



East Cambridgeshire District Council

DOMESTIC ABUSE

It shouldn't hurt to go home.

Large Print, CD
and other formats
are available on
request

If you need this leaflet to be translated in your language,
please contact us on: 01353 665555

Polish Jeżeli potrzebują Państwo tę ulotkę w języku polskim,
prosimy o kontakt pod numerem
01353 665555

Portuguese Se você precisa este folheto a ser traduzida na sua língua,
por favor entre em contato conosco
01353 665555

Romanian Dacă aveți nevoie de acest prospect pentru a fi tradus
în limba dumneavoastră, vă rugăm să ne contactați pe:
01353 665555

Lithuanian Jei jums reikia ši lapelį išversti į savo kalbą, prašome
susisiekti su mumis: 01353 665555

Russian Если вам нужна эта брошюра для перевода на ваш
язык, пожалуйста, свяжитесь с нами по: 01353
665555

What is Domestic Abuse?

The Home Office defines Domestic Abuse as “Any incident or pattern of incidents of controlling, coercive or threatening behaviour, violence or abuse between those aged 16 or over who are or have been intimate partners or family members regardless of gender or sexuality. This can encompass but is not limited to the following types of abuse:

Physical

Psychological

Sexual Financial

Emotional

Domestic abuse does not discriminate. It happens among and within:

Heterosexual couples and in same sex partnerships.

While women are more commonly victimised, men are also abused,

All age ranges,

All ethnic backgrounds, All economic levels.

What are the warning signs of domestic abuse?

Domestic abuse can happen to anyone. Noticing and acknowledging the signs of an abusive relationship is the first step to getting help and to ending it. No one should live in fear of the person they love and you don't have to deal with this on your own.

The most telling sign is fear of your partner. If you are constantly watching what you say and do in order to avoid a blow-up, the chances are your relationship is unhealthy and abusive.

- Your partner is trying to isolate you and to keep you from seeing family or friends or even prevent you from going to work or school in order to increase your dependence on him/her.
- Your partner is humiliating you and makes you feel bad about yourself. Insults, name-calling, shaming and public put-downs are all weapons of abuse designed to erode your self-esteem.
- Abusers use threats to keep their partners from leaving or to scare them into dropping charges. Your abuser may threaten to hurt or kill you, your children other family members or even pets.
- They may use a variety of intimidation tactics. Such tactics include making threatening looks or gestures, smashing things in front of you, destroying property, hurting your pets, or putting weapons on display.
- Abusive individuals need to feel in control. They will tell you what to do and expect you to obey without question. Your partner may treat you like a child, servant and as one of his/ her possessions.
- The most obvious signs of domestic violence are physical violence such as punching, slapping, hitting,

- pulling hair, burning, kicking and pinching.
- Abusers may minimise or deny that the violence occurred by saying the abuse didn't happen. Your abusive partner will put the blame on you and shift
 - the responsibility onto you by saying you caused the abusive behaviour

Physical assault or battering is a crime, whether it occurs inside or outside of the family. The police have the power and authority to protect you from physical attack.

What legal rights do victims of domestic abuse have?

Whether or not the abuser is prosecuted, those who experience domestic violence have rights under the civil law. Injunctions or court orders for protection against further abuse (a non-molestation order) and/or to keep the abuser away from the home (an occupation order) may be applied for in either the magistrates' family proceedings court or in the county court. The homelessness legislation also enables those who are vulnerable as a result of fleeing violence to apply for emergency accommodation on the grounds of homelessness.

Have you heard of refuge?

If you are experiencing domestic abuse, you will need an assessment by a housing advisor.

You will be offered a refuge placement in order to remove you from danger and allow you to organise future housing and benefits etc.

They will provide you with support.

And your housing advisor will assist you to find a suitable placement.

Who to contact for further advice?

