

Do you know someone who may be in an abusive relationship and want to help?

- Find out if they need medical help
- Use the contact information in this leaflet to find an organisation that can help
- Be aware of your own personal safety
- Check whether it is safe to contact them and what the safest way is of keeping in touch.
- Offer to let them use your address to receive information

Useful contacts

Police Domestic Abuse Officers

Torbay Domestic Abuse Unit. . . .01803 841469
Non emergency number
In an emergency always dial 999

Advice lines

National Domestic Violence Helpline. 0808 2000 247
24 hour confidential advice line

Domestic Violence Legal Helpline 0800 5870 209

Respect Helpline 0845 122 8609
Information and advice for people who are abusive towards their partners and want help to stop. www.respect.uk.net

MALE men's advice helpline . . 0808 801 0327
For men experiencing domestic abuse.
www.mensadvice.org.uk

Broken Rainbow 08452 60 44 60
Support for lesbian, gay, bisexual and transgender (LGBT) people experiencing domestic abuse. www.broken-rainbow.org.uk

Victim support 0845 676 10 20
National charity for victims and witnesses of crime. www.victimsupport.org.uk

NHS Direct 0845 4647
Health advice and information
www.nhsdirect.nhs.uk

Housing Advice and Information

Torbay Council Housing Needs Team 01803 208723
www.torbay.gov.uk/housingadvice

Shelterline 0808 800 4444
Housing Advice Helpline
www.shelter.org.uk

Support Services

Domestic Abuse Support Service 01803 217614
www.westcountryha.org.uk

Refuges

National Domestic Violence Helpline 0808 2000 247
24 hour confidential advice line

Torbay Refuge 01803 524594
Crisis accommodation for women and children
www.westcountryha.org.uk

Women's Aid

For information on refuges and an A-Z of refuges throughout the UK.
www.womensaid.org.uk

Other Useful Contacts

Safer Communities Torbay . . . 01803 841274
www.safercommunitiesforbay.org.uk

Bridge Associates. 0845 053 5627
Domestic Abuse Educational and Therapeutic Services
www.bridge-associates.org.uk

Torbay Council. 01803 201201
www.torbay.gov.uk

Torbay Council Children's Services 01803 208100

RSPCA Petsafe 07715 540 182
Fostering scheme for pets of families fleeing domestic abuse.

Police Use

Officer's Name:
Shoulder Number:
Station:
Crime Nos:

This leaflet can be made available in other languages and formats. For more information please telephone 01803 841506.

Torbay exposing domestic abuse



Information about Domestic Abuse



What Is Domestic Abuse?

Domestic abuse is abusive or violent behaviour between partners, ex-partners or family members. Overwhelmingly the abuser is a man and the abused a woman, though this is not always the case.

Domestic abuse is not just about actual physical violence, such as slapping, hitting or punching.

Other forms of domestic abuse can include:

- emotional
- psychological
- sexual
- financial
- social (enforced isolation)
- forced marriage and honour based violence

Who Can Experience Domestic Abuse

People suffer domestic abuse regardless of their social and cultural background, age, disability, sexuality or lifestyle. The abuse can begin at any time - in new relationships or after many years spent together.

- One in four women experience domestic abuse at some time in their lives
- One in six men will experience domestic abuse in their lifetime
- In 90 per cent of incidents children are present or in the next room.
- 30% of domestic abuse cases start in pregnancy

Children's health and well being can be seriously affected by living in households where there is any form of domestic abuse. It is very common for children to see or overhear physical violence. They will also be able to pick up on how your partner treats you generally.

Children who have witnessed domestic abuse are often:

- afraid
- withdrawn
- angry
- lacking in confidence
- suffering from health or sleeping problems
- struggling at school
- ashamed to bring friends home
- violent or showing other behaviour problems
- physically hurt or abused.

Are You Suffering Domestic Abuse?

You can get help in Torbay from a range of organisations...

Police Domestic Abuse Unit

A specialist unit dealing with all domestic abuse, including same sex domestic abuse. Trained officers investigate cases, take statements, and give advice on legal options and safety issues, as well as working in partnership with other agencies to ensure victims of domestic abuse have access to local support services.

Refuge

Women's Refuges provide temporary safe accommodation for women and children who need to leave their homes due to domestic abuse. Refuge workers provide help, advice and practical support to enable women and children to move-on from their experiences.

Domestic Abuse Support Service (DASS)

Offers free comprehensive package of support to men, women and transgender individuals who are experiencing or have experienced domestic abuse. The service aims to be both flexible and responsive to individual needs and can offer support with:

- practical and emotional issues
- access to other services
- resettlement and housing issues
- education, training and employment
- access to health and wellbeing services

Independent Domestic Violence Advisors (IDVA) (agency referrals only)

Offer support, advice and information for very high risk victims and those going through the Specialist Domestic Violence Court.

Bridge Associates

(agency referrals only)

A range of community based support programmes for women and children who have experienced domestic abuse.

Victim Support

Victim Support in Devon is based locally and can offer free, confidential support and advice to victims of domestic abuse and their families. The local helpline is open from 8am- 8pm Monday to Friday.

Sanctuary Scheme (agency referrals only)

This scheme is operated by Torbay Council and aims to improve home security by undertaking works that make it difficult for unwanted visitors to gain access to the property, this may include new locks and stronger doors.

What if you want to leave or have to leave?

These are suggestions to help you if you are thinking about leaving

- Try to find a safe place to go (a friend's house, family or a refuge)
- Arrange a signal with a friend, which may need to be in code, so that you can be helped to escape
- Try to have enough money put away in case you need a taxi, bus or train fare quickly
- Gather together documents such as child and other benefit books, passports, birth certificates, rent books, mortgage details etc. and keep them in a safe place that you can get to easily
- Have an extra set of keys cut for your house or anywhere else you may need to access. Remember to take a set of house keys with you
- Keep a list of emergency contacts, e.g. school, GP, support services, in a safe place
- Hide a small bag of essential items in a safe place together with any toiletries, baby things or personal items that you might need
- If you have children, remember to take their favourite toy or comforter