

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 West Cumbria

Gateway4Women (West)

Location: West Cumbria (based in Workington)

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

Contact:
contactus@cumbriagateway.co.uk
01900 403220



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 perpetrators.

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



The Bridgeway

Location: County-wide (based 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: County-wide (mostly Cumberland)

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 support for victims & their children. Offer "Turning the Spotlight", a behaviour change intervention for those exhibiting abusive behaviours.

Contact: 03003030157
or live chat online.

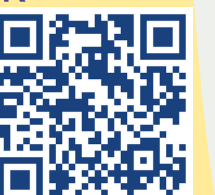


Focused Therapies

Location: West Cumbria (based in Workington)

Support offered: Support survivors of domestic and sexual abuse through holistic therapies, 1-1 support, and group workshops.

Contact:
info@focusedtherapies.org.uk
07301152369



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.

