

# **Guidance                      Coronavirus (COVID-19) :        support        for victims of domestic abuse**

Measures announced over recent weeks to tackle coronavirus (COVID-19) have seen people's day-to-day lives drastically altered. These changes are essential to beat coronavirus and protect our NHS.

The government acknowledges that the order to stay at home can cause anxiety for those who are experiencing or feel at risk of domestic abuse. There is never an excuse for domestic abuse, no matter what the circumstances are.

For anyone who feels they are at risk of abuse, it is important to remember that there is help and support available to you, including police response, online support, helplines, refuges and other services. You are not alone.

The household isolation instruction as a result of coronavirus does not apply if you need to leave your home to escape domestic abuse.

Friends, family, neighbours and community members can be a vital lifeline to those living with domestic abuse. If you are worried that someone you know may be a victim of domestic abuse, reassure them that the police and support services are still there to help and direct them to sources of support.

The government supports and funds several charities who can provide advice and guidance and we are in regular contact with the charity sector and the police to ensure that these support services remain open during this challenging time.

# What is domestic abuse?

Domestic abuse is not always physical violence. It can also include, but is not limited to:

- coercive control and 'gaslighting'
- economic abuse
- online abuse
- verbal abuse
- emotional abuse
- sexual abuse

## What signs to look for

If you believe that you or someone else could be a victim of domestic abuse, there are signs that you can look out for including:

- being withdrawn
- having bruises
- controlling finances
- not being allowed to leave the house
- monitoring technology use such as social media platforms

## Where to get help

If you believe you are being abused, or worried you may commit domestic abuse, please use the services on this page.

If you suspect that your neighbours or those in your community are victims of domestic abuse, we encourage you to report it to the police.

## Call 999

If you are in immediate danger, call 999 and ask for the police – the police will continue to respond to emergency calls.

If you are in danger and unable to talk on the phone, dial 999, listen to the questions from the operator and respond by coughing or tapping the handset if you can. Then follow the instructions depending on whether you are calling from a mobile or a landline.

## **If you call from a mobile**

If prompted, press 55 to [Make Yourself Heard](#) – this will transfer your call to the police.

Pressing 55 only works on mobiles and does not allow police to track your location.

## **If you call 999 from a landline**

If only background noise can be heard and BT operators cannot decide whether an emergency service is needed, then you will be connected to a police call handler.

If you replace the handset, the landline may remain connected for 45 seconds in case you pick up again.

When 999 calls are made from landlines, information about your location should be automatically available to the call handlers to help provide a response.

## **National Domestic Abuse Helpline**

Refuge runs the [National Domestic Abuse Helpline](#), which you can call for free, and in confidence, 24 hours a day on 0808 2000 247. Its website provides guidance and support for potential victims, as well as those who are worried about friends and loved ones. It also has a form through which you can book a safe time for a call from the team.

[Refuge](#)'s website includes a range of resources on identifying the signs of domestic abuse, and a safety guide for women and children who are living with a perpetrator. It also features a tech abuse chat-bot with step-by-step instructional videos on

how to secure devices such as phones and laptops. Look for the pink button in the bottom-right corner.

## **Women's Aid**

[Women's Aid](#) has a range of direct services for survivors, including a live chat service and an online Survivors' Forum. They have developed additional advice specifically designed for the current coronavirus outbreak. You can also find your [local domestic abuse service](#) on their website. They also provide information on the support helplines available in Wales, Scotland and Northern Ireland.

## **Men's Advice Line**

The [Men's Advice Line](#) is a confidential helpline for male victims of domestic abuse and those supporting them.

Telephone: 0808 801 0327

## **Galop – for members of the LGBT+ community**

[Galop](#) runs the National LGBT+ Domestic Abuse specialist helpline.

Telephone: 0800 999 5428

Email: [help@galop.org.uk](mailto:help@galop.org.uk)

## **Hestia**

[Hestia](#) provides a free mobile app, Bright Sky, which provides support and information to anyone who may be in an abusive relationship or those concerned about someone they know.

