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Domestic Abuse Advice

Dear All

You will have read in the media about the increase in Domestic Abuse during the Covid Pandemic. Domestic Abuse is a growing problem and can impact any children that witness it or who are caught up in it. Children are very aware of 'atmospheres' within a house and even if a parent doesn't think they have seen anything, they probably will know what has happened.

Bearing this in mind, we feel that it is important that we can point you in the direction of help and support should you need it or should you know someone who might need it. It is important to remember that it is better to do something rather than do nothing.

Here is a list of websites that have useful information and support:

<https://www.gov.uk/guidance/domestic-abuse-how-to-get-help>

<https://www.womensaid.org.uk/information-support/>

<https://www.citizensadvice.org.uk/family/gender-violence/domestic-violence-and-abuse-getting-help>

<https://www.refuge.org.uk/get-help-now/phone-the-helpline/>

<https://mensadviceline.org.uk/>

<https://www.supportline.org.uk/problems/domestic-violence/>

<https://www.victimsupport.org.uk/crime-info/types-crime/domestic-abuse/>

<https://www.nhs.uk/live-well/healthy-body/getting-help-for-domestic-violence/>

Yours faithfully

Mrs Harding
Pastoral Lead