





Introduction

Background

The J9 Domestic Abuse Initiative is named in memory of Janine Mundy, who was killed by her estranged husband while he was on police bail. The initiative was started by her family and the local police in Cambourne, Cornwall, where she lived and aims to raise awareness of domestic abuse and assist victims to seek the help they so desperately need. In Essex, the initiative was started by Epping Forest District Council. It expanded to Harlow and Uttlesford soon afterwards. Training is now available across the county and a list of Community Safety Partnerships delivering J9 training is available in this handout pack.

Training

The training sessions are intended to raise awareness and increase knowledge and understanding of domestic abuse for staff in public and voluntary sector organisations. In the course of their work, these staff may come into contact with someone they suspect is a victim of domestic abuse, or a client may reveal that they are suffering abuse. The training aims to ensure that staff are equipped to respond appropriately and effectively.

Following attendance at a J9 training session, attendees will be given a J9 window sticker and organisations are asked to display the logo in their premises so that victims know where they can obtain information which will help them to access the support they need. All attendees will be provided with a J9 lanyard or pin badge.

Information Pack

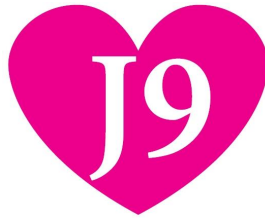
This information pack is intended to be used to 'signpost' victims of domestic abuse to the support services they need. The information packs can be downloaded from: www.setdab.org/j9-initiative

The SETDAB website and central mailing list of people who have been through the training is maintained by Southend, Essex and Thurrock Domestic Abuse Partnership. Once you have attended a training course you will be sent an email to opt in to receive the monthly newsletters.

The information packs, and training waiting lists are maintained by Epping Forest District Council Community Safety Partnership: Contact – Carly Stratton via email at J9@eppingforestdc.gov.uk

Further Information and Resources

Many of the organisations which provide advice and support for victims of domestic abuse also provide a range of resources to help raise awareness of the issue and to help signpost victims to their services. Details of some of these resources can be found at the end of this information pack.



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1. What Is Domestic Abuse?

Domestic abuse is very common and currently claims the life of two women per week and affects millions of people. One incident of domestic abuse is reported to the police every minute.

The Government definition of domestic violence and abuse is:

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:

- Psychological
- Physical
- Sexual
- Financial
- Emotional

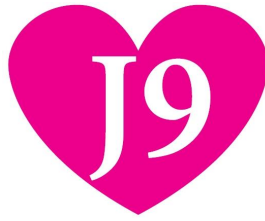
The Government definition includes so-called 'honour' based violence, female genital mutilation (FGM) and forced marriage, and is clear that victims are not confined to one gender or ethnic group.

Psychological abuse is abuse which reduces a person's sense of identity, dignity, and self-worth. This includes:

- **Controlling behaviour:** a range of acts designed to make a person subordinate and/or dependent by isolating them from sources of support, exploiting their resources and capacities for personal gain, depriving them of the means needed for independence, resistance and escape, and regulating their everyday behaviour.
- **Coercive behaviour:** an 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.

Physical abuse is abuse involving contact intended to cause feelings of intimidation, pain, injury or other physical suffering or bodily harm. Physical abuse includes hitting, slapping, punching, choking, pushing and other types of physical contact that result in physical injury to the victim. Physical abuse can also include behaviours such as denying the victim medical care when needed, depriving the victim of sleep or other functions necessary to live, or forcing the victim to engage in drug/alcohol use against his/her will.

Sexual abuse constitutes any situation in which force is used to obtain participation in unwanted, unsafe or degrading sexual activity.



Emotional or mental abuse can include humiliating the victim privately or publicly, controlling what the victim can and cannot do, withholding information from the victim, deliberately doing something to make the victim feel diminished or embarrassed, isolating the victim from friends and family, implicitly blackmailing the victim by harming others when the victim expresses independence or happiness.

Domestic abuse happens in all cultures; people of all races, ethnicities, religions, ages and backgrounds can experience domestic abuse.

It is most commonly carried out by men against women but it can happen to men and to people in same-sex relationships. It applies to married couples, co-habitees, boyfriends/girlfriends, ex-partners and teenage children. It can be linked to other offences such as elder abuse and child abuse.

Coercive Control is an 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. This controlling behavior is designed to make a person dependent by isolating them from support, exploiting them, depriving them of independence and regulating their everyday behavior.

Coercive control creates invisible chains and a sense of fear that pervades all elements of a victim's life. It works to limit their human rights by depriving them of their liberty and reducing their ability for action. Experts like Evan Stark liken coercive control to being taken hostage. As he says: "the victim becomes captive in an unreal world created by the abuser, entrapped in a world of confusion, contradiction and fear."

How do you know if this is happening to you?

Some common examples of coercive behavior are:

- Isolating you from friends and family
- Depriving you of basic needs, such as food
- Monitoring your time
- Monitoring you via online communication tools or spyware
- Taking control over aspects of your everyday life, such as where you can go, who you can see, what you can wear and when you can sleep
- Depriving you access to support services, such as medical services
- Repeatedly putting you down, such as saying you're worthless
- Humiliating, degrading or de-humanising you
- Controlling your finances
- Making threats or intimidating you



Gov UK – Controlling or Coercive Behaviour

https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/482528/Controlling_or_coercive_behaviour_-_statutory_guidance.pdf

The offence closes a gap in the law around patterns of controlling or coercive behaviour that occurs during a relationship between intimate partners, former partners who still live together or family members. This offence sends a clear message that this form of domestic abuse can constitute a serious offence particularly in light of the violation of trust it represents and will provide better protection to victims experiencing repeated or continuous abuse. It sets out the importance of recognising the harm caused by coercion or control, the cumulative impact on the victim and that a repeated pattern of abuse can be more injurious and harmful than a single incident of violence.

REMEMBER!

Domestic abuse is far more widespread than you may think and is rarely a one-off incident and will usually escalate over time. It becomes a pattern of behaviour that allows one partner to establish and maintain power and control over the other.

If you recognise any of the behavioural traits mentioned in this guide, try not to ignore the signs and seek help for the sake of you and your children.

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

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

Getting Help and Advice

If you are experiencing domestic abuse, getting help and advice is one of the most important things you can do. There are many people and organisations you can turn to if you are suffering from domestic abuse.

For contact details see 16. Useful Contact Numbers

In an emergency dial 999

Domestic abuse is treated very seriously by the police and they will take action to protect you.



2. Common Myths About Domestic Abuse

Only married women experience domestic abuse

False

Anyone can suffer from domestic abuse or abuse. The majority of domestic abuse victims are women but men also suffer from abuse by their partners. The myth that domestic abuse is a problem only experienced by women may make it more difficult for men to admit that they are suffering from domestic abuse. Do not be ashamed or embarrassed to admit you are suffering from violence at the hands of your partner.

Equally, you do not have to be married to suffer from domestic abuse. Abuse can occur in any relationship. Nor does marriage make domestic abuse, or abuse, acceptable. Violence by one person against another constitutes a criminal act, regardless of marital status or gender.

Domestic abuse only occurs between a couple

False

Domestic abuse can occur between any family members, including mother, father, son, daughter, brother, sister, aunts, uncles, grandparents, in-laws and step family in any combination.

Domestic abuse is uncommon

False

Research by the British Crime Survey shows that 1 in 4 women is a victim of domestic abuse at least once in her lifetime. The police receive a call about domestic abuse every minute in the UK.

It was a momentary loss of temper

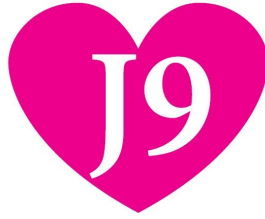
False

Research suggests that victims of domestic abuse are victimised over and over again by the same person. Domestic abuse is an ongoing experience of abuse and one you do not have to suffer.

Hitting your partner is the only form of domestic abuse

False

Domestic abuse encompasses physical, psychological, sexual, emotional and financial abuse.



Only poor and ethnic minority groups experience domestic abuse

False

Domestic abuse does not discriminate. People of all socio-economic classes, genders, races, ethnicities, sexual orientations and religions can experience domestic abuse.

Leaving an abusive relationship is easy

False

It can be very difficult to leave an abusive relationship for many reasons, but help is available to you.

Many victims of domestic abuse are at their most vulnerable immediately after they leave an abusive relationship. Help and support are available to victims of domestic abuse to help make the process of leaving a violent or abusive relationship less difficult. Don't feel guilty about leaving an abusive relationship, you are not 'giving up' on someone, you have the right to a life free of violence or abuse.