## **Chayn**

[Chayn](#) provides online help and resources in a number of

languages about identifying manipulative situations and how friends can support those being abused.

## **Sexual assault referral centres**

[Sexual assault referral centres](#) continue to provide non-judgmental advice and support services to victims and survivors of sexual assault or abuse.

Interviews, forensic examinations and sexual health and counselling services are offered in a comfortable environment where staff will ensure that victims and survivors will be managed safely to comply with coronavirus guidance. Please call your local sexual assault referral centre to arrange care and support, which may be provided in person or remotely depending on your needs.

## **‘Honour’-based abuse**

If you are suffering abuse from your family or community because they say that you have compromised their ‘honour’, or if they are trying to force you into marriage, you can get help. Karma Nirvana runs the national honour-based abuse helpline.

Telephone: 0800 5999 247

Email: [support@karmanirvana.org.uk](mailto:support@karmanirvana.org.uk)

## **BME specialist services**

### **Imkaan**

[Imkaan](#) is a women’s organisation addressing violence against black and minority women and girls.

## **Southall Black Sisters**

[Southall Black Sisters](#) offer specialist support, advocacy and information to Asian and Afro-Caribbean women suffering abuse.

## **Disability specialist services**

These services are run by deaf and/or disabled people.

## **Stay Safe East**

[Stay Safe East](#) provides specialist and holistic advocacy and support services to disabled victims and survivors of abuse.

## **SignHealth**

[SignHealth](#) provides domestic abuse service support for deaf people in British Sign Language (BSL).

WhatsApp or Facetime: 07970 350366

Telephone: 020 3947 2601

Email: [da@signhealth.org.uk](mailto:da@signhealth.org.uk)

## **Economic abuse**

If you are concerned about how coronavirus may affect your finances and leave you vulnerable to economic abuse, please see the [advice provided by HM Treasury](#) on what support is on offer.

The charity [Surviving Economic Abuse](#) has also provided additional guidance and support.

## **Welfare benefits and housing advice**

The Department for Work and Pensions has published up-to-date [coronavirus-related welfare benefits information](#).

If you are concerned about your financial situation, you can contact [Turn2us](#). They help people to access the money available to them through welfare benefits and grants. Their website has an income-related benefits checker enabling you to check that you are receiving all the benefits you are entitled to.

[Shelter](#) provide free confidential housing information, support and legal advice on all housing and homelessness issues. They also have an emergency helpline.

## Support for children and young people

Witnessing and experiencing domestic abuse can have a serious impact on a child's long-term health. It is a top priority that vulnerable children and young people remain safe during this uncertain period. If you are concerned that a child is at risk of harm, you should refer this information to children's social care or to the police if you believe the child is in immediate danger.

### NSPCC

The [NSPCC](#) has issued guidance for spotting and reporting the signs of abuse on their website.

The [NSPCC Helpline](#) is available for anyone with concerns about a child to contact for professional advice and support.

Telephone: 0808 800 5000

Email: [help@nspcc.org.uk](mailto:help@nspcc.org.uk)

### Childline

[Childline](#) is available for children and young people to reach out for help and support by phone or using their online chat

service. They also provide specific guidance for young people on how to get help and what to do if they are worried about a friend.

Telephone: 0800 1111

## **Barnardo's**

[Barnardo's](#) provides support to families affected by domestic abuse.

## **Family Lives**

[Family Lives](#) also provide support through online forums.

## **Information on child contact arrangements**

[Rights of Women](#) provides guidance about child contact arrangements relating to coronavirus.

## **Support for employers**

If you are an employer, it is important that you signal to all your workforce that if they are facing domestic abuse you want to help them to get help. Keep in regular contact with employees you know, or fear, may be facing abuse and if you lose contact with them, take swift action to visit them. If you believe there is an immediate risk of harm to someone, or it is an emergency, you should always call 999.

