

## Where can I get help if I'm in an abusive relationship?

### ● Safer Cumbria

A partnership approach to tackling domestic violence / abuse.

[www.cumbria.gov.uk/communitysafety/domesticviolence](http://www.cumbria.gov.uk/communitysafety/domesticviolence)

### ● Let go Domestic Violence Service

Let go offers non judgemental help and support to victims; whether or not you wish to end the relationship. This includes crisis intervention, advocacy, practical support, housing and safe accommodation. For free confidential information, advice and support please contact Let go.

Let go north 01228 633640

Let go south 01229 582386

Let go west 01900 842991 / 842992

[www.letgo@impacthousing.org.uk](mailto:www.letgo@impacthousing.org.uk)

### ● Cumbria Constabulary

The police primary role is to prevent and detect crime, their overriding concern is to ensure the safety of the victim and to reduce the risk of further violence to anyone who may be present. The police will listen; provide help and immediate assistance if required.

- In an emergency call 999

- non emergency 101

[www.cumbria.police.uk](http://www.cumbria.police.uk)

### ● Churches Together in Cumbria

Christian communities working in partnership to tackle domestic violence.

[www.churchestogethercumbria.co.uk](http://www.churchestogethercumbria.co.uk).

Rev Eleanor Hancock: 01228 527106,

Rosemary Campbell: 07778220810.

### ● Report domestic violence online

You can report domestic violence safely and anonymously online at [www.notinmyhome.co.uk](http://www.notinmyhome.co.uk)

## Where can I get help if I'm in an abusive relationship?

### ● Victim Support

Victim Support provide free and confidential help to victims, witnesses their family, friends and anyone else affected by crime whether it has been reported to the Police or not and whether the crime has happened recently or in the past. If you need our help call our Victim Care Unit on

0300 30 31 979 ; [www.victimsupport.org.uk](http://www.victimsupport.org.uk)

### ● Third Sector Agencies

There are also statutory and voluntary sector agencies in Cumbria who can provide counselling and therapeutic support. The Let go Service can also help direct you to the correct service for you.

### ● Legal support

You can seek advice from a solicitor or the Citizens Advice Bureau about your legal rights.

03003300650; [www.citizensadvice.org.uk](http://www.citizensadvice.org.uk)

### ● National helplines

- Womens Aid 24hr helpline

0808 2000247 [www.womensaid.org.uk](http://www.womensaid.org.uk)

- Childline

08001111 [www.childline.org.net](http://www.childline.org.net)

- Broken Rainbow helpline (LGBT)

08452 604460 [www.broken-rainbow.org.uk](http://www.broken-rainbow.org.uk)

### ● Men's support services

Let go work with male victims of domestic abuse and there is also a national helpline. The Mens Advice Line

08088010327; [www.mensadvice.org.uk](http://www.mensadvice.org.uk)

### ● Support for perpetrators

Respect (for perpetrators)

0808 802 4040; [www.respect.uk.net](http://www.respect.uk.net)



Cumbria Domestic and  
Sexual Violence Partnership  
end abuse in our communities

## What can Christian Communities do about domestic violence?



(Continued on back panel)

## Christian Communities can:

**Become a safe place:** for women and children where help is available for those who are or have been abused.

**Have up to date information available:** with details of local and national help available.

**Educate your congregation/fellowship:** have articles in your magazine, include it in talks, marriage preparation. Encourage your members to look for information on the internet. There is an excellent website written by a survivor, [www.hiddenhurt.co.uk](http://www.hiddenhurt.co.uk) There is also a special website for children, [www.thehideout.org.uk](http://www.thehideout.org.uk)

**Have books available:** about the subject on your bookstall or church library eg 'Keeping the Faith' by Rev. Marie Fortune which is available through Amazon on the internet.

**Speak out:** against sexual and domestic abuse. Preachers could use sermons to point out that violence of any kind is unacceptable. Men in particular can be positive role models when they speak out against domestic abuse.

**Be willing for your facilities to be available:** for meetings, support groups, counselling and help for children.

**Work with your local refuge or safe house:** and supply good quality toiletries, have collections for their work – get involved in a supportive role.

**Prepare to be a resource:** arrange training for your pastoral team.

**Attend professional training for clergy and lay leaders:** so that domestic abuse issues are at the forefront of the church's work and not brushed under the carpet.

**In order for the church to become a safe place its leaders must be trained and aware:** any allegations of abuse by leaders must be dealt with by the appropriate authorities.

**Arrange healing services/days:** for those who have been affected by abuse, write appropriate liturgy, use creative writing, art work, banner making etc.

**Above all - listen and believe:** and walk with those who tread these hard paths and go at their pace. Those affected by domestic abuse become emotionally numb and need a lot of love, help and support to find who they are as a person again. They may have been hurt deeply in the core of their being in the most profound way and any healing will take a long time and will need a lot of love and support over the years.

**How does religious doctrine address domestic violence?** Religious teachings can be either a resource or a roadblock in addressing domestic violence. There is nothing in Christian teaching which can rightly be used to justify abuse. However some teachings have been misused and distorted to falsely suggest that domestic violence may be acceptable.



## Recommended Resources

- **Breaking the Silence:** a resource pack from The Baptist Union of Great Britain from: The Store Administrator, Baptist House, Didcot, OX11 8XD. 01253 517743; Email: [baptiststore.co.uk](mailto:baptiststore.co.uk)
- **Shattered love...Broken Lives...** a domestic violence resource pack and CD from the Domestic Violence Task Group of Churches Together in the Merseyside Region, Quaker Meeting House, 22 School Lane, Liverpool, L1 3BT. 0151 709 0125; Email: [office@ctmr.org.uk](mailto:office@ctmr.org.uk)
- **'Domestic Abuse':** a report to the Methodist Conference 2005 available from Methodist Church House, 25 Marylebone Road, London, NW1 5JR. 0151 709 0125; Email: [office@ctmr.org.uk](mailto:office@ctmr.org.uk)
- **Responding to Domestic Abuse – Guidelines for those with pastoral responsibilities,** from Church House Publishing, Church House, Great Smith Street, London, SW1P 3NZ. 020 7898 1451; [cofe.anglican.org/info/papers/domesticabuse.pdf](http://cofe.anglican.org/info/papers/domesticabuse.pdf)
- **Faith Trust Institute:** (USA) [faithtrustinstitute.org](http://faithtrustinstitute.org)
- **Borderline Counselling Service** is a Christian counselling service based in Carlisle but open to anyone who is willing to travel and have experience in supporting victims of domestic abuse. The counselling service is a ministry of Borderline Pregnancy Care. 01228 596900; [www.borderlinecounselling.co.uk](http://www.borderlinecounselling.co.uk)
- **Set Free and Living Well Trust** are Christian organisations based in Cumbria working to raise awareness about domestic violence. They can also provide resources and support. Email: [setfree@aol.com](mailto:setfree@aol.com); [info@livingwelltrust.org.uk](mailto:info@livingwelltrust.org.uk)
- **Christian communities working in partnership to tackle domestic violence** [www.churchestogethercumbria.co.uk](http://www.churchestogethercumbria.co.uk)
- **DV Champions:** get to know your local Churches Together DV Champions and seek to work with them in eradicating domestic abuse, they are experts in this area. Rev Eleanor Hancock: 01228 527106 Rosemary Campbell: 07778220810