



If your relationship, or your family life has become abusive, there are people who want to help **you**



There are many different types of abuse in families. Abuse can be physical violence, sexual violence, emotional/financial control, forced marriage, female genital mutilation, or honour based violence.

**Does your partner, whether male or female:**

- Hit you, slap you or kick you?*
- Force you to have sex?*
- Use threats to commit suicide or leave you?*
- Make you do illegal things?*
- Treat you like a servant?*
- Make all decisions without consulting you?*
- Refuse to let you get or keep a job?*
- Make you ask for money or take your money?*
- Keep financial matters secret from you?*
- Threaten to take your children from you?*
- Make you feel responsible for the abuse?*
- Make you doubt your own judgement?*
- Control who your friends are?*
- Smash things to intimidate you?*
- Harm or threaten to harm your pets?*

**In an emergency always call 999**  
**If you want to speak to the Police**  
**but if it is not an emergency, please call 101**

If you think you are being abused, it may help to remember this: You're not alone. One woman in four is abused during her lifetime. You don't have to deal with this on your own. The abuse is not your fault. You cannot change your partner.

**Domestic violence is against the law.**

### DOMESTIC VIOLENCE DISCLOSURE SCHEME (DVDS)

On 8th March 2014, a new scheme was launched, which enables members of the public to have a 'Right to Ask' the police if their current partner poses a risk to them in terms of their history of domestic abuse. The scheme also enables professionals to raise a 'Right to Know' request through the police where they feel a person may be at risk of domestic abuse by a perpetrator whose criminal history is unknown to the partner; but where that professional has some reasonable concern / knowledge about the individual's past. The 'Right to Ask' and the 'Right to Know' schemes will not always necessarily mean that a disclosure is made - but it enables law enforcement to consider the relationship, the past history of any offending and then will determine whether it is proportionate and necessary to disclose contrary to that person's right to privacy.

### DOMESTIC VIOLENCE PROTECTION NOTICES/ORDERS

In May 2014, Gloucestershire Constabulary will form part of a regional launch around Domestic Violence Protection Notices/Orders. These can be issued where there is insufficient evidence to charge a perpetrator and provide protection to a victim via bail conditions. A DVPO can prevent the perpetrator from returning to a residence and from having contact with the victim for up to 28 days, allowing the victim some time to consider their options, with the help of a support agency.

**For more information on either of these initiatives please contact Gloucestershire Police on 101 or GDASS on 0845 602 9035**

### THE POLICE DOMESTIC ABUSE AND VULNERABLE ADULT UNIT

Gloucestershire Constabulary has a policy to tackle Domestic Abuse, Stalking, Harassment, Forced Marriage, Honour Based Violence and Female Genital Mutilation. This policy includes the following:

- To protect the lives of both adults and children who are at risk of these forms of abuse
- To investigate all reports of abuse
- To facilitate effective action against offenders so that they can be held accountable through the criminal justice system
- To adopt a proactive multi-agency approach in preventing and reducing abuse of this nature.



## SUPPORT AGENCIES

### GLoucestershire Domestic Abuse Support Service (GDASS)

GDASS will provide support and guidance to victims and agencies in the community seeking support with domestic abuse in Gloucestershire. GDASS will provide support via a variety of interventions to support you and prevent the need to move between several agencies and ensure you get the appropriate help you need as quickly as possible.

If the risk of harm is high the Independent Domestic Violence Advisers (IDVA) will provide support and guidance through the MARAC process. There is also a Specialist Court IDVA that will support people through the Court process. GDASS will help people to stay in their home,

protected and supported, but are also able to provide places of safety for situations where victims need to flee. GDASS can help people access housing and benefits advice and guidance. GDASS can also support you to access specialist legal advice via the National Centre for Domestic Violence (NCDV) who are a charity that specialise in providing legal assistance to obtain injunctions to protect victims from further abuse.

Through a large Floating Support Team GDASS will provide ongoing support, access to peer groups and workshops (the Freedom and Phoenix programme) for people to come to terms with, and overcome, their experiences.

