leicspart.nhs.uk/latest/covid-19-latest-information/easy-read-covid/

Safe Lives A range of safety information plus a parent pack (downloadable pdf) of activities parents and children can do together
safelives.org.uk/news-views/domestic-abuse-and-covid-19

NSPCC Coronavirus advice for parents and carers
nspcc.org.uk/keeping-children-safe/coronavirus-advice-support-children-families-parents/

Childline Calm Zone Tools and ideas for children to help reduce anxiety
childline.org.uk/toolbox/calm-zone/

Disrespect Nobody Healthy relationships and relationship abuse disrespectnobody.co.uk/

Centrepoint Advice for young people facing homelessness during Coronavirus
centrepoint.org.uk/coronavirus-faqs-for-young-people/

Attachment & Trauma related resources
safehandsthinkingminds.co.uk/

Key messages for those supporting children

- Children and young people are often affected more deeply than the adults around them will see.
- The abuse children experience is never their fault or their choice.
- Developing a safety plan is important.
- Having a trusted friend or adult is important. Develop a way for the child to let the trusted person know how they really are.