

Cumbria based domestic and sexual abuse services – contact details including web based

Organisation	Phone	Email	Website	Social media	
				Facebook	Twitter
Victim Support Cumbria	0300 3030 157 (local service Mon – Fri 9–6pm 24-hour support line 08 08 16 89 111	Cumbria.Admin@victimsupport.org.uk High Risk DA highpvp@victimsupport.cjsm.net Medium Risk DA mediumpvp@victimsupport.cjsm.net	https://www.victimsupport.org.uk/help-and-support/get-help/support-near-you/live-chat - Live chat	@victimsupport (national feed)	@VS_Cumbria
Turning the Spotlight County wide	07919 393 311	turningthespotlight@victimsupport.org.uk	https://www.victimsupport.org.uk/help-and-support/get-help/support-near-you/north-west/cumbria/turning-spotlight		
Gateway 4 Women Carlisle & Area	01228 212090	admin@cumbriagateway.co.uk	http://gateway4women.com/	@Gateway4WomenCarlisle	
Safety Net County wide	01228 515859	office@safetynetuk.org	https://www.safetynetuk.org/	@safetynetnorth	@safetynetnorth
The Freedom Project/West Cumbria Domestic Violence Support	07712 117986 or text 07860 021756	hope@freedom-project-west-cumbria.org.uk	https://www.freedom-project-west-cumbria.org.uk/	@FreedomProjectWestCumbria	@FreedomProjWest
Women Out West –	01946 550103	contactus@womenoutwest.co.uk	www.womenoutwest.co.uk	@womenoutwestcumbria	@WomenOutWest2

Workington & Whitehaven					
Springfield Domestic Abuse Support in South Lakeland Kendal & South Lakes	01539 720313 or text 07415 323357	cs@springfieldsupport.org	https://springfieldsupport.org/	@Springfield1915	@Springfield1915
Women's Community Matters Barrow in Furness	01229 311102	reception@womenscommunitymatters.org	www.womenscommunitymatters.org	@WCMBarrow	@WCMBarrow
Bridgeway SARC County wide	0808 118 6432 24-hour	info@thebridgeway.org.uk	https://www.thebridgeway.org.uk/	@CumbriaSARC	@The_Bridgeway
The Birchall Trust County wide	01229 820828	enquiries@birchalltrust.org.uk	https://www.birchalltrust.org.uk/	@TheBirchallTrust	@BirchallTrust

Domestic Abuse Services can help men in Cumbria - <https://cumbria-pcc.gov.uk/domestic-abuse-services-can-help-men-in-cumbria/>

New 'Safe Space'

Safe spaces for domestic abuse victims – Morrisons, Boots and now Superdrug pharmacies, plus many independent pharmacies are now 'safe spaces' – see Superdrug social media graphic attached. Fine out more about Safe Spaces here <https://uksaysnomore.org/safespaces/>

CUMBRIA & LANCASHIRE – DOMESTIC VIOLENCE SPOCS

CUMBRIA

OFFICE	SPOCS	EMAIL ADDRESS	TELEPHONE NUMBER
Barrow	Lisa Wicks	LISA.WICKS@DWP.GOV.UK	01229 893216
Carlisle	Kirsty Wood	KIRSTY.WOOD@DWP.GOV.UK	01228 605009
Kendal	Ann Shepherd	ANN.SHEPHERD@DWP.GOV.UK	01539 795034
Penrith	Sue Bradley	SUSAN.BRADLEY@DWP.GOV.UK	01768 242860
Workington	Rachel Wells	RACHEL.WELLS1@DWP.GSI.GOV.UK	01900 608894
Whitehaven	Corrina Curnow	CORRINA.CURNOW@DWP.GOV.UK	Home worker email only

Trouble Family Advisors – members of the Cumbria DV Network:

Adele Aitken	ADELE.AITKEN@DWP.GOV.UK	07876576592	Carlisle
Louise Armstrong	LOUISE.ARMSTRONG1@DWP.GOV.UK	07745644909	Workington & Whitehaven
Edna Skillen	EDNA.SKILLEN@DWP.GOV.UK	07909007345	Carlisle & Penrith
Hazel Chambers	HAZEL.CHAMBERS@DWP.GOV.UK	07814488500	Barrow & South Lakes