Women always stay in violent relationships

False

Many women and men who leave violent or abusive relationships go on to build a life free of violence and abuse. Almost all victims of domestic abuse will leave at least once.

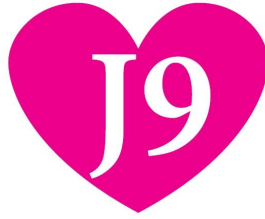
Remember that you have a right to a life free from fear, violence and abuse. Help and support is available to you.

People don't get seriously hurt by domestic abuse

False

Statistics show that the leading cause of injury for women aged 15-44 is domestic abuse. Almost half of all murders committed in the UK are domestically linked, with one woman murdered by a partner, or ex-partner, every three days.

Figures don't reflect the amount of mental and emotional trauma experienced by victims of domestic abuse, including children who witness domestic abuse or abuse in the home.



3. Your Legal Rights

If you are frightened of your current or former partner, then you have a right to be protected under the law.

Domestic abuse is dealt with both under Criminal Law and Civil Law. The two systems are separate and are administered by the two separate courts.

Criminal Law

You have rights under Criminal Law. Being assaulted by someone you know, or live with, is just as much a crime as abuse from a stranger, and often more dangerous.

When the police have been called, their first priority should be the safety and well-being of you and your children, and to protect everyone present from injury or further harm.

If you call the police because you are experiencing domestic abuse, they should always give you the opportunity of being listened to and spoken to separately, away from your abuser.

If there are reasonable grounds to justify an arrest, the police should do this without asking your 'permission' or insisting on a statement from you first. The abuser can then be held for up to 24 hours before they need to charge him/her.

If the police arrest and charge the abuser they will then make a decision whether to keep the abuser in custody or to release the abuser on bail. If they release the abuser on bail, they may attach conditions to this that are aimed at protecting you, your children and any witnesses from further intimidation and abuse.

The police will inform you of any conditions they have placed on the abuser, what these conditions mean and what action you should take if these conditions are broken.

Civil Law

Civil Law is primarily aimed at protection. A survivor of domestic abuse can make an application for an injunction (a court order).

You could try to gain some protection from your abuser by applying for a civil injunction or protection order. An injunction is a court order that requires someone to do, or not to do, something.

There are two main types of injunctions available and both can have a power of arrest attached by the courts if they believe that you are in any danger.

A non-molestation order is aimed at preventing your partner, or ex-partner, from using or threatening abuse against you or your child, or intimidating, harassing or pestering you, in order to ensure the health, safety and well-being of yourself and your children.



An occupation order regulates who can live in the family home and can also restrict your abuser from entering the surrounding area. If you do not feel safe continuing to live with your partner, or if you have left home because of abuse, but want to return and exclude your abuser, you may want to apply for an occupation order.

Who is eligible to apply for an injunction?

To be able to apply for one of these orders you must be an 'associated person'. This means you and your partner, or ex-partner, must be related or associated with each other in one of the following ways:

- You are, or have been, married to each other
- You are, or have been, in a civil partnership with each other
- You are cohabitants or former cohabitants (including same-sex couples)
- You live, or have lived, in the same household
- You are relatives
- You have formally agreed to marry each other (even if that agreement has now ended)
- You have a child together (this can include those who are parents of the same child and those who have parental responsibility for the same child)
- Although not living together, you are in an 'intimate relationship of significant duration'
- You are both involved in the same family proceedings (e.g. divorce or child contact)

If you are not eligible to apply for an order under the Family Law Act 1996, or if you are being continually harassed, threatened, pestered or stalked after a relationship has ended you can also get a civil injunction under the Protection from Harassment Act 1997.

Getting Legal Advice

Although you can apply for an injunction yourself, you might find it helpful to have legal advice. It is best to get a solicitor who has a lot of experience with domestic abuse cases and who is likely to understand all the issues.

You may be eligible for legal aid to pay for your legal costs if you are claiming welfare benefits, or are on a low income and have little or no savings. (Your partner's or husband's income is not taken into account if you are taking legal action against him.)

You can contact Civil Legal Advice for free impartial legal advice and information on legal aid. (<https://www.gov.uk/civil-legal-advice>.)

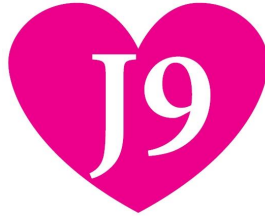
Tel: 0345 345 4345

Minicom: 0345 609 6677

Monday to Friday, 9am to 8pm

Saturday, 9am to 12:30pm

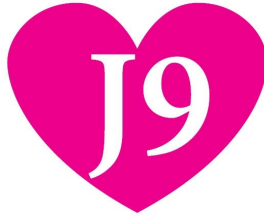
text 'legalaid' and your name to 80010 (they will call you back)



The National Centre for Domestic Violence provides a free, fast emergency injunction service for survivors of domestic violence regardless of their financial circumstances, race, gender or sexual orientation.

TO MAKE A REFERRAL:

Tel: 0207 186 8270
Freephone: 0800 970 2070 – Option 1
Text: NCDV to 60777 (they will call you back)
Email: office@ncdv.org.uk
Website www.ncdv.org.uk



4. Crisis Planning

Admitting to yourself and others that you are experiencing domestic abuse may seem very difficult, but it is an important step towards getting protection for yourself and your children.

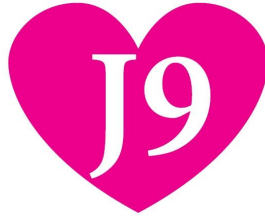
It is not your fault. You are not alone. You have the right to live free from fear.

Keeping a diary of events and incidents is helpful to both the police and you. A record of events can help if any action is taken against the offender. Try to record an incident as soon as possible and include as much information as possible.

Sometimes victims of domestic abuse have to leave home in a hurry to escape from abuse. It can help if you have already made some plans.

Making a crisis plan is a way of feeling more in control, more positive and confident. This is a suggested plan of action which you can add to or change to suit you:

- *Find somewhere you can quickly and easily use a phone (neighbour/relative/friend)*
- *Make, and always carry with you, a list of numbers for an emergency. Include friends, relatives and local police (even well-known numbers can be forgotten in a panic)*
- *Try and save some money for bus, train or taxi fares*
- *Have an extra set of keys for your house, flat, car*
- *Keep the keys, money and a set of clothes for you and the children packed ready in a bag that you can quickly get and take. For safety it may be more appropriate to have this at a friend's house to save keeping it in your premises*
- *Explain to your children (if they are old enough to understand), that you might have to leave in a hurry. Explain that you will take them with you or arrange for them to join you as soon as possible*



If you have more time to plan leaving; do as much as possible of the following:

- *Leave when the abuser is not around*
- *Take all the children with you*
- *Take your legal and financial papers, marriage and birth certificates, court orders, national health cards, passports, driving licence, address book, cheque book, credit cards and so on*
- *Take any of your personal possessions which have sentimental value – photographs or jewellery etc.*
- *Take favourite toys for the children*
- *Take clothing for at least seven days*
- *Take any medicine you or your children might need*
- *If you have any pets and are worried they may not be looked after if left behind, try to arrange for someone to care for them. Pets can sometimes be forgotten in an emergency. An animal charity might be able to help*
- *If you do leave and realise that you have forgotten something, you can always liaise with the police domestic abuse units, with a view to having the protection of a police escort so that you can return home to collect it*

How the police can help

Domestic abuse is treated seriously by the police. If you or someone you know is the victim of domestic abuse, the police will deal promptly and positively with any domestic incident that they are called to attend. The police have domestic abuse units and staff who can give advice.

Children can be victims too. The police have Child Abuse Investigation Teams and are there to protect the welfare of children who are victims of emotional, physical or sexual abuse.

Where it is necessary and appropriate, the person responsible for the abuse will be arrested.



The police will take action that can protect you from further abuse, such as recording information relating to your address, in case of calls and installing police linked alarms and consider all safeguarding measures.

The police work closely with other local agencies such as Victim Support, housing and many others in order to get the support you need.

What to do if you need help

If you are in immediate danger - always dial 999

Non-emergency contact:

Essex Police Domestic Abuse Central Referral Unit

Tel: 101 Ext 180340

Domestic abuse non-emergency number: 0800 358 0351

Minicom: 01245 452828

Website – www.essex.police.uk/advice/domestic-abuse



5. Housing Options

As a victim of domestic abuse, one of the biggest decisions for you to make is whether to leave your home.

If you decide to leave, then you will need to consider where you/your family will live.