Encourage employees to look out for others who may be facing domestic abuse and signpost them to support. Your staff may also be worried about their own abusive behaviour at this time. There is no excuse for domestic abuse, no matter what stresses you are under and support is available.

The [Employers' Initiative on Domestic Abuse](#) website has a range of resources to support employers. Business in the Community also have a [toolkit with information for employers](#).



# Support for professionals

[SafeLives](#) is providing guidance and support to professionals and those working in the domestic abuse sector, as well as additional advice for those at risk.

## Support if you are worried about hurting someone

If you are worried about hurting the ones you love while staying at home, call the [Respect Phonenumber](#) for support and help to manage your behaviour. This is an anonymous and confidential helpline for men and women who are harming their partners and families. It takes calls from partners or ex-partners, friends, and relatives who are concerned about perpetrators.

Telephone: 0808 802 4040

## More information

For more advice and guidance on domestic abuse, please see [Domestic abuse: how to get help](#).

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## How to survive the lonely homeoffice time

Working from home can be a real

**challenge. Here are some ideas on how to survive the homeoffice time...**

## **1. Get started early.**

When working in an office, your morning commute can help you wake up and feel ready to work by the time you get to your desk. At home, however, the transition from your pillow to your computer can be much more jarring.

Believe it or not, one way to work from home productively is to dive into your to-do list as soon as you wake up. Simply getting a project *started* first thing in the morning can be the key to making progress on it gradually throughout the day. Otherwise, you'll prolong breakfast and let the morning sluggishness wear away your motivation.

## **2. Pretend like you *are* going into the office.**

The mental association you make between work and an office can make you more productive, and there's no reason that feeling should be lost when telecommuting.

When working from home, do all the things you'd do to prepare for an office role: Set your alarm, make (or go get) coffee, and wear nice clothes. Internet browsers like Google Chrome even allow you to set up multiple accounts with different toolbars on the top – for example, a toolbar for home and a separate toolbar for work.

## **3. Structure your day like you would in the office.**

When working from home, you're your own personal manager. Without things like an in-person meeting schedule to break up your day, you can be quick to lose focus or burn out.

To stay on schedule, segment what you'll do and *when* over the course of the day. If you have an online calendar, create personal events and reminders that tell you when to shift gears and start on new tasks. Google Calendar makes this easy.

## **4. Choose a dedicated work space.**

Just because you're not working at an office doesn't mean you can't, well, have an office. Rather than cooping yourself up in your room or on the couch – spaces that are associated with leisure time – dedicate a specific room or surface in your home to work.

## **5. Don't stay at home.**

Is your home office just not getting it done for you? Take telecommuting a step further and get out of the house. Coffee shops, libraries, public lounges, and similar Wi-Fi-enabled spaces can help you simulate the energy of an office so you can stay productive even when you don't sit in an official workplace.

## **6. Make it harder for yourself to mess around on social media.**

Social media is designed to make it easy for you to open and browse quickly. At work, though, this convenience can be the detriment of your productivity.

To counteract your social networks' ease of use during work hours, remove them from your browser shortcuts and, according to Fast Company, log out of every account. You might even consider working primarily in a private or, if you're using Chrome, an "Incognito" browser window. This ensures you stay signed out of all your accounts and each web search you conduct doesn't autocomplete the word you're typing. It's a guarantee that you won't be tempted into taking too many social breaks during the day.

## **7. Commit to doing more.**

Projects always take longer than you initially think they will. For that reason, you'll frequently get done less than you set out to do. So, just as you're encouraged to overestimate how much time you'll spent doing one thing, you should also overestimate how many things you'll do during the day. Even if you come up short of your goal, you'll still come out of that day with a solid list of tasks filed under 'complete.'