ECDC Housing Options

You can contact us in any of the following ways:

By visiting our Drop-in Surgery's:

Monday, Tuesday and Wednesday between 8:45 to 12:00 (other interviews are appointment only)

Tenancy Support Thursday and Friday 8.45 to 12.00

East Cambridgeshire District Council

The Grange

Nutholt Lane

Ely

CB7 4EE

By phone

01353 665555

By email

Housingmail@eastcambs.gov.uk

By writing to us

Housing Services

East Cambridgeshire District Council The Grange, Nutholt Lane,
Ely, CB7 4EE

Community Hubs

Ely Hub

Ely Lighthouse Centre
13 Lynn Road
Ely
CB7 4EG
Phone: 01353 662228
Every Tuesday 10am to 1pm

Littleport Hub

The Village Hall
Victoria Street
Littleport
Ely
CB6 1LX
First Thursday of every month 10am to 1pm

In emergencies

If you need to contact us outside of office hours in an emergency, please call: 0771097890

Complaint

If you need to complain, please use our separate “complaints” leaflet. You can get a copy from our office.

Advice from other sources

Citizens Advice Bureau information

70 Market Street Ely
CB7 ALS
0844 2451292 (from landline)
0300300650 (from mobile)

999 - Emergency Services

If you are concerned for your own or some else's immediate safety ring the Police on 999

Women's Aid - National Domestic Violence Helpline This 24 Hour Helpline service provides support, information and a listening ear to women and children experiencing domestic violence. It will also refer male callers who require help to appropriate support groups.

Freephone: 0808 2000 247

Email: helpline@womensaid.org.uk

Post: P.O. Box 391, Bristol, BS99 7WS

Self-referrals to Domestic Violence Services

You can also self-refer to most refuge organisation by contacting one of the services on Women's Aid Website.

Rights of Women

It is a not-profit organisation, committed to informing, educating and empowering women on the law and their legal rights.

Visit www.rightofwomen.org.uk

Email: info@row.org.uk

Legal advice line: 0207 251 6577

Text phone: 0207 490 2562

Sexual Violence Legal Advice Line: 020 7251 8887

Broken Rainbow Helpline

This Helpline is a UK – wide specialist confidential service for lesbians, gay men, bisexual and transgender people experiencing homophobic or transphobic domestic violence.

The helpline can be accessed anonymously. Staff offer

information, support and advice including referrals to other services if necessary.

Helpline number: 0300 999 5428

Email: mail@broken-rainbow.org.uk

Website: www.broken-rainbow.org.uk

Victim Support

Charity that helps young people if they have been victims of abuse or violence.

Helpline: 0845 30 900

Website: victimsupport.org

Sexwise

Helpline providing information, advice & guidance for young people 12-18yrs on sexuality and sexual advice

Freephone: 0800 282930

Website: rethinking.co.uk

Childline

Free confidential 24 hour helpline for children and young people in the UK.

Freephone: 0800 1111

Website: childline.org.uk

Men's Advice Line

If you are a man or you want to call on behalf of a man who is experiencing domestic violence, you can contact:

Men's Advice Line: 0808 801 0327 (Managed by Respect)

Website: www.menadviceline.org.uk

Forced Marriage Helpline

Freephone: 0800 599 9247 (not 24 hrs)

National Forced Marriage Unit

Help for those who have been forced into marriage overseas; are at risk of being forced into marriage; or people worried about friends or relatives.

Helpline: 0207 008 0151

Rape Crisis

Offers a range of specialist services for women and girls who have been raped or experienced another form of sexual violence – whether as adults, teenagers or children.

Helpline: 0808 8029999

Website: rapecrisis.org.uk

REMEMBER

- Domestic abuse is very common. One woman in three experiences domestic abuse at some point in her life
- Domestic abuse is a crime – it is unacceptable
- Domestic abuse is very dangerous
- You have the right to live without fear of abuse
- The abuser is solely responsible for his abusive behaviour.
- It is not your fault
- Do not feel ashamed, guilty or embarrassed to talk to someone who can help
- It is not too late to break the abuse wheel
- You deserve better
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VIOLENCE WHEEL



SOURCE: DOMESTIC ABUSE INTERVENTION PROJECT, DULUTH, MI

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Dotted lines for taking notes.

East Cambridgeshire District Council

www.eastcambs.gov.uk

☎: 01353 665555

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