If you do not have anywhere to stay or are in any doubt about your housing options, then you should seek housing advice.

Homelessness

If you need to leave your home due to domestic abuse, you should contact your local council (see contact details at the end of this leaflet). Councils have trained officers who will give you advice and an opportunity to talk through the options available to you. The options may vary from making a homelessness application, applying to go on the housing register, a women's refuge or looking into applying for private accommodation.

It is always best to contact the council at the earliest opportunity in order to allow plenty of time to look at your options and to prepare for any changes.

Council Tenancy

Anyone can apply to their local council for re-housing, regardless of their current circumstances.

If you are already a council tenant and are going through a relationship breakdown, you can approach your local council to discuss your housing options. If you are experiencing domestic abuse, a specialist officer will take time to discuss your needs and explain the options that are available. The advice offered will be determined by your personal circumstances, family composition, tenure and rent history. The options available to you may range from taking action against the perpetrator to transferring you to alternative council housing, possibly in another local authority area.

Women's Refuges

A refuge is a temporary safe haven for women and children fleeing domestic abuse. They are run by women and provide a wide range of practical advice and support for both women and children.

Refuge addresses and telephone numbers are kept confidential. The aim is for residents to feel safe. Remember that if there are spaces available, you don't have to feel pressured to stay in your home area.



Friends and Family

Another option is for you to stay with friends or family, but only if you consider that you and your family/friends are not in any danger, as the perpetrator may know where you are. This may be a useful option for the short-term while you look at other options.

Whatever housing option you are considering, it is always worthwhile talking to a housing adviser at your local council. They will be able to help you find the best option.

Please see 14. – Local Contacts for Local Council Contact details

Women's Refuges in Essex

Safer Places

Tel: 0845 0177 668 (24-hour support line)
E-mail: info@saferplaces.co.uk
Website: www.saferplaces.co.uk/

Next Chapter

Tel: 01206 500 585/**Tel:** 01206 761276
E-mail: info@thenextchapter.org.uk
Website: <https://www.thenextchapter.org.uk>

Sanctuary Schemes

What is a sanctuary?

Sanctuary Schemes may help families to stay in their homes if they have become victims of domestic abuse or hate crime. The security of the home is improved through a variety of measures.

How does a sanctuary work?

A Sanctuary Room is created to provide a safe room in the home, where you can call for and await the arrival of police. Every 'sanctuary' is tailored to accommodate the needs and circumstances of the individuals involved. With your agreement, a number of security measures are provided, such as internal fire doors, additional locks and firefighting equipment. You may also be given a means to contact emergency services.

Sanctuary Schemes are most commonly run by district/borough councils, although not in all areas so you will need to check with your local council, please see 14. Local Contacts for contact details of your local council. Schemes are not just for council tenants, they are also available to homeowners, tenants of registered social landlords and people living in private rented accommodation.

Please note: - Not all properties are suitable for a sanctuary scheme to be fitted.



6. Benefits

Deciding to leave an abusive relationship is daunting enough on its own, but when there are financial concerns, things may appear even harder. It is therefore very important to seek advice as soon as possible on benefits which you might be entitled to claim.

Housing Benefit

If you are worried that you won't be able to afford to pay rent on a property on your own, then you may be eligible for housing benefit. This can be paid if you are a:

- Council tenant
- Housing Association tenant
- Tenant of a privately rented property
- Hostel resident
- Bed and breakfast/hotel resident
- In receipt of Jobseekers Allowance, Employment & Support Allowance or Income Support.

Housing benefit is usually paid at one home only at any one time. However, victims of domestic abuse can be classed as an exception. If a claimant has left the property where housing benefit is paid, due to fear of abuse, benefit can be paid on both the former home and the temporary home providing that the Benefits Officer finds it reasonable. In these circumstances payment can only be made for an absolute limit of 52 weeks.

Local Council Tax Support

You can apply for Council Tax Support if you are:

- Liable to pay Council tax and
- On a low income.

For more information on Housing Benefit and Local Council Tax Support, contact the Benefits office of the District Council for the area you live in.

Please see 14. Local Contacts.

Job Seekers Allowance – Contribution Based

You can apply for Job Seekers Allowance if you are:

- Under pensionable age
- Not working, or working on an average of less than 16 hours per week



Employment and Support Allowance (ESA) – Contribution Based or receiving Severe Disability Premium – You can apply for ESA if you are already working.

ESA is replacing Incapacity Benefit and can provide:

- Help if you are unable to work
- Help to work if you are able

Child Benefit

You can apply for Child Benefit if you are bringing up a child or children. Benefit is paid for each child.

Universal Credit will replace the following benefits:

- Child Tax Credit
- Housing Benefit
- Income Support
- income-based Jobseeker's Allowance (JSA)
- income-related Employment and Support Allowance (ESA)
- Working Tax Credit

If you currently receive any of these benefits, you cannot claim Universal Credit at the same time.

You cannot claim Universal Credit if you either:

- get the severe disability premium, or are entitled to it
- got or were entitled to the severe disability premium in the last month, and you're still eligible for it

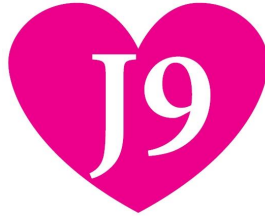
For more Information on the above benefits and other benefits which you may be able to claim, go to **www.gov.uk/browse/benefits**. This website gives full details of how to make a claim.

Child Maintenance Service

You can apply for help with the cost of bringing up a child, especially if one of the parents is a non-residential parent and claiming Income Support or income-based Job Seekers Allowance. For more information, go to <https://www.gov.uk/child-maintenance/overview>.

Essential Living Fund (formerly called the Social Fund)

The ELF is a grant system of one-off payments to help vulnerable people to live independently in the community. Grants can be made for items such as furniture, household equipment, clothing and general living expenses. In Essex, the scheme is administered by Southend Borough Council. For more information, go to **www.southend.gov.uk/elfforessex**.



Easement - switching off work-related requirements

Any claimant who informs Universal Credit that they have been a victim of actual or threatened domestic violence and abuse is eligible to have their work-related requirements switched off for 3 months as long as:

- the incident of domestic violence and abuse occurred within the previous 6 months
- the incident meets the definition of domestic violence and abuse
- they are not living at the same address as the abuser
- they have not had a previous domestic violence and abuse switch off within the last 12 months
- they provide written evidence within one month of attending the interview with a Work Coach

The 3 months switch off period starts on the date they attend the Work Coach interview. If the earliest date that the claimant can be seen by a Work Coach is after the 6 month time limit but the claimant has notified Universal Credit of the incident within 6 months, the switch off period will start from the date the claimant first contacted Universal Credit. For example:

A claimant suffers domestic violence and abuse on 1st January 2017 and mentions domestic violence and abuse at a Work Search Review 29th June 2017.

The Work Coach interview is booked for 4th July 2017 (more than 6 months since the incident).

In this scenario, the claimant will be treated as having notified Universal Credit on 29th June 2017 and the switch off will begin on this day. If the claimant is not eligible to have their work-related requirements switched off because of domestic violence or abuse, they may be eligible to have their requirements switched off for a maximum of 4, one month, periods (one for each 6 months over the next two years) because their child is in considerable distress. See Switching off requirements – Child in considerable distress.

A claimant can only have their work-related requirements switched off due to domestic violence once in any 12 month period. During the claimant interview, the Work Coach will complete a form UCDV1, the record of the claimant's application to be temporarily exempt from work-related requirements. The Work Coach decides if the claimant meets the criteria for domestic abuse and explains that their work-related requirements can be switched off for 3 months from the date of the interview. The purpose of this is to give the claimant time to resolve any issues arising from the domestic violence and abuse, such as finding new accommodation, changing children's schools or getting legal advice etc.



If the claimant wants support to continue looking for work before the 3 months have expired then they can contact Universal Credit to access this on a voluntary basis. It should be explained to the claimant that they will not be able to 'bank' the remaining time and use it later on if this is after the three months has expired.

During the interview the Work Coach will also:

- Signpost the claimant to any other possible help.
- Discuss Money Guidance.
- Explain to the claimant that they will need to provide relevant evidence within 1 calendar month for their requirements to remain switched off for 3 months.
- Explain to the claimant that they will need to inform Universal Credit if their address or contact details change.

