



Supporting Children & Young People affected by Domestic Abuse in Cumbria

About Victim Support

Victim Support is an independent charity that provides specialist practical help and emotional support to victims of all crime and major incidents across England and Wales.

We provide support and information 24 hours a day, seven days a week, whether or not the incident has been reported to the police. Anyone seeking help can contact our free 24/7 Supportline on 0808 16 89 111 or via victimsupport.org.uk.

For Cumbria C&YP Team:
0300 303 0157
CYPcumbria@victimsupport.org.uk

References:

- 1: Moroz, A. (2021). Restoring trust; children witnessing domestic abuse: learning for support services. [Restoring Trust external-report.pdf \(victimsupport.org.uk\)](#)
- 2: Domestic Abuse Act 2021 [Domestic Abuse Act 2021 \(legislation.gov.uk\)](#)
- 3: Statistics provided by Cumbria Multi-Agency Risk Assessment Conference (MARAC).
- 4: The Outcome Star. (2021). Triangle Consulting Social Enterprise Limited. [Outcomes Star™ transforms lives and services | Triangle](#)
- 5: Rockpool Domestic Abuse Recovery Toolkit Combined Adult, Children and Young People [Domestic Abuse Recovery Toolkit - Rock Pool Life C.I.C](#)
6. Inside cover image: © Getty Images





Impact of Domestic Abuse

Experiencing domestic abuse (DA) affects everyone differently. It may impact a child or young person's (CYP) emotional and psychological wellbeing and could cause behavioural changes that may affect their relationships and their performance at school. It may also impact their sense of safety and cause a lack of trust¹.

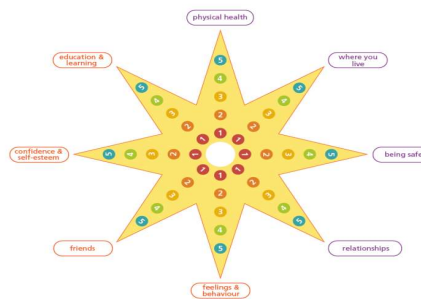
Legislative changes implemented in the Domestic Abuse Act (2021) mean that CYP are now legally recognised as victims if they see, hear or otherwise experience the effects of domestic abuse and are related to either the abuser or the abused².

Between December 2020 and October 2021, just over half of high-risk domestic abuse cases within Cumbria had CYP within the household, with approximately 150 CYP affected⁴. If medium risk cases were included, this number could be considerably higher.

Our CYP Domestic Abuse Service

In November 2021, Cumbria's Police & Crime Commissioner launched a new Victim Support (VS) service offering skills and enablement support to CYP impacted by DA within the county. The service will provide support on a one-to-one or group basis depending on needs assessment and risk.

When a VS DA practitioner works with CYP we will use the My StarTM approach⁴. Using the star allows us to consider those aspects of life that CYP feel are important to them, as shown in the diagram below:



The My StarTM approach identifies manageable steps so that support can be tailored to each individual CYP journey and provides effective outcome measurement.



Our group-work will be facilitated using the Rockpool CYP Domestic Abuse Recovery Toolkit ©⁵

This 8 week programme, co-facilitated by two CYP DA practitioners, is designed to inspire hope, promote resilience and support recovery with sessions focussed on skills enablement in development areas as follows:

- R**ecovery - building healthy relationships
- E**mpowerment - developing confidence & resilience.
- C**onnectedness - with family, friends & community to overcome isolation.
- O**bjectivity - Learning coping strategies & improving emotion regulation.
- V**igilance - become aware of harmful patterns in self and others.
- E**mpathy - being kind to self and others
- R**espect - respecting self and others, facing what has happened with courage.
- Y**ou - supported to focus on their own recovery to allow their true self to emerge and live a life free from trauma.

Referral Process

Referrals can be submitted by emailing: CYPcumbria@victimsupport.org.uk

Or by telephone on: 0300 303 0157

For a copy of the referral form, please email or telephone the CYP service details above.