**T: 0845 602 9035**

### THE FREEDOM PROGRAMME

The Freedom Programme is a twelve week rolling programme for women who have been affected by domestic abuse. You can join the programme at any time so long as you complete the full twelve weeks. The programme is open to any woman who has experienced some form of abuse and would like to know more about its effects and warning signs to look out for. The programme may be helpful in regaining trust and forming healthy relationships with both sexes.

The Freedom Programme also offers friendship and fun - so if you are feeling isolated, please come along if you can.

For further information please call GDASS on

**T: 0845 602 9035**

### GLoucestershire Domestic Violence Support Advocacy Project (GDVSAP)

GDVSAP supports victims/survivors throughout Gloucestershire who are affected by domestic abuse and sexual violence. They may be living with, considering leaving or continuing to have problems from an abusive partner. Domestic abuse affects people from all walks of life, all ethnic communities, people in same-sex and heterosexual relationships, and inter family violence. Knowing what to do when your partner is violent or abusive can be very confusing or frightening. GDVSAP provide direct group work with women and children in the form of facilitating programmes for mothers.

GDVSAP also provide support to victims of Human Trafficking and Young People at risk of sexual exploitation. We can provide one day Domestic Abuse Awareness training, specialist BAMER training and, in partnership with Gloucestershire Safeguarding Children Board, deliver training for professionals on Child Sexual Exploitation.

**T: 01452 500115**

### YOUR FUTURE

Your Future is a free programme running throughout Gloucestershire for adults and children who have experienced domestic abuse; to improve their confidence, reduce their sense of isolation and help them move on. It is held at six arts venues and in children's centres across the county, with a wide range of activities available, from street dance to ballet and craft activities for young people, a whole host of ways for adults to get creative.

There are separate sessions available for women, young people aged 11 to 14 and children aged 5 to 10, each lasting two hours. These will be delivered at the same time; so that parents can be confident their children are enjoying an activity while they are also learning new skills and getting creative. Transport is also provided.

The sessions will be led by trained professionals who understand the challenges facing families experiencing domestic abuse. They run for 20 weeks and after the programme has finished, people taking part will be supported to move on to other activities and/or adult education and volunteering opportunities in their communities.

**Tpdirector@rosetheatre.org**

**W: [www.gloucestershire.gov.uk/extra/yourfuture](http://www.gloucestershire.gov.uk/extra/yourfuture)**

## GLOUCESTERSHIRE RAPE AND SEXUAL ABUSE CENTRE

Free, confidential support for women or children who have been raped or sexually abused at ANY time in their lives. Telephone and face-to-face support sessions can be provided as frequently and for as long as required. Face-to-face support can take place at the Centre, or at any convenient safe venue. Practical advice provided regarding medical and legal processes (including anonymous reporting to the police) and advocacy services can be provided on request. Support and advice can be provided to family, friends and professionals who may be affected by someone else's experiences.

A free annual training course is provided for volunteers.

**E: [glosrapecrisis@hotmail.co.uk](mailto:glosrapecrisis@hotmail.co.uk)**

**T: 01452 526770**

If you call outside of the helpline's opening times, please leave a message and you will be contacted within 24 hours.

## HOPE HOUSE SEXUAL ASSAULT REFERRAL CENTRE (SARC)

If you, or someone you know has been raped or sexually assaulted, staff at Hope House SARC can provide counselling and emotional support; advice on sexual health and emergency contraception and information on other agencies who will be able to help. The staff will also work with the Police to gather evidence and support you during the investigation of your assault.

Hope House SARC,  
Gloucestershire Royal Hospital,  
Great Western Road,  
Gloucester;  
GL1 3NN.

Open Mon-Fri 9am-5pm:

**T: 01452 754390**

In an emergency please call 999.



## GAY-GLOS

Domestic Abuse can happen in same-sex relationships as well as heterosexual (straight) ones. There may not be the same gender dynamics but many of the abusive behaviours are the same. There can be added issues particularly if either party is not 'out'.