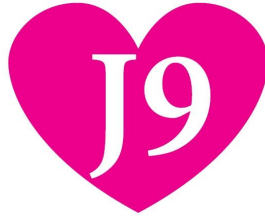
Relevant evidence

Relevant evidence is written evidence from a person acting in an official capacity showing that:

- the claimant's circumstances are consistent with those of a person who has had domestic violence and abuse inflicted upon them, or threatened, during the 6 months prior to the claimant notifying Universal Credit
- the claimant has made contact with the person acting in an official capacity in relation to such an incident, which occurred during that period

A person 'acting in an official capacity' means:

- a health care professional
- a police officer
- a registered social worker
- the claimant's employer or a representative of their trade union
- any public, voluntary or charitable body which has had direct contact with the claimant in connection with domestic violence and abuse



7. The Impact of Domestic Abuse on Children

Quite often a victim will stay with their abuser because they feel that it is necessary for the sake of any children. Even in situations where the child is not targeted directly with abuse and is 'only' witnessing abuse, it can lead to very serious psychological trauma with possible long-term effects. These can affect not only the child's well-being during or shortly after the abuse, but also the child's ability to build and maintain healthy relationships in his/her adult life. Children who live with domestic abuse can be affected in many ways. They may experience any of the following problems:

Emotional Problems: crying, anxiety and sadness, confusion, anger, depression, suicidal behaviour, nightmares, fears and phobias. In younger children and babies, eating and sleeping disorders are common. Children can also suffer from post-traumatic stress disorder.

Behavioural Problems: aggression, becoming troublesome at home or at school, withdrawing into or isolating themselves, regressive behaviour (such as baby talk, wanting bottles or dummies, etc.), lower academic achievement.

Physical Problems: bed-wetting, nervous ticks, headaches or stomach aches, nausea or vomiting, eating disorders, insomnia. Older children will often feel that they are responsible for the abuse, or feel guilty as they are unable to help prevent the abuse. Children living in an abusive environment may also start to condone abuse or the threat of abuse to resolve conflict in relationships.

Children who live with domestic abuse need support. The following organisations can help:

Childline provides confidential telephone and online counselling for children and young people. **Tel:** 0800 11 11.

www.thehideout.org.uk

A website offering advice and support to children and young people suffering abuse.

Essex County Council Families and Children's Social Care:

If a child is in immediate risk of significant harm please call the police on **999**.

You can contact the children and families hub on: **0345 603 7627** and ask for the priority line. Or the out of hours line: **0345 606 1212** (Monday-Thursday 5:30pm-9am Friday and Bank Holiday's 4:30pm-9am)

Email: emergency.dutyteamoutofhours@essex.gov.uk

Thurrock Children's Services Initial Response Team

Tel: 01375 652 802

Out of hours tel: 01375 372 468



8. Teenage Healthy Relationships

A recent survey by the NSPCC showed that a quarter of girls and 18 per cent of boys have experienced some sort of physical abuse from their partner in a relationship. Abuse in a relationship is never okay. Everyone deserves to be treated with respect from their partner.

What behaviour counts as abuse?

It can be if someone constantly puts you down, threatens you or forces you to do something you don't want to. It's not always physical abuse, it can be sexual and/or emotional. Abuse in relationships can happen to anyone regardless of the type of relationship. Abuse can harm you physically and emotionally as well as leave you feeling isolated and lonely. The abuse comes from your partner trying to control you and your actions.

How to recognise the signs of abuse in a relationship

Here are some signs of controlling or violent behaviour by a boyfriend or girlfriend:

- They may get extremely jealous
- They may monitor your calls and emails and get angry if you don't reply instantly
- They may have trouble controlling their emotions, particularly anger
- They may stop you from seeing or talking with friends and family as much as you would like
- They may use force during an argument
- They may blame others for their problems or feelings
- They may be verbally abusive, or show threatening behaviour towards others

How to recognise the signs that someone may be in an abusive relationship

Here are some signs that may point to someone experiencing abuse:

- No longer hanging out with their circle of friends
- Not doing as well at school, or skipping school altogether
- Constantly checking their phone
- Being withdrawn and quieter than usual
- Being angry, becoming irritable when asked how they are doing
- Making excuses for their boyfriend or girlfriend
- Having unexplained scratches or bruises
- Showing changes in mood or personality
- Using drugs or alcohol

These organisations can help you if you're being abused:

Refuge

Refuge is a charity that offers help and advice to women and young girls who are in abusive relationships.

24-hour national helpline: 0808 2000 247

www.refuge.org.uk



Respect

Respect is a charity which runs support services and programmes for those who inflict abuse in relationships, including young men and women.

Respect Phonenumber: 0808 802 4040 (Freephone), Monday to Friday 9am-5pm

Email: info@respectphonenumber.org.uk

Website: www.respectphonenumber.org.uk (incl. an online chat service)

Textphone users dial: 18001 0808 802 4040

www.respect.uk.net

Respect also provides an advice line for men who are victims of an abusive relationship.

Men's Advice Line: 0808 801 0327 (Freephone), Monday to Friday 9am-5pm

Helpline for male victims of domestic abuse

Email: info@mensadvice.org.uk (incl. an online chat service)

Website: www.mensadvice.org.uk

Textphone users dial: 18001 0808 801 0327

Telephone interpreting service available – If English is not your first language, call us and ask for an interpreter

Childline

The UK's free and confidential helpline is not just for children. They also offer help to young people up to the age of 19 who are in distress or danger.

Tel: 0800 11 11 (24-hour helpline)

Website: www.childline.org.uk (incl. an online chat service)

Women's Aid

Women's Aid is a national charity which works to end abuse against women and children.

Tel: 0808 2000 247

Website: www.womensaid.org.uk

Women's Aid also has a dedicated website for young people, **www.thehideout.org.uk** where young people can get more information about relationship abuse and where to get help.

Rape & Sexual Abuse Support Centres

Rape & Sexual Abuse Support Centres offer a range of services for women and girls who have been raped or experienced another form of sexual abuse. Rape & Sexual Abuse Centres are not just for women in 'crisis'.

Rape Crisis England and Wales is the umbrella body for a network of independent Rape Crisis centres. To find your nearest support centre visit the website: www.rapecrisis.org.uk

The National Rape Crisis helpline

National Freephone helpline – 0808 802 9999 (12 noon-2:30pm and 7pm-9:30pm daily)

Minicom: 0208 239 1124

www.rasasc.org.uk

**Galop**

Galop offers support for lesbian, gay, bisexual and transgender (LGBT) people experiencing domestic abuse.

Helpline: 0800 999 5428 (Monday and Thursday 10am-8pm, Tuesday and Wednesday 10am-5pm, Friday 1pm-5pm).

Email: help@galop.org.uk

Website: www.galop.org.uk

The Mix

Essential support for the under 25s'

Tel: 0808 808 4994

Website: www.themix.org.uk

A 1-2-1 chat service is available via the website

NSPCC

Tel: 0808 800 5000 (24 hr helpline)

Email: help@nspcc.org.uk

Website: www.nspcc.org.uk

CRUSH

Tel: 0800 014 9084

<http://www.westmerciawomensaid.org/crush>

CRUSH is a structured programme of group support and empowerment for young people in the age range of 13 - 19 who have witnessed, experienced or are at risk of domestic abuse. CRUSH aims to help you gain the skills, knowledge and tools to be able to avoid abusive relationships, exit an abusive relationship safely and help you with your exposure to domestic abuse within your home environment. The CRUSH Programme is suitable for young people of both sexes and can be helpful to those who are vulnerable to domestic abuse and also for those who are beginning to show signs of controlling behaviour. We are also able to deliver the sessions to groups of peers, for those of you who feel more comfortable with people that you know. The programme has been designed to complement the information on relationships given in PHSE lessons.

The Hideout

<http://www.thehideout.org.uk/>

Website for children and young people witnessing domestic violence.

Love Don't Feel Bad

www.lovedontfeelbad.co.uk

Aimed at 16-25 year olds, Love Don't Feel Bad explores what is and isn't a healthy relationship – from physical violence to coercive control, how to get help and what the law can do for you.



9. Staying Safe on the Internet

The Internet is a very useful source of information. However, if you are a victim of domestic abuse, you need to take particular care when using the Internet, as there are a number of ways in which being online could provide information to your abuser. The safest way to find information on the Internet is to do it in a safe place. This could be at a local library, a friend's house or at work. However, as this is not always possible, the following is a simple guide which can help increase your safety when using the Internet.

Other users can look at the history of websites you've visited

As a rule, Internet browsers will save certain information as you surf the Internet. This includes images from websites visited and words entered into search engines (known as the 'cache') and a trail ('history') that reveals the sites you have visited and passwords. All Internet browsers have a method for deleting such information. However, if you and your abuser share a computer, **it is important that you are aware that there is a risk involved in removing data from your computer.** For instance, if your partner uses online banking and has a saved password, then if you clear the cookies on your PC, your partner will realise you've done so, because their password will no longer be saved. Also, your partner may notice if the address history on the PC has been cleared and this may raise suspicion.