## **8. Work when you're at your most productive.**

Nobody sprints through their work from morning to evening – your motivation will naturally ebb and flow throughout the day. When you're working from home, however, it's all the more important to know when those ebbs and flows will take place and plan your schedule around it.

To capitalize on your most productive periods, save your harder tasks for when you know you'll be in the right headspace for them. Use slower points of the day to knock out the easier, logistical tasks that are also on your plate. Verily Magazine calls these tasks "small acts of success," and they can help build your momentum for the heavier projects that are waiting for you later on.

## **9. Save calls for the afternoon.**

Sometimes, I'm so tired in the morning, I don't even want to hear my own voice – let alone talk to others with it. You

shouldn't have to give yourself too much time to become productive in the morning, but you *can* give yourself some extra time before working directly with others.

If you're struggling to come up with a reasonable work schedule for yourself as a telecommuter, start with the solitary tasks in the morning. Save phone calls, meetings, and other collaborative work for when you've officially "woken up."

## **10. Focus on one distraction ... like a baby!**

There's an expression out there that says, "if you want something done, ask a busy person."

The bizarre but true rule of productivity is that the busier you are, the more you'll actually do. It's like Newton's law of inertia: If you're in motion, you'll stay in motion. If you're at rest, you'll stay at rest. And busy people are in fast-enough motion that they have the momentum to complete anything that comes across their desk.

Unfortunately, it's hard to find things to help you reach that level of busyness when you're at home – your motivation can just swing so easily. HubSpot's principal marketing manager, Pam Vaughan, suggests focusing in on something that maintains your rhythm (in her case, it's her daughter).

## **11. Plan out what you'll be working on ahead of time.**

Spending time figuring out what you'll do today can take away from actually doing those things. And, you'll have planned

your task list so recently that you can be tempted to change your schedule on the fly.

It's important to let your agenda change if you need it to, but it's equally as important to commit to an agenda that outlines every assignment before you begin. Try solidifying your schedule the day before, making it feel more official when you wake up the next day to get started on it.

## **12. Use technology to stay connected.**

Working from home might help you focus on your work in the short term, but it can also make you feel cut off the larger operation happening in the office. Instant messaging and videoconferencing tools can make it easy to check in with coworkers and remind you how your work is contributing to the big picture.

## **13. Match your music to the task at hand.**

During the week, music is the soundtrack to your career (cheesy, but admit it, it's true). And at work, the best playlists are diverse playlists – you can listen to music that matches the energy of the project you're working on. Video game soundtracks are excellent at this. In the game itself, this lyric-free music is designed to help you focus; it only makes sense that it would help you focus on your work as well.

Want some other genres? Take them from startup marketer, Ginny Mineo, who offers her own work music preferences below.

## **14. Use laundry as a work timer.**

You might have heard listening to just two or three songs in the shower can help you save water. And it's true; hearing a few of your favorite songs start and end, one after another, can remind you how long you've been in the bathroom and shorten your wash time.

Why bring this up? Because the same general principle can help you stay on task when working from home. But instead of three songs off your music playlist, run your laundry instead.

Doing your laundry is a built-in timer for your home. So, use the time to start and finish something from your to-do list before changing the load. Committing to one assignment during the wash cycle and another during the dry cycle can train you to work smarter on tasks that you might technically have all day to tinker with.

## **15. Communicate expectations with anyone who will be home with you.**

Of course, you might be working from home but still have "company." Make sure any roommates, siblings, parents, spouses, and dogs (well, maybe not dogs) respect your space during work hours. Just because you're working from home doesn't mean you're home.

## **16. Take clear breaks.**

It can be so easy to get distracted as a telecommuter that you avoid breaks altogether. Don't let the guilt of working in the building you sleep in prevent you from taking five to relax. Rather than just opening YouTube and watching some comfort

clips, however, use your breaks to get away from your desk. Go for a walk outside or spend time with others who might also be in the house.

