

# 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.

## Support available in South Lakeland/Barrow

### 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



### The Birchall Trust

**Location:** South Lakeland (based in Barrow-in-Furness).

**Support offered:** Support for those affected by rape, SA, or sexualised violence including counselling and therapy for victims and friends/family.

**Contact:** 01229820828  
enquiries@birchalltrust.org.uk



### 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 Bridgeway

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

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

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



### Springfield

**Location:** South Lakeland (based in Kendal).

**Support offered:** Free, confidential information and support for current victims and survivors of DA. Offer refuge and Community Hubs for those escaping DA.

**Contact:** 08081757070  
help@springfieldsupport.org



### Victim Support

**Location:** County-wide

**Support offered:** 24/7 advice and support for victims & their children. Offer "Turning the Spotlight", a behaviour change intervention for those exhibiting abusive behaviours.

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



### Women's Community Matters

**Location:** Barrow-in-Furness

**Support offered:** 1-1 and group support, activities, and specialist services for vulnerable women and those who have experienced DA.

**Contact:** 01229 311102  
reception@womenscommunitymatters.org



## 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.