Other Internet browsing options

Many Internet browsers now have an option to go into 'in private' or 'incognito' mode. This enables you to browse the Internet without storing any history or cache data.

Internet Explorer allows an in private mode of searching. From the homepage, click Tools (the cog in the top right of the page, select Safety and click In Private Browsing)

Google Chrome can also be downloaded and this has an option of incognito browsing (<http://www.google.com/support/chrome>).

Clearing browsing history and cache in Internet Explorer

Clearing the history:

- Click on the Tools menu (in the row at the top of the browser)
- Move the mouse pointer to Safety from the drop down menu and select Delete Browsing History.
- In Browsing History tick the items you want to delete, (remember to uncheck the Preserve Favourites box to delete cookies etc).
- Click Delete

Information on how to clear the browsing history and cache in other Internet browsers can be found at www.wikihow.com/Clear-Your-Browser's-Cache.



Toolbars

Browser toolbars such as Google keep a record of the search words you have typed into the toolbar search box. In order to erase all the search words you have typed in, you will need to check the individual instructions for each type of toolbar. For example, for the Google toolbar all you need to do is click on the Google icon and choose 'Clear Search History'.

Emails

If an abuser sends you threatening or harassing email messages, they may be printed and saved as evidence of this abuse.

Be aware of how records of your emails can be accessed:

- Any email you have previously sent will be stored in 'Sent Items'. Go to 'Sent Items' and delete emails you don't want anyone else to see.
- If you started an email but didn't finish it, it might be in your 'Drafts' folder. Go to the 'Drafts' folder to delete it.
- If you reply to any email, the original message will probably be in the body of the message. Delete the email if you don't want anyone to see your original message.
- When you delete an item in any email program (Gmail, Hotmail, Outlook, Thunderbird, etc.) it does not really delete the item – it moves the item to a folder called 'Deleted Items'. You have to delete the messages in 'Deleted Items' to remove them permanently.
- If there's a risk that your abuser may know how to access your emails, it's a good idea to set up a new email account. Use a provider like Hotmail or Google for an account you can access from anywhere and use a name that is not recognisable as you. Keep this email account secret.

Internet Safety Advice

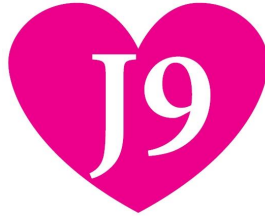
There are a number of websites that provide advice on Internet safety, including:

Metropolitan Police – provides advice and guidance on a wide range of safety issues including Internet safety.

Website: www.safe.met.police.uk

CBBC Stay Safe – tips and tricks for children to stay safe online.

Website: <https://www.bbc.com/ownit>



10. Supporting Friends and Family

Here are some suggestions about how you can support someone experiencing domestic violence (including forced marriage and so-called 'honour' based violence and/or sexual violence). If there is a risk of harm, call the police or contact one of the organisations listed in this section.

Please note: *in this section we have referred to the abuser as 'he' and the victim as 'she'. This is not always the case – a man can be the victim of domestic abuse and a woman can be an abuser. Domestic abuse also happens in same-sex relationships and between family members who are not a 'couple'.*

Signs of an abusive relationship:

He ...

- puts her down
- does all the talking and dominates the conversation
- tries to keep her away from you
- acts as if he owns her
- pretends he has no faults or tries to make himself good
- acts as if he is superior and works more than others in his home
- tries to suggest he is the victim and acts bewildered that she isn't grateful to be in a relationship with him

She ...

- may be apologetic and make excuses for his behaviour
- is nervous about talking when he's there
- seems to be sick more often and misses work
- tries to hide her injuries/wears long sleeves and high necks in the summer
- makes last minute excuses about why she can't meet you or avoids you in public
- seems sad, lonely, withdrawn and is fearful
- uses more drugs or alcohol to cope

If you see warning signs, your family member/friend/colleague may need help.

Signs of a forced marriage or 'honour' based violence:

- family history of relatives gone missing, self-harm or suicide
- relatives making decisions on behalf of victim
- victims may truant or have extended absences from school
- victims may report that they are being kept at home against their will
- decline in academic/work performance
- victim may report family has made threats to kill
- victims may report they are being emotionally blackmailed
- victims may be isolated due to physical, financial or cultural barriers
- victims may suffer from depression, self-harm or attempt suicide
- emotional and/or physical abuse



Raise the issue

- Try to bring the subject up when the abuser isn't around.
- Let them know you are concerned and want to help.
- Try not to criticise their abuser or the relationship. Instead, focus on the abuse and their safety. Listen to what they say and then see how you can be supportive.

Giving support

- Your family member/friend/colleague needs to be supported and not judged. Maintain contact with her and help her explore all options, such as finding appropriate specialist support.
- This is a big challenge. You don't want to see your friend get hurt, but may have to watch her stay with her partner or family when you think she should leave or go to the police.
- It's important that she doesn't feel like you're telling her what to do.

What to say

- sexual or domestic abuse is totally unacceptable
- it's common – one in four UK women will experience domestic abuse
- sexual or domestic abuse is about power and control, not sex
- the abuser is 100 per cent responsible for the abuse
- it's not your fault, regardless of what you say, do, or wear
- an abuser can choose to stop if they want to
- you can't change them, but you don't have to put up with it
- help is available – see 16 – Useful Contacts for a list of agencies who can help

Questions you can ask

- what can I do to help?
- how has his/their behaviour made you feel
- how is it affecting you
- how have you been coping with the abuse
- what can you do to be safer
- what are you afraid of if you leave/stay
- do you know when it is going to happen?
- is there a pattern?
- what do you already do to protect yourself/your children
- can I help you find support?

Responding to forced marriage/'honour' violence

- do not mediate between the victim and any of their family members – this can put the victim at risk
- things can rapidly escalate to serious violence ending in murder if nobody intervenes
- Be aware of how serious the danger is and the immediacy of the risk – you must act quickly. The victim may need immediate protection away from the family or care setting. Siblings, boyfriends and girlfriends may also be at risk. Make urgent contact with the police or the Forced Marriage Unit (see contact details below).



Leaving an abusive partner

- Leaving can be difficult, particularly if the abusive partner promises to change.
- Leaving a violent partner or abusive family is often only the end of the relationship – not the end of the abuse. Two women are killed every week by a current or former male partner; around 12 women a year are killed in so-called ‘honour’ violence and others are killed by abusive family members. Of these, most were trying to leave a violent relationship, or had recently left one.

Practical help

You could:

- agree a code word or action your friend can use to signal that she is in danger
- offer to keep copies of important documents etc. for her, in case she has to leave in a hurry
- find out information about local services and encourage her to seek support before she leaves the relationship
- offer help, e.g. use of your phone or address for information/messages, keeping spare sets of keys etc.
- get support for yourself – and don’t give up on her

You may be their only lifeline.

Contact Details:

FCO Forced Marriage Unit

The Forced Marriage Unit provides advice for anyone who needs help leaving a forced marriage or who is trying to stop a forced marriage from taking place.

Tel: 0207 7008 0151 (or 0044 20 7008 0151 if you are overseas)

Weekdays 9am-5pm

Email: fm@fco.gov.uk

<http://www.fco.gov.uk/en/travel-and-living-abroad/when-things-go-wrong/forced-marriage/>

Our Forced Marriage Unit (FMU) is dedicated both to preventing British nationals being forced into marriage overseas and to assisting anyone in the UK faced with the prospect of being forced into a marriage. If you are worried that you might be forced into a marriage or are worried about someone else who may be you should contact us.



11. Crimestoppers

As an independent charity, we are not part of the police and we are not a TV show. You might have seen or heard something about a crime but don't know what to do, or are scared to come forward. It's easy to think there is nothing you can do, but we offer you a safe way to do this.

We want more people to speak out if they know someone is being abused. We know it's not always an easy thing to do but Crimestoppers offers the public the chance to give information anonymously.

We don't take personal details and we don't record calls. We can't trace calls or information given online. Those who contact us don't have to give a statement to police or go to court. Crimestoppers gives you the power to call it as you see it. And it's totally anonymous. Only you will know that you called or contacted us.

Just phone **0800 555 111 (or use our secure Crimestoppers website)**. Your call is **100% anonymous** - you may even be eligible for a reward (up to £1,000 and paid anonymously).

