



MANAGING SAFETY DURING COVID-19

A guide for victims and survivors of domestic abuse

WE'RE HERE TO HELP

The spread of COVID-19 is challenging time for all, especially for those who are currently experiencing domestic abuse. We understand recent government measures to stay at home means both survivors and their children are likely to be spending concentrated periods of time with perpetrators, potentially escalating the threat of domestic abuse and further restricting their freedom.

Here at Nottinghamshire Independent Domestic Abuse Services (NIDAS) we want to do everything we can to help you stay safe during this isolation period. We have created a 'Safety Pack' for all clients and those who may be affected by domestic abuse at this time and wish to seek help.

#KNOWLEDGEISPOWER

KEEPING SAFE IN ISOLATION

Support Networks:

This could be support from friends, family and or neighbours.

- Is there someone you can trust and feel able to speak to about the abuse you are experiencing and any concerns you might have?
- How can you contact this person safely?
- Create a code word, which can be used to notify your trusted person it is not a safe time to talk. A code word can also be used in an emergency when you need your trusted person to contact the police.
- Discuss with your trusted person what you will do if you are in need of the police e.g sending a blank text
- If it is safe for you to do so can you set up when your trust person can complete a 'check in' call. Make them aware of times they can call to do this.



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Safety Planning:

Do you currently have a personalised safety plan in place?

Think about:

- Does this need changing/updating?
- Keep your specialist worker updated if you can and it is safe to do so.
- Contact support services/ your specialist support worker for help creating a plan. Again consider when is a safe time to do this and how it can be done.
- If it is not safe for you to contact your worker, think about any other professionals you can contact for help and advice. e.g social worker
- Consider sharing your concerns with your employer if you feel comfortable doing so.
- Apps like Brightsky and Hollieguard may be useful. Brightsky looks like a weather app but provides support and information and Hollieguard turns your smart phone into a personal safety device and which has different safety features.

Creating a safety plan:

Think about:

- A safe place in your home. Where is the safest place for you to go?
- Where would you go in an emergency? e.g trusted family or friend, local refuge. It is important to note that most places such as restaurants and pubs will be shut.
- How can you notify family or friends you need help? Consider placing note somewhere where your partner will not see.
- Think about and plan your escape route, should you choose to leave.



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Creating a safety plan continued:

Think about:

- Plan in advance how you might respond to different situations
- Pack an emergency bag for you and your children. Think about where this can be left without your partner knowing. Consider leaving this with your nominated trusted person. Try to avoid using mutual friends. Also think about what you would need to pack e.g. medical documents, birth certificates, passport/money.
- Use a code word with your children and explain why and what they have to do.
- If you can keep your mobile with you at all times
- If you can't talk but need to contact the police call 999 and then press 55.

Children and Contact Arrangements.

- If you have children living between two family homes this counts as 'essential travel' according to the government. "Where parents do not live in the same household, children under 18 can be moved between their parents' homes."
- Where parents, acting in agreement, exercise their parental responsibility to conclude that the arrangements set out in a child contact order should be temporarily varied they are free to do so. It would be sensible for each parent to record such an agreement in a note, email or text message sent to each other.
- Where parents do not agree to vary the arrangements set out in a child contact order but one parent is sufficiently concerned that complying with the arrangement order would be against current advice, then that parent may exercise their parental responsibility and vary the arrangement to one that they consider to be safe.



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Children and Contact Arrangements continued:

- If child does not get to spend time with the other parent as set down in the child contact order, the courts will expect alternative arrangements to be made to establish and maintain regular contact between the child and the other parent within the Stay at Home Rules, for example remotely – by Face-Time, WhatsApp if that is not possible, by telephone.

We would advise you to seek legal advice before making any potential changes to existing orders. Please note, most local solicitors are still offering legal appointments should this be by phone, videocall or email.

Specialist Support Services and Crisis Helplines:

IF YOU ARE IN IMMEDIATE DANGER, PLEASE CALL THE POLICE ON 999.

- NIDAS – 01623 683 250
- Nottinghamshire 24hr Domestic Abuse Helpline – 0808 800 0340
- Nottingham Womens Aid Ltd- 01909 533610
- Equation – 0115 962 3237
- Victim Support – 0845 450 3883
- LGBT+ Domestic Abuse Helpline – 0800 999 5428

Male Specialist Support Services:

- Men's Advice Line – 0808 801 0327
- Respect – 0808 802 0321
- Mankind – 01823 334244
- Survivors UK – 02035 983898/Text service: 020 3322 1860
- Equation – 0115962 3237
- Safeline – 0808 800 5005



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Websites and useful guides:

Accessing information, support and advice online may be the easiest option for you at this time. If you do access information online, consider if your partner looks at your browsing history. It is important to use 'private browsing' as a way of both protecting yourself and hiding your browsing history.

