



LETGO – Independent Domestic Violence Advocacy Service

North Cumbria letgo@impacthousing.org.uk

01768 892179 8.30 – 5.00 weekdays 10.00 – 5.00 weekends and bank holidays

Feeling alone, don't know where to turn for help? Don't think anyone would believe you? Confused when your partner is violent, puts you down, criticizes and controls your behaviour but can be loving and gentle?

Any relationship can go through a bad patch. None of us are perfect. But if you constantly feel you are walking on eggshells, but still end up to blame and suffering the consequences, and if your partner bullies you verbally, threatens you, controls all the money, hits, kicks or otherwise assaults you, then **letgo** is here for you.

Abuse isn't just physical. Violence can be extreme, but the effects of emotional abuse (calling you a bad parent, cutting you off from friends and family, constant namecalling, saying no one else would want you) can last for a long time and seriously damage your mental health. **Letgo** can help you understand what is going on and keep yourself sane.

If your partner says you frighten them – if you worry what might happen next time you “lose it” and can see you need help – then **letgo** can offer you a way forward.

Worried about a friend, family member or colleague and what they, and maybe their children, are going through at home – ring **letgo** for impartial advice. You don't have to give us your name.

Letgo is an independent service for men, women and children affected by domestic abuse. Over the last four years, we have helped many hundreds of people in North Cumbria to get their lives back on track, regain their self respect and make real choices about their relationships. **Letgo** offers:-

- Your own adviser who will listen and support you whatever you decide
- Help to keep yourself safe
- Hands on practical help with other agencies if you need it. For example, going to a solicitor for an injunction. Making a complaint to the police. Helping you talk to your GP. Finding safe accommodation. Claiming benefits.
- Groups for men and for women, to share your experiences and understand the differences between abusive and healthy relationships.

KEEP YOURSELF SAFE

If your partner, ex partner or other family member is consistently controlling and violent, and you may need to leave in a hurry, you can do a few things in advance. Remember, leaving a violent partner can be dangerous, so if possible let a friend, neighbour or the police know what you are planning.

- If you think an incident is about to start, stay in a safer area of the house (not kitchen or bathroom) near an exit door
- Keep ID such as birth certificate or passport ready (but not “hidden” in the house) to take.
- Save a little money if possible and leave it with a trusted friend or family member
- Keep your mobile phone if you have one in your pocket with 999 on speeddial. Use it if violence is threatened or you are scared.
- If you have children, they probably know more than you may think about what is happening. Many children actually blame themselves for violence in the home. Talk to them yourself if you can, and consider getting some outside support for them through letgo or maybe a sympathetic teacher.

Other support available:

Cumbria Constabulary ring **999** 24 hours a day

Women’s Aid 24 hour helpline **0808 2000 247** www.womensaid.org.uk

Respect (for people who want to change their own abusive behaviour)

020 7022 1801 (not 24 hour) www.respect.uk.net

Childline **0800 1111** www.childline.org.uk

Broken Rainbow (L/G/B/T helpline) **0845 260 44 60**

Letgo – managed by Impact Housing Association and assisted by grants from the Northern Rock Foundation, the Crime and Disorder Reduction Partnership (North) and the Henry Smith Charity. Letgo reports to the Cumbria Domestic Violence Strategic Board, the partnership responsible for best practice Cumbria wide.