Whether it's family, a friend or someone you've witnessed suffering, contact us now. Domestic abuse is a crime, so report it like one. However, we are unable to take information from victims of abuse directly because we operate an anonymous service. So if you are a victim of crime please contact the police immediately.

Crimestoppers is simple and it works – around 20 arrests are made every day thanks to information passed to the charity.





12. Advice for Employers

Domestic abuse is your business!

Domestic abuse can follow employees to work and affect their productivity, performance, attendance, and emotional and physical health. It can also lead to abuse in the workplace. Colleagues may be affected and fear for their own safety. Yet, for some, the workplace can be a safe haven and offer routes to support and vital resources to help and support employees experiencing domestic abuse.

- Domestic abuse currently costs UK businesses over £2.7 billion a year.
- In the UK, in any one year, more than 20 per cent of employed women take time off work because of domestic violence and 2 per cent lose their jobs as a direct result of the abuse.
- 75 per cent of women who experience domestic abuse are targeted at work – from harassing phone calls and abusive partners arriving at the office unannounced to physical assaults.

What can employers do?

Recognise the problem

- Look for sudden changes in behaviour and/or changes in the quality of work performance for unexplained reasons, despite a previously strong record.
- Look for changes in the way an employee dresses i.e. excessive clothing on hot days, changes in the amount of make-up worn.

Respond

- Believe an employee if they disclose experiencing domestic abuse – do not ask for proof.
- Reassure the employee that the organisation has an understanding of how domestic abuse can affect them.

Provide support

- Divert phone calls and email messages and look to change their phone extension if an employee is receiving harassing calls.
- Agree with the employee what to tell colleagues and how they should respond if their ex/partner telephones or visits the workplace.
- Ensure the employee does not work alone or in an isolated area and check that staff have arrangements for getting safely to and from home.
- Keep a record of any incidents of abuse in the workplace, including persistent telephone calls, emails or visits to the workplace.

Refer to the appropriate help

Provide information for the employee on external sources of help and advice (see 16 – Useful Numbers).



13. Domestic Abuse Victims - Help at Jobcentres



Victims of Domestic Abuse can get help and advice at this Jobcentre.

What we can do.....

- Our staff have been trained in Domestic Abuse awareness
- If you are claiming Jobseekers Allowance or Universal Credit and are currently dealing with a Domestic Abuse situation, we realise that you may need time to sort those issues out first, your Work Coach can relax the amount of Jobsearch you need to do for a set period of time. Just ask them.
- We have information available, leaflets and phone numbers which will tell you how to get more support



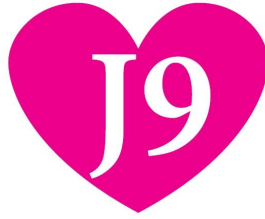
Janine 'J9' Mundy

Her husband murdered her on 27 June 2003, in Camborne, Cornwall. Janine was the mother to two young boys when she was killed.

Her family support this Programme to raise awareness and to help victims escape their abusers before it is too late.



**Department
for Work &
Pensions**



14. Local Contacts

Epping Forest District Council

Tel: 01992 564000

Harlow Council

Tel: 01279 446655

Uttlesford District Council

Tel: 01799 510510

Castle Point Borough Council

Tel: 01268 882200

Rochford District Council

Tel: 01702 546366

Tendring District Council

Tel: 01255 686868

Basildon Borough Council

Tel: 01268 533333

Chelmsford City Council

Tel: 01245 606606

Colchester Borough Council

Tel: 01206 282222

Thurrock Borough Council

Tel: 01375 652652

Braintree District Council

Tel: 01376 552525

Brentwood Borough Council

Tel: 01277 312500

Maldon District Council

Tel: 01621 854477

Southend Borough Council

Tel: 01702 215000



Local Community Safety Partnership details

CSP	CSP LEADS	CONTACT DETAILS
Basildon	Paula Mason	J9 - Katie Wilson/Julie Hennessey Katie.wilson@basildon.gov.uk Julie.hennessey@basildon.gov.uk
Braintree	Tracey Parry	Tracey.parry@braintree.gov.uk J9 Moira Groborz moira.groborz@braintree.gov.uk
Brentwood	Dan Cannon	daniel.cannon@brentwood.gov.uk
Castlepoint	Helen Collins	hcollins@castlepoint.gov.uk
Chelmsford	Spencer Clarke	J9 - Karen Buttress communitysafety@chelmsford.gov.uk
Colchester	Mel Rundle	Melanie.rundle@colchester.gov.uk
Epping Forest	Caroline Wiggins	cwiggins@eppingforestdc.gov.uk J9 – Carly Stratton J9@eppingforestdc.gov.uk
Harlow	Marysia Rudgley	J9 - Lisa Whiting lwhiting@harlow.gov.uk
Maldon	Spencer Clarke	Spencer.clarke@maldon.gov.uk
Rochford	Andy Parkman	andy.parkman@rochford.gov.uk
Southend-on-Sea	Simon Ford Gemma Robinson	simonford@southend.gov.uk gemma.robinson@southend.gov.uk
Tendring	Leanne Thornton	lthornton@tendringdc.gov.uk
Thurrock	Michelle Cunningham	micunningham@thurrock.gov.uk
Uttlesford	Fiona Gardiner	J9 - Fleur Brookes fbrookes@uttlesford.gov.uk

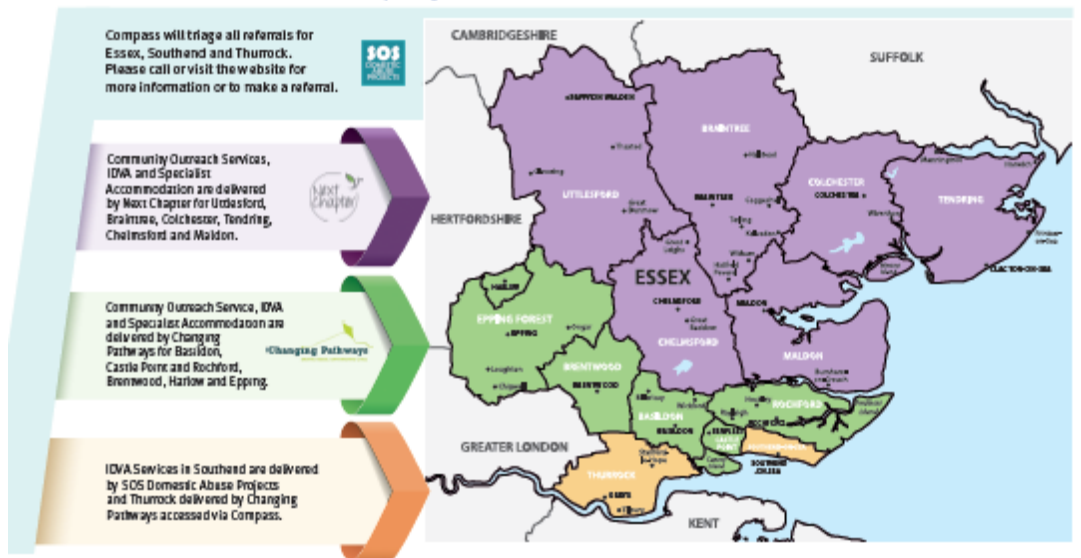


15. Domestic Abuse Services in Essex

Domestic Abuse Services in Essex from 1 April 2019

COMPASS Essex Domestic Abuse Helpline

For information, advice or guidance, or to make a referral
call 0330 333 7 444 or visit www.essexcompass.org.uk





16. Useful Numbers

Action on Elder Abuse

Charity giving help and information about the abuse of older people, including abuse by family members and partners.

Helpline: 0808 808 8141 (Freephone)

Email: enquiries@elderabuse.org.uk

Website: www.elderabuse.org.uk

Broken Rainbow

For the lesbian, gay, bisexual and transgender community.

Tel: 0300 999 5428.

COMPASS

Telephone Number: 0330 333 7 444

Website: www.essexcompass.org.uk

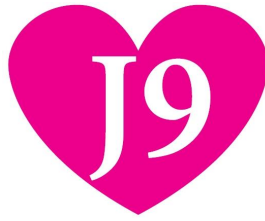
Compass is a new Domestic Abuse Helpline to access Community Based Services and Specialist Accommodation in Essex.

From 1st April 2019 Compass is the new point of access for victims of Domestic Abuse across Southend, Essex & Thurrock; providing information, advice and guidance and where appropriate assessment and access to specialist services.

Compass provides information, advice and guidance to the public and professionals who have concerns about family, friends and people they work with who may be victims of Domestic Abuse.

