

Victim Support is an independent charity dedicated to supporting victims of crime and traumatic incidents in England and Wales.

Victim Support gives emotional and practical help to people who have been affected by crime in Cumbria and has a wide range of different services it can offer.



What services does your organisation offer?

Victim Support Cumbria said: “The Independent Sexual Violence Advisor (ISVA) project supports all victims of sexual abuse. The Independent Domestic Violence Advisor (IDVA) supports victims of domestic abuse who are at high risk of serious harm. Our Turning the Spotlight team provides a package of programmes and interventions for families experiencing domestic abuse in the home.

“The Victim Support Cumbria multi-crime service provides support to any victim of crime or traumatic incident, no matter when it occurred or whether you have reported to the police. The team is made up of trained Independent Victim Advocates (IVAs) who will discuss with you how you have been impacted and can provide immediate support and information and ensure that you are made aware of your rights under the Victim's Code.

“Depending on your needs the IVAs can provide longer-term support and will work with you on a range of areas that you may need support with, such as your wellbeing or safety. They will also be able to put you in touch with colleagues or other services that can help. Our team of IVAs will be there to actively listen and provide both emotional and practical support based on your needs and what is right for you.”

Feedback from people using the service:

“I cannot thank you both enough for the support and encouragement you offered me. Having you there and believing that I could make positive changes made all the difference.”

“I really feel, at last that I am living as my authentic self for the first time in an awful lot of years, it is so liberating. I have joined a gym, doing some voluntary work and having fun!”

Can you tell us about any future projects?

Victim Support Cumbria said: “We have recently launched the Children and Young people’s domestic abuse support service. This will provide support to help young people across Cumbria find positive ways to cope when affected by domestic abuse, this could be witnessing abuse between parents or carers or being directly affected by abuse in a relationship of their own.

“The work is done on a one-to-one or group basis across six to eight weeks and will be tailored to the child/ young person’s needs and carried out in safe places like schools or community venues.

“For information or a referral form please email CYPCumbria@victimsupport.org.uk.”

Are there any opportunities to get involved?

Victim Support Cumbria said: “From donating and fundraising to volunteering, there are lots of ways you can get involved to support our charity. Together, we can help people feel safer and find the strength to move beyond crime.

“You can find the latest opportunities at the Victim Support Cumbria website [here](#). You can find out more information about Victim Support Cumbria [here](#).”