## **17. Interact with other humans.**

Remember: You're working from home, not the moon. Interacting with other people during the day is allowed, even if they're not your coworkers. In fact, it's a good idea to see another face during the day when most of your work day is solitary.

## **18. Prepare your meals the night before.**

When you're in your own home, it can be tempting to spend time preparing a really nice breakfast and lunch for yourself, chopping and cooking included. Don't use precious minutes making your food the day of work – cook it the night before.

Preparing food ahead of time ensures you can actually use your meal times to eat, and that you aren't performing non-work tasks that spend energy better used at your desk.

## **19. Pick a definitive finishing time each day.**

You might be under the impression that working from home establishes more work-life balance, but be careful with that assumption. Working from home can also feel like being at a casino – you can get so caught up in your activity, in a relaxing environment, that you lose complete track of time.



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# Hustler Club Free Food During Virus Shutdown ... But No Lap Dances!!!

[Larry Flynt](#)'s Hustler Club in Vegas is still serving customers during the 30-day "stay home" order – but strictly from its kitchen.

Yes, the only people coming to the stage at the strip joint will be the chefs, according to its honchos ... who tell us the kitchen will be open for those in need of food assistance in the Las Vegas valley.

Nevada governor **Steve Sisolak** announced a statewide closure earlier this week of all non-essential businesses, urging residents to stay inside to avoid contracting the virus. Businesses that serve food and provide delivery, drive-thru, pick-up or curbside service can stay open.

We're told the Hustler Club's looking out for seniors, too – they'll deliver the free food to people who are at least 60 years old, while curbside pickup is available for everyone else.

The free meal service is being offered daily from noon to 6 PM while supplies last.

We know strip clubs **ain't known for** their grub, it's true, but in these times ... nothing wrong with a free chicken breast.

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# Idris Elba Wife Tests Positive for Coronavirus ... Tested With No Symptoms

**Idris Elba's** wife just told **Oprah** she tested positive for the coronavirus, and it raises the issue that people are talking about from The White House to Hollywood – how are these tests being distributed?

**Sabrina Dhowre** told Oprah she's been by Idris' side the whole time, and that's not going to change. She said it's a wife's instinct to be with her husband when he's down, and that's just what she did.

Sabrina says she doesn't have any symptoms ... nevertheless, she got the test.

**Dr. Anthony Fauci**, the leading infectious disease specialist on The White House Coronavirus Task Force, urged people as late as Saturday not to get tested if they are asymptomatic.

It's unclear how celebrities and professional athletes are **getting hold** of these tests, but clearly they are.

Dhowre told O, "we're asymptomatic" ... meaning Idris, who's also positive, is not showing symptoms as well. As we reported, he **also got tested**.

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## Coronavirus: Your Children's Questions Answered



There's a new virus on the loose and everyone wants to know where it came from, how it spreads, and how to prevent it from spreading even further.

## **Where did this virus originate?**

This virus originated in Wuhan, China in December 2019. Chinese officials claim that the outbreak started in a wildlife market (Chinese people eat all sorts of creepy crawlies), and that it most likely came from bats. Officials from other countries accuse China of having created this virus in a lab in Wuhan, which somehow leaked to the outside world.

**Which countries have been affected so**

## **far?**

At the time of writing, 116 countries on most continents (besides Antarctica) have at least one case of coronavirus. By the time you read this, the numbers are likely to have changed significantly, but right now there have been more than 120,000 infected people worldwide, of which more than 4,600 people have died. Almost 70,000 people have recovered from the illness.

## **Is it dangerous?**

The vast majority of people who catch COVID-19 (the official name) will recover. But it can be dangerous for certain members of the population, like the elderly, people with cancer, or other people who have a weakened immune system. It's important to be extra careful if you are going to be in the vicinity of such people.

## **What are the symptoms?**

Most infected people present with symptoms such as fever, cough and difficulty breathing. However, some infected people don't present with any symptoms at all. Young children and babies seem to get very mild symptoms.

