

Women's Community Matters
Nan Tait Centre
Abbey Road
Barrow in Furness
Cumbria LA14 1LG

Tel: 01229 311102

Email: champions@womenscommunitymatters.org



National services/ helplines

24-hour National Domestic Violence Freephone Helpline
0808 2000 247

National Lesbian, Gay, Bisexual and Trans (LGBT) Domestic Violence Helpline (run by Galop)

10am – 5pm Monday
10am – 5pm Tuesday
10am – 8pm Wednesday
10am – 8pm Thursday
10am – 5pm Friday
0800 999 5428
help@galop.org.uk

Men's Advice Line

Offering advice and support for men experiencing domestic violence and abuse.
0808 801 0327

Stalking Helpline UK

Open Monday-Friday. If you are concerned about someone's obsessive behaviour, contact them via their helpline on 0808 802 0300, or email at advice@stalkinghelpline.org

Action on Elder Abuse

Helpline 080 8808 8141

In an emergency always ring 999

Supported and delivered by



Domestic abuse and related services around Cumbria 2018-19

In an emergency always ring 999

Victim Support Cumbria (Cumbria wide)

0300 303 3979

cumbriaidsva@victimsupport.org.uk

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

Carlisle area

Gateway 4 Women

01228 212090

Safety Net

01228 515859

South Lakeland

Springfield Domestic Abuse Support in South Lakeland

01539 726171

Barrow and Furness

Women's Community Matters

01229 311102

West Cumbria

The Freedom Project/West Cumbria Domestic Violence Support

07712 117986

Recovery Toolkit – Action for Children

A 12-week group programme for women who have experienced and are recovering from domestic abuse. Greengate Children's Centre, Barrow, contact Jill 01229 821855 or Tracey 01229 471655.

Turning the Spotlight

A project working to support 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, 07919 393311 turningthespotlight@victimsupport.org.uk

Other Cumbrian services

The Bridgeway - Sexual Assault Support Service

0808 118 6432

info@thebridgeway.org.uk

A service for men, women and children who live, or have been raped or sexually assaulted, within Cumbria. We are contactable 24 hours a day, seven days a week, 365 days a year.

The Birchall Trust

01229 820828

Rape and sexual abuse counselling, Barrow and South Lakes

North Cumbria—Carlisle

Activity	Date	Venue	Time
Network meeting	Wednesday 28 November 2018	Cumbria CVS, Shaddongate Resource Centre, Shaddongate, Carlisle, CA2 5TY	9.30am-12noon
Network meeting	Wednesday 27 February 2019	Cumbria CVS, Shaddongate Resource Centre, Shaddongate, Carlisle, CA2 5TY	9.30am-12noon
Network meeting	Wednesday 22 May 2019	Cumbria CVS, Shaddongate Resource Centre, Shaddongate, Carlisle, CA2 5TY	9.30am-12noon
Training Day 1	Friday 18 January 2019	Gateway 4 Women, former Mitchell Dryer's, Lorne Street, Denton Holme, Carlisle, CA2 5DU	9.30-4.30pm
Training Day 2	Friday 15 February 2019	Gateway 4 Women, former Mitchell Dryer's, Lorne Street, Denton Holme, Carlisle, CA2 5DU	9.30-4.30pm
Training Day 1 (same training as above)	Thursday 25 July 2019	Gateway 4 Women, former Mitchell Dryer's, Lorne Street, Denton Holme, Carlisle, CA2 5DU	9.30-4.30pm
Training Day 2 (same training as above)	Friday 26 July 2019	Gateway 4 Women, former Mitchell Dryer's, Lorne Street, Denton Holme, Carlisle, CA2 5DU	9.30-4.30pm

West Cumbria—Workington/Whitehaven

Activity	Date	Venue	Time
Network meeting	Wednesday 12 December 2018	The Senhouse Centre 3 Senhouse Street Whitehaven CA28 7ES	9.30am-12noon
Network meeting	Wednesday 13 March 2019	The Senhouse Centre 3 Senhouse Street Whitehaven CA28 7ES	9.30am-12noon
Network meeting	Wednesday 12 June 2019	The Senhouse Centre 3 Senhouse Street Whitehaven CA28 7ES	9.30am-12noon
Training Day 1	Tuesday 16 April 2019	The Senhouse Centre 3 Senhouse Street Whitehaven CA28 7ES	9.30-4.30pm
Training Day 2	Friday 3 May 2019	The Senhouse Centre 3 Senhouse Street Whitehaven CA28 7ES	9.30-4.30pm
Training Day 1 (same training as above)	Wednesday 7 August 2019	The Oval Centre, Salterbeck Drive, Salterbeck, Cumbria CA14 5HA	9.30-4.30pm
Training Day 2 (same training as above)	Thursday 8 August 2019	The Oval Centre, Salterbeck Drive, Salterbeck, Cumbria CA14 5HA	9.30-4.30pm

South Cumbria—Barrow

Activity	Date	Venue	Time
Network Launch	Monday 8 October 2018	Women's Community Matters, Nan Tait Centre, Abbey Rd, Barrow LA14 1LG	9.15am-1.30pm Including lunch
Network meeting	Thursday 10 January 2019	Women's Community Matters, Nan Tait Centre, Abbey Rd Barrow LA14 1LG	9.30am-12noon
Network meeting	Friday 26 April 2019	Women's Community Matters, Nan Tait Centre, Abbey Rd Barrow LA14 1LG	9.30am-12noon
Training Day 1	Friday 23 November 2018	Women's Community Matters, Nan Tait Centre, Abbey Rd Barrow LA14 1LG	9.30-4.30pm
Training Day 2	Friday 14 December 2018	Women's Community Matters, Nan Tait Centre, Abbey Rd Barrow LA14 1LG	9.30-4.30pm
Training Day 1 (same training as above)	Wednesday 5 June 2019	Women's Community Matters, Nan Tait Centre, Abbey Rd Barrow LA14 1LG	9.30-4.30pm
Training Day 2 (same training as above)	Thursday 6 June 2019	Women's Community Matters, Nan Tait Centre, Abbey Rd Barrow LA14 1LG	9.30-4.30pm