If you are experiencing issues within a gay relationship (whether you perceive it 'abusive' or not) GAY-GLOS has trained volunteers who can provide a 'listening ear'. Additional topics can include: safer sex, drink, drugs, coercion, sexual violence & other information.

Support is available via telephone, email and face-to-face meeting for anyone who is lesbian, gay, bisexual, transgender (LGB or T) or dealing with issues of sexual orientation & sexuality. Training & case-by-case interventions are available to organisations and we run a "GAY-GLOS Youth" group for 14-18 year olds.

**W: [gay-glos.org](http://gay-glos.org)**

**E: [admin@gay-glos.org](mailto:admin@gay-glos.org)**

**Youth Group: [youth@gay-glos.org](mailto:youth@gay-glos.org)**

**T: 01452 306800**

(please leave a message, including your number and a good time to be contacted and we will get back to you)

## PERPETRATOR PROGRAMME

### SPLITZ SUPPORT SERVICE 'TURNAROUND' PROGRAMME

This is a 30 week rolling programme for men, aiming to promote change in abusive/harmful behaviour and promote safety of victims and children. Men can self-refer to the programme, although agencies can refer too.

The modules covered by the course are:

**Module A** - Physical Abuse

**Module B** - Sexual Respect

**Module C** - Emotional Abuse

**Module D** - Domestic Abuse and the Impact on Children

**Module E** - Rebuilding Trust and Respect

Please contact **E: [Tess@splitz.org.uk](mailto:Tess@splitz.org.uk)**

for more information or call

**T: 07436 280861**

## THE ISIS WOMEN'S CENTRE

The ISIS Women's Centre is a community based service providing support and interventions for women who are involved or at risk of involvement in the criminal justice system. We aim to tackle factors that lead to social exclusion by providing planned, integrated support which will meet the needs of women.

We have a specialist Domestic Abuse worker who is able to provide support and advice to any clients suffering from abuse, and we are the providers of the Women's Safety Work in Gloucestershire, a service for women whose (ex) partners are on the Integrated Domestic Abuse Programme (IDAP) run by probation. We also hold a Freedom Programme run by workers from the Link Children's Centre.

**T: 01452 397690**

## GLOUCESTERSHIRE ACTION FOR REFUGEES AND ASYLUM SEEKERS (GARAS)

GARAS has over ten years of experience in working with asylum seekers, refugees and other migrants. Our role is to support those in Gloucestershire, to help them feel welcome and safe, to advocate for them and to help them to adjust to their long-term future, as they start to settle and to face other challenges. We do this through our Drop-in centre, which provides advice in a variety of fields and in particular, in the Office of the Immigration Services Commissioner scheme, Immigration and Asylum level 1.

We provide Trauma psychotherapy to those who are challenged by their experiences and we can give physical support such as food, bedding etc. We work with people of all ages from Unaccompanied Asylum Seeking Children through to families. In this work we have been faced with many challenges including honour-based violence, Female Genital Mutilation, victims of domestic abuse and the issues that arise due to no recourse to public funds. We wish to be of use as a resource to assist other organisations.

**E: [Info@garas.org.uk](mailto:Info@garas.org.uk)**

**T: 01452 550528**

## COMMUNITY DEVELOPMENT AND SUPPORT TEAM

The Community Development and Support Team are part of the Countywide Services Team based within Adult Social Care and aim to develop and provide services that meet the needs of the Black and Minority Ethnic Communities.

Our key objectives are to enable people from the BME and migrant communities to access services. The teams' specialist and expertise areas are the Asian, African Caribbean, Chinese and Polish communities,

advice and guidance to operational staff and Gloucestershire County Council related strategic work.

The team have well over 15 years of experience working within communities to provide support and safeguard vulnerable adults who are victims of domestic abuse or forced marriage. As well as this we offer advice, training and support to other professionals/organisations that may be faced with dealing with complex issues in such cases.

