



LUMINARY  
BAKERY

*Safety Planning*

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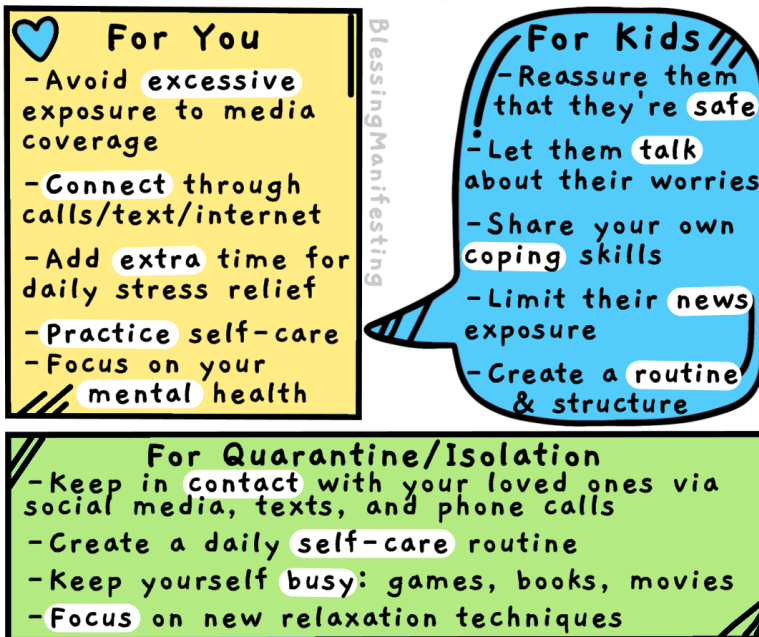
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## SELF CARE

We advocate for self care everyday - not just during this period. But now is an especially important time to take extra care of yourself. If you're stuck for ideas, your support worker would love to help you to develop a self care plan for the coming weeks.

We know that for those of us who live with anxiety, this period might be especially difficult. Here's some tips, that might soothe anxiety:

### MANAGING CORONA VIRUS (COVID-19) ANXIETY



**For You**

- Avoid excessive exposure to media coverage
- Connect through calls/text/internet
- Add extra time for daily stress relief
- Practice self-care
- Focus on your mental health

**For Kids**

- Reassure them that they're safe
- Let them talk about their worries
- Share your own coping skills
- Limit their news exposure
- Create a routine & structure

**For Quarantine/Isolation**

- Keep in contact with your loved ones via social media, texts, and phone calls
- Create a daily self-care routine
- Keep yourself busy: games, books, movies
- Focus on new relaxation techniques

BlessingManifesting

### COVID 19 SYMPTOMS & RESPONSE

A gentle reminder that the most recognisable Covid-19 symptoms are:

- a high temperature
- a new, continuous cough

If you experience any of these it's best to call 111 or arrange a telephone appointment with your GP.

Your support worker is able to advise you over the phone on what action to take if you're uncertain.

## SUPPORT

Your Luminary Support Worker will be able to support you 1-1 throughout this period. This will move to phone based support for a temporary period and we'll be looking at creative ways to keep you learning and growing at home!

Your support worker is able to continue what you've been working on together, they are also able to talk through any concerns you have relating to your safety and wellbeing during this period.

## SAFETY PLANNING

For those of us who experience violence at home, the government's advice to spend more time indoors during this period may put us at risk from the people we live with. It's important we're safety planning to do whatever we are able to minimise this risk to ourselves.

If you would like some help thinking about this or more information please ask your support worker for a Stay at Home Safety Plan.



# SAFETY PLANNING AT HOME

For those of us who experience violence at home, the government's advice to spend more time indoors during this period, may put us at risk from the people we live with. It's important we're safety planning to do whatever we are able to minimise this risk to ourselves and preparing for an emergency exit if necessary.

We found these tips from America's National Domestic Violence Helpline helpful. Some things they advise you to consider as you safety plan:

- Let trusted neighbours know of your situation and develop a plan and visual signal for when you need help.
- Identify safe areas in your home, spaces without sharp objects. If arguments occur, try to move to those areas. Don't run to where children are, as this could potentially put them in harms way.
- If possible, have a phone accessible at all times and know what numbers to call for help. It may be wise to have a second phone hidden somewhere. Additionally, know where the nearest public phone is located.
- We'd recommend getting the 'Text 999' system set up on your phone, for discreetly alerting the police when you're in danger.
- In moments alone, practice how to get out safely. Practice with your children.
- Plan for what you will do if your children tell your partner of your plan or if your partner otherwise finds out about your plan.
- Talk this through with a trusted person - your Luminary support worker can chat through this on the phone.