Compass is being delivered by a consortium of established domestic abuse support agencies which includes; SOS Domestic Abuse Projects, Changing Pathways and Next Chapter. The aim is to provide a single number, which will be available 24hrs a day, for callers to speak with a trained member of staff who will complete an assessment and ensure contact is made with the most appropriate support service. There will be an easy to use online form for both the public and professionals wishing to make a referral.

Compass is delivered by SOS Domestic Abuse Projects (SOSDAP). The single point of access is not replacing any support services already provided in Essex by SOS Domestic Abuse Projects, Changing Pathways and Next Chapter. Its function is to increase accessibility to ensure victims get the right support at the right time.



Changing Pathways

Telephone Number: 01268 729 707

Email Address: welcome@changingpathways.org

Website: <http://changingpathways.org>

Changing Pathways (formerly known as Basildon Women's Aid) is a domestic abuse charity working across the areas of Basildon, Castlepoint and Rochford.

We provide free and confidential services to support people who are currently experiencing or have previously experienced domestic abuse. We offer a range of needs led services including refuge accommodation, outreach/community-based support, advocacy services for high risk victims, including those experiencing stalking and harassment, therapeutic/counselling services and a range of group programmes. We focus on listening to our service users and decide together the support required to take the first step on a pathway to a new life journey. We have a dedicated Children and Young People's service which ensures access to age appropriate individual and group-based therapies, practical and emotional support, opportunities to participate in a range of activities which are supported by domestic abuse experts, and we operate an Ofsted registered pre-school for the children of women accommodated in our Basildon refuge site.

Additionally, Changing Pathways support male adult victims/survivors of domestic abuse via telephone support, individual outreach support and therapeutic sessions.

Childline

The UK's free and confidential helpline is not just for children. They also offer help to young people up to the age of 19 who are in distress or danger.

Tel: 0800 11 11 (24-hour helpline)

Website: www.childline.org.uk

Citizens Advice Bureau

The website www.essexcab.org.uk provides information on local CABs. There is a single telephone number covering all of Essex

Tel: 03444 770 808



Essex County Council

You can call Essex Social Services for help, advice or information for yourself or for another adult or child.

For advice regarding a child:

Call: 0345 603 7634 (out of hours call: 0345 606 1212)

Website: <http://www.essex.gov.uk/Health-Social-Care/Families-and-childrens-social-care/Protecting-Vulnerable-Children/Pages/Protecting-Vulnerable-Children.aspx>

For advice regarding an adult call: 0345 603 7634 (out of hours call: 0345 606 1212)

Email: FOH@essex.gcsx.gov.uk

Essex Police

Essex Police Domestic Abuse Central Referral Unit

Tel: 101 ext 180340 or 01245 491491

Freephone: 0800 358 0351 (non-emergency number)

Website: www.essex.police.uk/be_safe/domestic_abuse.aspx

Minicom: 01245 452828

Freedom Charity

24/7 Helpline: 0845 607 0133

www.freedomcharity.org.uk

We aim to empower young people to feel they have the tools and confidence to support each other and have practical ways in which they can help their best friend around the issues of family relationships which can lead to early and forced marriage and dishonour-based violence. The Help-line and Textline (text '4freedom' to 88802) are manned by trained professionals to help victims of forced marriage and their friends who are seeking help, support and advice.

Forced Marriage Unit

The Forced Marriage Unit provides advice for anyone who needs help leaving a forced marriage or who is trying to stop a forced marriage from taking place.

Tel: 0207 7008 0151 Weekdays 9am-5pm

Tel: (Out of hours) 020 7008 1500, ask for the Global Response Centre

Email: fmu@fco.gov.uk

Website: www.gov.uk/guidance/forced-marriage



Galop

Galop offers support for lesbian, gay, bisexual and transgender (LGBT) people experiencing hate crime, sexual violence or domestic abuse.

Helpline: 0800 999 5428 (Monday and Thursday 10am-8pm, Tuesday and Wednesday 10am-5pm, Friday 1pm-5pm).

Email: help@galop.org.uk

Website: galop.org.uk

Honour Network - Karma Nirvana

Telephone Number: 0800 5999 247

Email Address: info@karmanirvana.org.uk

Website: <https://www.karmanirvana.org.uk>

Karma Nirvana is a registered Charity that supports victims and survivors of forced marriage and honour-based abuse. We are your listening ear in confidence and many of us have the experience of forced marriage and issues related to honour-based abuse. We are here for you when you're at home or when you leave and will talk over the phone wherever you are. One of our key principles is that we never talk to or engage with your family. Our commitment and loyalty is to you and as we understand the fears when family members become involved.

Men's Advice Line

For men experiencing domestic abuse.

Tel: 0808 801 0327 – Monday-Friday 9am-5pm.

National Stalking Helpline

The National Stalking Helpline provides guidance and information to anybody who is currently or has previously been affected by harassment or stalking.

Tel: 0808 802 0300 (Mon, Tue, Thu, Fri 9:30am-4pm, Wed 1pm-4pm)

Email: advice@stalkinghelpline.org

Website: www.stalkinghelpline.org/



National Centre for Domestic Violence

The NCDV specialises in providing free legal support to survivors of domestic violence, usually by helping individuals obtain injunctions from their local court.

Tel: 0800 970 2070 or 0207 186 8270

Text: NCDV to 60777 and they will call back

Website: www.ncdv.org.uk/

National LGBT Domestic Abuse Helpline

Helpline: 0800 999 5428

<http://www.galop.org.uk/domesticabuse/>

Emotional and practical support for LGBT people experiencing domestic abuse. Abuse isn't always physical- it can be psychological, emotional, financial and sexual too. Speak out, don't suffer in silence.

Next Chapter

Tel: [01206 500585](tel:01206500585) or [01206 761276](tel:01206761276)

E-mail: info@thenextchapter.org.uk

Website: <https://www.thenextchapter.org.uk>

We are passionate about ensuring that every person has the opportunity to live their life free from domestic abuse. Our staff and volunteers are trained to provide support at the highest possible standard, informed by the trauma the individual has experienced and led by their needs. We provide immediate support and advice to promote safety and reduction in risk of harm and longer term support to promote emotional recovery and practical support wherever it is needed to enable planning for a safer future.

NSPCC

The NSPCC is a charity which protects children across the UK.

Tel: 0808 800 5000 (24-hour Child Protection Helpline)

Email: help@nspcc.org.uk

Website: www.nspcc.org.uk/



Rape & Sexual Abuse Support Centres

Rape & Sexual Abuse Support Centres offer a range of services for women and girls who have been raped or experienced another form of sexual abuse.

National Freephone helpline: 0808 802 9999 (12 noon-2:30pm and 7pm-9.30pm any day of the year. Also 3pm – 5:30pm on weekdays)

Refuge

Telephone Number: 0808 2000 247

Website: <https://www.refuge.org.uk>

Supporting those who have experienced violence and abuse is at the core of everything we do. No matter what your experience – domestic violence, sexual violence, ‘honour’ based violence, forced marriage, FGM, human trafficking or modern slavery – we are here to support you.

We run a range of specialist services to help survivors access safety and rebuild their lives. We understand each person’s circumstances and needs are different and that survivors need different services at different times. Our expert staff work closely, and confidentially, with every individual to develop a bespoke support plan. If a woman is not sure what service she wants or needs, Refuge will support her to explore her options.

Refuge has a network of safe houses that provides emergency accommodation for women and children when they are most in need.

Relate

Offers advice, relationship counselling, sex therapy, workshops, mediation, consultations and support face-to-face, by phone and through their website.

Helpline: 0300 100 1234

Website: www.relate.org.uk



Respect

Respect is a charity which runs support services and programmes for those who inflict abuse in relationships including young men and women.

Respect Phonenumber: 0808 802 4040 Monday to Friday 9am-5pm

Email: info@respectphonenumber.org.uk

Website: www.respectphonenumber.org.uk (incl. online chat service)

Respect also provides an advice line for men who are victims of an abusive relationship.

Men's Advice Line: 0808 801 0327 Monday to Friday 9am-5pm

Email: info@mensadvice.org.uk

Website: www.mensadvice.org.uk (incl. online chat service)

SOS Domestic Abuse Projects

Telephone Number: Helpline: 01702 302333 Male Victims: 01702 351648

Website: <http://www.sosdap.org>

Address: 4 West Road, Westcliff on Sea, SS0 9DA

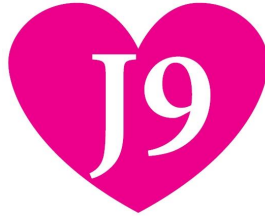
SOS Domestic Abuse Projects is a Southend based charity that aims to support people affected by domestic abuse.