- www.nidas.org.uk
- www.nottswa.org.uk
- www.junowomensaid.org.uk
- www.equation.org.uk
- www.respectuk.net
- www.mankind.org.uk
- www.womensaid.org.uk
- www.karmanirvana.org.uk

Live chats and survivors forums:

- Womens Aid Survivor's Forum – www.survivorsforum.womensaid.org.uk/
- Womens Live Chat – www.chat.womensaid.org.uk/
- Victim Support Live Chat – <https://www.victimsupport.org.uk/help-and-support/get-help/support-near-you/live-chat>

Domestic violence and safety awareness for children:

- www.thehideout.org.uk – Children's page with information about abuse and how they can support themselves when they are struggling. There are also some games – wordsearch
- www.thinkuknow.co.uk – information around social media and online technology and gaming including how to use it safely
- www.childline.org.uk – Childline – Games, advice and help on a range of issues



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Support and advice for teens continued:

- www.thinkuknow.co.uk – Advice about keeping safe online
- www.respectnotfear.co.uk/relationship/ – Healthy and unhealthy teenage relationships
- www.thehideout.org.uk/ Helps young people understand domestic abuse
- www.lifecentre.uk.com/counselling-at-lifecentre/our-work-with-children-young-people/ – Support for young people who have or are experience sexual abuse or unwanted sexual contact
Call: 0808 802 0808
Text 07717 989022
- www.brokenrainbow.org.uk/help/helpline/ LGBT domestic violence support helpline provides support to members of the LGBT community and their friends and families.
- www.swgfl.org.uk/resources/so-you-got-naked-online/ Advice for young people and parents to with support issues resulting from sexting.

Resources for mental wellbeing and self care:

- www.calm.com – can use website or app. Can get one-week access for free but then need to pay a subscription. Guided meditation
- www.headspace.com/ – can use website or app. Get 2 weeks free then subscription basis. Guided meditation
- [What's Up?](#) – a mental health app – Free resource – offers coping strategies and information on mental health as well as a diary to track moods and habits
- [Self-help Anxiety Management \(SAM-App\)](#) – Free resource offering different techniques to manage anxiety
- www.nhs.uk/conditions/stress-anxiety-depression/ – NHS website with information for stress, anxiety and depression.
- www.selfhelpguides.nth.nhs.uk/penninecare/leaflets/selfhelp/Depression%20and%20Low%20Mood.pdf– NHS depression and low mood self help guide



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Other Support Services Available:

- **Parentline – 07520 619 919** – Healthy Family Teams confidential texting service to provide parents and carers advice around feeding, child development, parenting advice and support, emotional health and wellbeing, behavior difficulties and family health.
- **Chat Health – 07507 329 952** – Confidential texting service for 11 to 19 year olds in Nottinghamshire Healthcare NHS Trust
- **Kooth– www.kooth.com** Online Counselling Service
- **Health4teens– www.healthforteens.co.uk** – Supporting young people around emotional wellbeing
- **Health4kids www.healthforkids.co.uk** – Supporting young children and parents
- **Notts Help Yourself – www.nottshelpyourself.org.uk** – this is a site for advice, information and local services available.
- **CAMHS crisis team – 0115 8542 299 or 0115 8440 560** or email CAMHScrisisteam@nottshc.nhs.uk
- **Nottinghamshire county council – 0300 500 8080** –number to call if need additional support such as food parcels
- **Support Through Court – 0300 081 0006** – Over the phone support and advice for legal proceedings
- **Mind Crisis Helpline – 07951 072 242/ 07951 362 160/ 07379 796 762**



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Educational Help:

- www.bbc.co.uk/bitesize – BBC Bitesize, this gives support for Maths, English and Science
- www.youtube.com/channel/UCMhWKrdwzFr994ZhwqG4nIA
Grammarsaurus
- www.educationquizzes.com
- www.familymathstoolkit.org.uk/ – Maths activities
- www.jamesdysonfoundation.com/resources/challenge-cards.html
Science experiments to do at home

Preschool

- www.bbc.co.uk/cbeebies Cbeebies including Radio – Games, puzzles and radio

Primary School:

- [Nature Detectives](http://www.naturedetectives.woodlandtrust.org.uk/naturedetectives) – Some fun activities, some of which can be done from your garden–
www.naturedetectives.woodlandtrust.org.uk/naturedetectives
- [Oxford Owl for Home](http://www.oxfordowl.co.uk/for-home) – Lots of free resources and games for Primary age children – www.oxfordowl.co.uk/for-home
- DK Find Out – Fun activities, quizzes and interactive information across lots of topics – www.dkfindout.com/uk
- [National Geographic Kids](http://www.natgeokids.com/uk/) – Fun free downloadable activities and online games and quizzes for kids – www.natgeokids.com/uk/



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Primary and Secondary

- **Twinkl** – Usually a paid-for resource, and one commonly used by teachers, Twinkl is offering every parent access to all Twinkl downloadable resources with a One Month Ultimate Membership, totally free of charge. – It's really easy to set up – go to <http://www.twinkl.co.uk/offer> and enter the code **PARENTSTWINKLHELPS**
- **BBC Bitesize** – Online resources sorted by Key Stage specific to each nation, with free videos, step-by-step guides, activities and quizzes by level and subject. for children and parents – www.bbc.co.uk/bitesize
- **Parentkind Parents' Hub** – Information to help parents support learning at home with tips for reading with children, games that support maths, supporting homework and more – www.parentkind.org.uk/For-Parents/Parent-Hub/Supporting-Learning

Keep checking our social media platforms for:

- Toolkits to explain Coronavirus to children and young people
- Self care routines and mindfulness
- Dealing with Coronavirus and anxiety
- Activities to do as a family during isolation
- Supporting SEN children and young people with Coronavirus
- 100 things to do indoors

You can find us at:

FACEBOOK [@NIDASmansfield](#)

TWITTER [@nidas_org_uk](#)

INSTAGRAM [@nidas.mansfield](#)