- Keep potential weapons like knives as inaccessible as possible.
- Try not to wear scarves or long jewellery that could become a strangling risk.

You are not alone, your Luminary support worker is able to think through a safety plan with you.

Outside of Luminary opening hours, the National Domestic Abuse Helpline offer 24 hour support. Call 0808 2000 247  
If you are in immediate danger, please call 999.

## BRIGHT SKY APP

Bright Sky is a free to download mobile app, providing support and information to anyone who may be in an abusive relationship or those concerned about someone they know.

<https://www.hestia.org/brightsky>



*life is tough  
my darling,  
but so are you*

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# LEAVING SAFELY

## SET UP TEXT 999 ON YOUR PHONE

Firstly, you must register your mobile phone number with emergency services before you can request help via text.

1. Send the word 'register' in an SMS message to 999
2. You will then receive SMS messages about the service
3. When you have read these SMS messages reply by sending 'yes' in an SMS message to 999
4. You will receive a SMS message telling you that your mobile phone is registered or if there is a problem with your registration.  
  
Just to really push this point – your phone number **MUST** be registered before
5. You are all set up, when you need to text 999 with the name of the emergency service you require, your address and details of what is happening.

If you feel you need or want to leave because of violence in your home, where possible do take time to plan a safe exit. Again, the National Domestic Abuse Helpline can provide specialist advice to help you prepare for this, supplemented by your Luminary Support Worker.

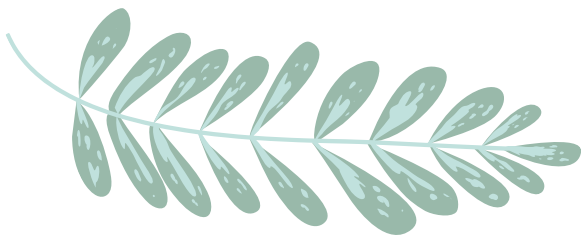
Advice from Refuge on an Exit Plan:

**Creating an emergency bag:** If it is safe to do so without your abuser noticing, keep a bag with some cash, important documents, a set of keys, some clothes, any medication, phone charger and emergency numbers. This could be kept safe at a neighbour or friend's house, so you can leave in a hurry and still have your essentials.

**Making a plan:** Think about the person's routines and choose a safe time to leave your home. Consider where they will be, and plan a safe route.

**Arranging a place to stay:** This might be the home of a trusted friend or family member, but make sure your abuser doesn't know the location. Note, refuge intake may be affected by the current Covid-19 outbreak.

**Considering ways they might track you:** It is important to think about all the ways the person might be able to find out where you are. Does your abuser have access to your emails? Could you use a friend's phone to make arrangements or buy a cheap 'burner phone'? You may need to delete any searches related in your internet history and turn your location off on your phone.



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## HELPLINES

As Luminary Limited is a charity registered within the UK, the following helplines are UK only.

In the event you are concerned for your, or another persons' health or wellbeing, you can seek further information and help from the following:

If you or someone else is in immediate danger **always** phone 999.

For health queries that are not an emergency but you feel are urgent, you can call 111.

### Mental Health

If you are experiencing Self Harm or Suicidal thoughts, call NHS: 111 and your GP for an urgent appointment.

Papyrus HOPELINE (under 35's): 0800 068 4141

Samaritans 116 123 or text Shout to 85258  
[www.mind.org.uk](http://www.mind.org.uk)

### Domestic Abuse

The National Domestic Abuse Helpline 0808 2000 247

National Stalking Helpline 0808 802 0300

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## Homelessness

Shelter 0300 636 1967

[shelter.org.uk](https://www.shelter.org.uk)

Local Authority Housing Options Teams (HOST) have a duty of care if someone presents as homeless. You can find the phone number for your HOST at:

[www.gov.uk/homelessness-help-from-council](https://www.gov.uk/homelessness-help-from-council)

## Modern Slavery

Modern Slavery Helpline - 08000 121 700

[modernslaveryhelpline.org](https://modernslaveryhelpline.org)





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