Sharan Project (South Asian Women Help & Support)

Information Line: 0844 504 3231

www.sharan.org.uk

There are many reasons which lead ethnic minority women, particularly of South Asian origin, to leave home forcefully or voluntarily. Issues such as cultural conflict, family breakdown, disownment, forced marriage and or intercourse, domestic and or honour- based violence (real and perceived), as well as many factors can lead women to seek information and practical assistance. The SHARAN Project is designed to empower, educate and inspire women who want to actively learn more about the support and choices that are available to them, to provide them with the tools to lead life on their own terms.



Safer Places

Telephone Number: 03301 025811

Email Address: info@saferplaces.co.uk

Website: <http://www.saferplaces.co.uk>

We support those who use/ need our services in their journey from risk and crisis to recovery and resilience. We are determined to promote recognition of Domestic Abuse and its impact, for individuals, families and communities.

We will respond to Domestic Abuse by providing a range of evidence based specialist services on the basis of risk, need and choice.

We will work collaboratively with individuals, families and partner agencies to reduce risk of harm. We are committed to using effective governance to provide an efficient, effective, flexible and innovative service making best use of our resources on behalf of our funders.

Our services include:

- providing safe accommodation for those fleeing domestic abuse;
- providing outreach support in local communities;
- providing drop in services;
- training for professionals.

We:

- Work with women, men, children and their families, to protect them from further risk of harm and abuse
- Support individuals and families to make informed and healthy choices for their future
- Provide a crisis service for women and men who are experiencing domestic abuse
- Educate local agencies and the public, about the impact of domestic abuse through awareness training and events throughout the community
- Provide refuge accommodation to high risk women and children.

Synergy Essex

Synergy Essex provides information for anyone who has been sexually abused or raped, or who has been affected by sexual violence at any time in their lives.

Tel: 0300 003 7777

Email: support@synergyessex.org.uk

Website: synergyessex.org.uk



South Essex Domestic Abuse Hub

Telephone Number: 01268 729707

Website: <http://www.basildon.gov.uk/article/6470/Domestic-Abuse---South-Essex-Domestic-Abuse-Hub>

The South Essex Domestic Abuse Hub is a place where you can come for help, advice and assistance. The hub includes a range of support services that you can access.

South Essex Domestic Abuse Hub has drop-in centres in Basildon, Brentwood, Castle Point, Rochford, and Thurrock.

Each hub is staffed by a team who can offer support by giving:

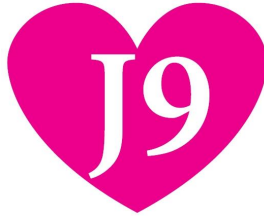
- Help and advice to find safe accommodation
- Help to remain safe in your home
- Help to access legal advice and assistance
- Money and welfare advice
- Help to access therapeutic and outreach support services

How to get in touch

To get help from the South Essex Domestic Abuse Hub, please contact us through Changing Pathways:

- Phone: 01268 729707
- Lines are open Monday-Friday 9am to 5pm.

If you are in immediate danger then please dial 999.



South Essex Rape and Incest Crisis Centre (SERICC)

Telephone Number: (Office) 01375 381322 (Support & Information) 01375 380609

Email Address: Sericc@sericc.org.uk

Website: <https://www.sericc.org.uk>

Address: The Hall, West Street, Grays, Essex, RM17 6LL

Providing services for children and adults who have experienced any form of sexual violence at any time in their lives. Sexual violence can be described as; child sexual abuse, adult survivors of child sexual abuse, recent and non-recent rape and child sexual abuse, sexual harassment, online child sexual exploitation etc.

Services include:

- Specialist sexual violence counselling and sexual violence counselling within a domestic violence situation
- Advocacy linked to sexual violence e.g. Housing, debt issues, welfare rights
- Interventions where sexual violence has impacted on employment or education etc.
- Independent Sexual Violence Advocate (ISVA) Criminal Justice support
- Sexual violence family support

Referrals can be made by agencies using the online referral form on the SERICC website and the Referral form on the Essex Rape Crisis Partnership Synergy website.

Agencies can contact SERICC by using the office number 01375 381322 or the information Line on 01375 380609 - SERICC is the lead partner in the Essex Rape Crisis Partnership (Synergy) providing sexual violence interventions to the whole of Essex county with access to each Rape Crisis Centre within Essex. (CARA, Colchester – mid/ north Essex, SoS – Southend – SERICC – South East Essex)

The Change Project

Change delivers community based domestic violence perpetrator programmes which include a dedicated Integrated Support Service for victims of domestic abuse and their children. It is a Respect Accredited programme for men who want to stop being abusive towards intimate partners. Change also delivers individual programmes which work with abuse perpetrated by women and within same sex relationships.

Tel: 01245 258680

Website: <https://www.thechange-project.org>



Victim Support

Telephone Number: 0808 178 1694 or outside office hours ring 0808 168 9111

Website: <https://www.victimsupport.org.uk/help-and-support/get-help/support-near-you/east-england/essex>

As well as offering emotional and practical support to people affected by domestic abuse, Victim Support run a number of specialist services in Essex, including:

A countywide service that supports medium risk victims of domestic abuse who are the subject of a police issued protection notice and an order granted by the courts. We help victims to become fully informed with regard to their rights, services that are available, and awareness and safety planning so that they can make an informed decision about what to do when the order expires.

Victim Support also offer specialist support for children and young people living with domestic abuse.

Victim Support (Scotland)

Helpline: 0345 603 9213 (Mon to Fri 8:00am – 8:00pm)

Website: www.victimsupportsco.org.uk

Helpline (Foyle): 028 7137 0086

Email: foyle@victimsupportni.org.uk

Helpline (Belfast): 028 9024 3133

Email: belfast@victimsupportni.org.uk

Website: www.victimsupportni.co.uk

Victims Gateway

Victims Gateway provides practical and emotional support to help you deal with the impact of a crime, even if you don't want to report it to police or it happened in the past. The support can be tailored to your particular situation, and specialist services are available for victims of the most serious crime such as rape and sexual violence.

Search for available services at <https://www.essexvictimsgateway.org/>



Women's Aid

Women's Aid is a national charity which works to end abuse against women and children.

Tel: 0808 2000 247 (Freephone 24-hour national domestic violence helpline)

Email: helpline@womensaid.org.uk

Website: www.womensaid.org.uk

Our aims are to:

- Empower women who have been affected by domestic abuse to live independent lives free from fear and abuse
- Keep the voice of the survivor at the heart of everything we do
- Meet the needs of women and children affected by domestic abuse
- Provide services run by women that are based on listening to survivors and responding to what they define as their needs
- Challenge and highlight the disadvantages which result from domestic abuse
- Support and reflect diversity and promote equality of opportunity
- Promote cohesive inter-agency responses to domestic abuse and develop partnerships to work towards a society in which domestic abuse is no longer tolerated

<https://www.womensaid.org.uk/research-and-publications/dame-project/> - DAME Project

For women who are experiencing or have experienced physical, mental, sexual or domestic violence or abuse. Offers advice, support and crisis intervention to abused women.

www.thehideout.org.uk - A website where young people can get information about relationship abuse and where to get help.



17. Further Information and Resources

Galop - <http://www.galop.org.uk>
Resources: Leaflets and factsheets

NSPCC/Childline - <https://cpc-publications.myshopify.com/collections/leaflets>
Leaflets, booklets and other resources can be purchased from the NSPCC website.

Essex Police - <https://www.essex.police.uk/advice/domestic-abuse/>
Links to websites of organisations which provide help to victims of domestic abuse in Essex and Nationally.

Forced Marriage Unit - <https://www.gov.uk/forced-marriage#forced-marriage-unit>
Information and guidance.

National Centre for Domestic Violence - <http://www.ncdv.org.uk/information-for-police-agencies/order-booklets-cards-andposters/>
Range of resources including posters and contact cards which can be ordered from the website.

National Stalking Helpline - <https://www.suzylampugh.org/FAQs/nsh-leaflet>
Stalking Helpline leaflets, flyers and posters.

Rape and Sexual Abuse Support Centre - http://www.rasasc.org.uk/?page_id=279
Support documents.

The Hideout - <http://thehideout.org.uk/children/adults-children-and-domestic-abuse/resources/>
Resources include posters, leaflets, and educational toolkit and games for children.

Womens Aid - <https://www.womensaid.org.uk/information-support/downloads-and-resources/>
A range of leaflets, posters and publications that you can use to raise awareness or find out more about domestic abuse.