




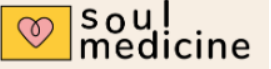





# Gainsborough Primary & Nursery School

## Domestic Abuse Help – One Minute Guide

Who?	What?	How?
<p><b><u>Bright Sky</u></b></p> 	<p>Vodafone have launched the first App in the UK for domestic abuse.</p> <p>It can be disguised as a weather App.</p> <ul style="list-style-type: none"> <li>• Take a quiz to see if you are experiencing domestic abuse</li> <li>• Advise for friends in abusive relationships</li> <li>• Support and advice</li> </ul>	<p>Download from App or Google store.</p> 
<p><b><u>My CWA</u></b> (My Cheshire Without Abuse)</p> 	<p>Cheshire Without Abuse have a 24-hour support phone line and a drop in centre in Crewe.</p> <ul style="list-style-type: none"> <li>• Understanding abuse</li> <li>• Support to overcome abuse</li> <li>• Can provide temporary crisis accommodation</li> </ul>	<p>Follow  @MyCWALiveFree</p> <p>Call 24-hour – 0300 123 5101</p> <p>Visit the centre - Lily Jones Support Centre Mill House, Brook St, Crewe CW2 7DE</p>
<p><b><u>Chayn</u></b></p> 	<p>Free online resources</p> <p>Find guides with useful information:</p> <ul style="list-style-type: none"> <li>• ‘How to collect and document evidence of abuse for divorce, criminal cases and/or child custody’</li> <li>• ‘The good friend guide’.</li> </ul>  <p>Receive regular discrete chunks of advice and support via text or email.</p>	<p>Visit <a href="https://chayn.co/">https://chayn.co/</a></p> <p>Chat with an adviser online</p> <p>Follow  @chayn</p>