## **How do medical personnel protect themselves while treating patients?**

Hazmat suits are the new must-have fashion item – if you're a doctor or nurse, that is. In Israel, Magen David Adom (MDA) paramedics do home visits for people who are in isolation, turning up in full Hazmat gear. Most countries are asking people who suspect they may have caught the virus to stay

home, and not show up at a medical clinic or hospital, where they can infect dozens of people.

## **How have travelers been affected?**

The worst case of a vacation gone horribly wrong was the Diamond Princess Cruise ship that was docked in Yokohama, Japan. The 2,666 passengers on board were isolated on the ship for about 3 weeks. Of the more than 3000 passengers and crew on board, 696 caught the virus, and 7 of those died.

The USA has suspended all travel from Europe, except for Britain. Some countries, like Israel, Thailand and some parts of China order all passengers coming from countries where the virus has spread significantly, to be quarantined for 14 days. They must stay at home and may not come in contact with anyone else. People are refraining from traveling abroad, for fear of being quarantined upon their return.

Major events, meant to host many people at a time, have been canceled in many countries.

## **What are we supposed to do?**

The most important thing is to be very vigilant with your hygiene. That means making sure to wash your hands properly. Using at least a pea-size blob of soap and water, scrub your hands for 20 seconds – the time it takes for you to sing “Happy Birthday” twice. Rinse well, close the faucet with your elbow, and dry your hands.

Governments are advising people to avoid shaking hands. Cough into your elbow to prevent droplets from spreading. Throw tissues into the garbage straight away. When out in public, avoid touching your face until you can wash your hands properly.

And of course, the most crucial thing is to #STAYATHOME

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# Jewish organisations move online

Jewish culture is being forced to make a move online, as coronavirus closes synagogues, museums and cinemas. Although most synagogues in Britain have not – yet – followed their American counterparts by live streaming their Shabbat services, a few have and no doubt more will follow.

Bromley Reform Synagogue started live-streaming its services on YouTube three weeks ago. Subscribers are notified on Shabbat morning that the service has started. Sinai Synagogue in Leeds has done the same.

The Liberal Jewish Synagogue in St John's Wood is offering online prayer services, but only to members with a password.

While Jewish cultural centres are closing, many are setting up new platforms to allow those confined to home to stay in the loop.

Phoenix Cinema and Reel in Borehamwood are bringing their best new releases to an On Demand platform they have created. The Unorthodox and How About Adolf? will be available to watch from March 15 and March 19 respectively.

# **JW3 is moving online**

JW3 has closed its doors “until further notice”, but is launching a streaming service, JW3 TV, where fresh videos will be uploaded from Sunday to Thursday and much of its forthcoming programme will be made available to view.

Hillel International, the largest Jewish student organisation in the world, has launched ‘Hillel@Home’ to provide Jewish students with social and educational content while their universities are shut.

Lectures by prominent speakers and online courses will form a key part of the platform. Former Chief Rabbi Lord Jonathan Sacks has been confirmed as among the first keynote lecturers.

Meanwhile the Hebrew University is offering full-length undergraduate online courses on everything from Israeli politics to neuroscience and modern Hebrew poetry. They cost around £50 a module.

Google Arts and Culture hosts museums around the world that can meet certain production values – and a fascinating, diverse range of stories, artefacts and videos can be found there.

## **Google Arts and culture**

London’s Jewish Museum has an exhibition that can be found on Google Arts and Culture, as well as the Imperial War Museum, which has uploaded a series on the Kindertransport.

Also on the platform are a range of fascinating Jewish exhibitions: you can find everything from the synagogues of sub-Saharan Africa, Argentina’s Jewish community, or how Shakespeare was translated into Hebrew, all curated professionally.

Poland's POLIN Museum, the Centre for Jewish History, and the Israel Museum have also all uploaded virtual tours, video exhibitions, and everything in between.

[The JC](#)