

# Have you been a victim of violence against women and girls in Cumbria, or know someone who has?

As a rural issues charity, ACTion with Communities in Cumbria is seeking to raise awareness of the support available for rural women and girls who have experienced VAWG in Cumbria.

## What is VAWG?

VAWG (Violence Against Women and Girls) refers to different forms of abuse against women and girls including domestic abuse, rape and sexual offences, stalking, and sexual harassment.

# 27%

Of crimes recorded in Cumbria are Violence Against Women and Girls compared to 20% nationally.

# 1/2

On average, rural women and girls are half as likely to report domestic abuse and experience abuse for 25% longer than those in urban areas.

# 1 IN 12

Women may be a victim of violence against women and girls every year

## Support available in North Cumbria

### Gateway4Women

**Location:** North Cumbria (based in Carlisle)

**Support offered:** Provide 1-1 support & support groups for survivors of domestic abuse.

**Contact:**  
admin@cumbriagateway.co.uk  
01228 212090



GATEWAY 4 WOMEN

### The Freedom Project

**Location:** County-wide (based in Workington)

**Support offered:** Therapy, counselling, and support groups for survivors of DA/SA. Also offer support for children and help for perpetrators.

**Contact:** 07712 11786  
admin@freedom-project-west-cumbria.org.uk



THE  
FREEDOM  
PROJECT  
CUMBRIA



### The Bridgeway

**Location:** County-wide (based in Penrith)

**Support offered:** Support for victims of rape or SA including 24/7 phonenumber, healthcare, forensic examinations, and signposting.

**Contact:** 0330 223 0099 (24/7)  
the.bridgeway@nhs.net



Helping you from crisis to confidence

### Safety Net

**Location:** Cumberland & Penrith/Appleyby areas.

**Support offered:** Advice, support, and counselling for those affected by rape, exploitation, SA, or DA. Services available in person, or digitally.

**Contact:** 01228 515859 (closed to referrals until March 2026).



### Victim Support

**Location:** County-wide

**Support offered:** 24/7 advice and emotional/practical support for victims of any crime. Provide Independent Domestic Violence Advisors who work to ensure victims and their children are safe.

**Contact:** 03003030157  
or live chat online.



### Turning the Spotlight

**Location:** County-wide

**Support offered:** Behaviour change intervention for those exhibiting standard-medium risk DA behaviours. Support for partners/ex-partners and programmes on the impact of DA on children.

**Contact:** 03003030157  
turningthespotlight@victimsupport.org.uk



## Concerned for yourself or someone else?



CUMBRIA  
CONSTABULARY

**Phone the police:**  
Report online via the QR code or phone 101.  
Call 999 in an emergency or if a crime is in progress.



**CrimeStoppers. Report anonymously:**

**0800 555111**  
100% anonymous. Always.

To report a crime anonymously contact Crimestoppers on 0800 555111 or online via the QR code.

