

WHAT ELSE CAN WE DO?

In addition we can offer support to:

- **Children** affected by Domestic Violence and Abuse
- **PODAS** can help perpetrators of Domestic Violence and Abuse to recognise and change their behaviour
- **Freedom Programme** is a group programme for women to help recognise abusive behaviour in their relationships

Please contact DVAP on (01482) 396368 for all of the above services.

WHO CAN HELP?

If you want information or advice, or just to talk to someone in a confidential setting please contact DVAP on either of the telephone numbers below:

DVAP Operational Team: (01482) 396368

Confidential Helpline: (01482) 396330

Email: DVAP@eastriding.gov.uk

USEFUL NUMBERS

IN AN EMERGENCY DIAL 999

DVAP (office hours only): (01482) 396368

Women's Aid (24hr): 0808 2000 247

Early Health and Safeguarding Hub (EHaSH)
Monday-Thursday 9am-5pm and Friday 9am-4.30pm:
(01482) 395500

EHaSH out of hours please contact the
Emergency Duty Team: (01377) 241273

ERYC Housing (24hr): (01482) 393939

Victim Support: 0808 1689111

Family/Friend.....

Your Solicitor

This document can be made available in other languages or formats if required. To request another format, please contact us on Tel: (01482) 396368.



WHERE TO GET HELP IF YOU ARE BEING ABUSED

For more copies of this leaflet contact any
East Riding Customer Service Centre
May 2019

WHAT IS DOMESTIC VIOLENCE AND ABUSE?

It can happen to men and women from 16 years and above, and children can be harmed because of it. It can be committed by a partner or ex-partner, or a family member, in an existing or previous relationship.

It can involve a wide range of abusive and controlling behaviour including: PHYSICAL beating, kicking, slapping, punching, burning, strangulation, stabbing, denying sleep, EMOTIONAL/PSYCHOLOGICAL jealousy, humiliation, degradation, put down, isolation from family and friends, threats of suicide, using your children to inform or report on you. SEXUAL rape, enforced sex or prostitution, pornography, or any sexual behaviour or activity which you find unacceptable. VERBAL ABUSE, name calling, or threats to harm. FINANCIAL CONTROL, withholding money, always calling you to account for spending. COERCIVE CONTROL: a continuing act or a pattern of acts of assault, threats, humiliation and intimidation or other abuse that is used to harm, punish, or frighten their victim.

Anyone can be abused...

Domestic abuse is a serious and widespread problem although it is often hidden. It happens in all kinds of relationships, regardless of race, class, religion, cultures, age, sexuality, disability or gender.

Every individual...

Has the right to live free from fear, intimidation and abuse, especially within their own home.

No one...

Deserves to be abused or should have to accept intolerable behaviour. Domestic abuse is any form of unacceptable personal abuse.

WHAT TO DO?

If you are preparing to leave there are several things you can do to prepare:

- Keep any useful telephone numbers with you
- Photocopy and know where important documents are stored and leave a set with someone you trust
- Open a savings account and make sure no documents are sent to your home address
- Get an extra set of keys
- Organise a bag of clothes for yourself and children, including toys and medicines
- Try to keep some spare change for taxi, bus fares, phone calls
- Inform somebody that you trust of your plans to leave

IF I DECIDE TO LEAVE HOME WHAT SHOULD I TAKE WITH ME?

If you are in immediate danger, don't worry about taking anything with you; just leave and call 999.

If it is possible to take some possessions, bring with you a key to your home and car, any money, benefit books, legal documents, i.e. passport, birth certificates belonging to you and the bare essentials of clothing and toiletries. Remember to take some toys for the children. Other property can be collected later.

WHO CAN HELP ME?

DVAP can provide advice and support around:

- Personal safety
- Housing options
- Making your home safe and secure
- Legal options
- Welfare benefits
- Child Protection Issues and appropriate child related services
- Access to appropriate medical assistance
- The Freedom Programme (group)

These can all be built into the Personal Support Plan

If you are in an abusive relationship, there are three important steps you must take:

- Recognise that it is happening to you
- Accept that you are not to blame
- Get help and support