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16 days of action raises awareness of domestic abuse

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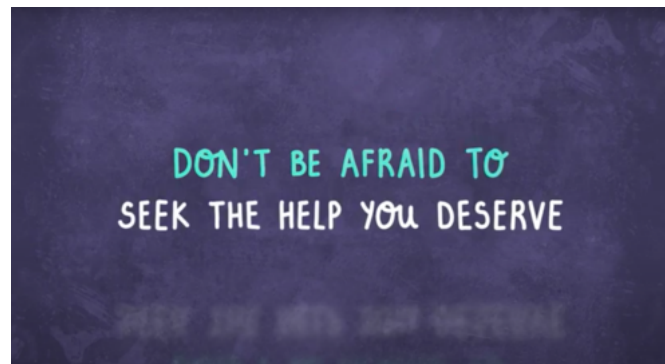
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16 days of action raises awareness of domestic abuse

Every year, organisations come together to support 16 Days of Action, a campaign to raise awareness of domestic abuse.

This year, the 16 days began on 25 November, and will end on 10 December. However, despite this campaign seeking to end violence and abuse, we know that for some people the effects of domestic abuse will last a lifetime.

2020 has been a challenging year for many, with two national lockdowns and restrictions in place to minimise our time spent outside the home. The National Domestic Abuse Helpline reported increased demand during the first lockdown.



One of the members of our Domestic Abuse Team has written a poem, which the team hopes will resonate with people who have been or are affected by domestic abuse or unhealthy relationships. They hope it will inspire people to seek support if they need it. You can watch it on [YouTube](#).

What should you do if you need support?

You are not alone. If you or someone you know is affected by domestic abuse, call the National Domestic Abuse Helpline 0808 2000 247.

Visit the [Bedfordshire Domestic Abuse Partnership](#) website for more information about local and national support for all affected by domestic abuse, including men, children and young people, older people and people from the LGBT+ community.

In an emergency, always dial 999.

Are you worried about someone else?

If you're worried about a family member, a loved one, a friend, a neighbour or a work colleague, you can report concerns about domestic abuse anonymously.

If you suspect domestic abuse and don't want to reveal your identity, talk to CrimeStoppers by calling 0800 555 111. Or visit the CrimeStoppers [domestic abuse webpage](#) where you can anonymously complete an online form.

[COVID-19 health advice](#)

Get a free NHS test today to check if you have coronavirus

Anyone with coronavirus symptoms can get a test.

Coronavirus symptoms are:

- a high temperature
- a new, continuous cough
- a loss or change to your sense of smell or taste

You can get a test for someone you live with if they have these symptoms. Do not get tests for people you live with who do not have these symptoms.

Stay at home if you have symptoms

If you are getting a test because you have symptoms, you and anyone you live with must stay at home until you get your result.

Anyone in your support bubble must also stay at home.

Get a test

Have you downloaded the NHS COVID-19 App?

The app is available for smartphones only - not tablets, smartwatches or other devices.

To get started, go to [Android's Google Play](#) or [Apple's App Store](#) and search for "NHS Covid-19".

The handsets must have Android 6.0 (released in 2015) or iOS 13.5 (released in May 2020) and Bluetooth 4.0 or higher. That excludes the iPhone 6 and older versions of Apple's handsets.

Further information is available on the [NHS website](#). This also gives information on how to report an issue or if you have any questions about this product.



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