**T: 01452 425677**

## THE FORCED MARRIAGE UNIT

A forced marriage is where you are coerced into marrying someone against your will. You may be physically threatened or emotionally blackmailed to do so. It is an abuse of human rights and cannot be justified on any religious or cultural basis.

Forced Marriage is not the same as an arranged marriage where you have

a choice as to whether to accept the arrangement. The tradition of arranged marriages has operated successfully within many communities and countries for a very long time.

If you think you, or someone you know might be forced into marriage call:

**T: 020 7008 0151 (or 0044 20 7008 015 if you are overseas)**

## FEMALE GENITAL MUTILATION

Female Genital Mutilation (FGM), also known as female circumcision or female genital cutting, is defined by the World Health Organisation (WHO) as "all procedures involving partial or total removal of the external female genitalia or other injury to the female genital organs for non-medical reasons".

Justifications for FGM are numerous including custom, tradition, religion

(mistakenly believing it is religious requirement), social acceptance and hygiene. Many women believe that FGM is necessary to ensure acceptance by their community; they are unaware that FGM is not practised in most of the world.

For more advice and information contact Forward on

**T: +44 (0)20 8960 4000**  
or visit **W: [www.fco.gov.uk/fgm](http://www.fco.gov.uk/fgm)**

## WITNESS CARE UNIT

The Witness Care Unit within Gloucestershire Constabulary have two experienced workers, that are particularly dedicated to all victims of Domestic Abuse that are going through the Criminal Justice System.

Our aim is to provide enhanced level of information and support to victims and witnesses of Domestic Abuse going through the court process. The Unit aims to provide special measures for victims and witnesses that are vulnerable and intimidated, and also responds to victims and witnesses regarding the progress of their cases. It is a multi agency initiative, sharing information within other agencies to ensure cases receive the appropriate advice and support.

**T: 01452 335044**

## SPECIALIST COURT IDVA

The Court IDVA (Independent Domestic Violence Advocate) works with high risk cases of domestic violence. Offering clients practical and emotional support before, during and after the court process.

The Court IDVA is based at the Special Domestic Violence Court (SDVC) which runs from Cheltenham Magistrates Court on Tuesdays and will work with clients in both Magistrates and Crown Court. The Court IDVA works closely with the Witness Care Unit, Victim Support, the Crown Prosecution Service and Police Liaison. The ultimate aim is to ensure that victims of domestic violence are safe, supported and feel empowered to proceed through the Criminal Justice System.

Referrals for this service come via the Witness Care Unit, Domestic Abuse Unit and generic IDVAs. If you are, or if you have a client who is about to go through the court process and you need advice, support and guidance please contact the Court IDVA on the number below.

**T: 0845 602 9035**

## HOUSING SUPPORT

### GLOUCESTER CITY COUNCIL (FOR GLOUCESTER RESIDENTS)

Homelessness due to relationship breakdown, including breakdown due to violence, continues to be one of the three main causes of homelessness nationally and locally. Victims of relationship abuse who have to leave their home are viewed as a priority need for re-housing by the City Council.

Working in partnership with the Police, GDVSAP, GDASS and Gloucester City Homes, a Sanctuary Scheme has been implemented with Safe Partnership through the Domestic Violence Forum.

The Sanctuary Scheme is designed to enable victims of domestic violence to remain in their own accommodation, where it is safe for them to do so, where it is their choice and where the perpetrator does

not live in the accommodation. This is done by providing extra security measures both inside and outside the home. In Gloucester the work is completed by Safe Partnership, but in some areas of the County the work is performed by Mears.

For more information, please call your local Council and ask to speak to the Housing Service.

Gloucester City Council  
**01452 396396**

Stroud District Council  
**01453 754078**

Tewkesbury Borough Council  
**01684 295010**

Cheltenham Borough Council  
**01242 262626**

Forest of Dean District Council  
**01594 810000**

Cotswold District Council  
**01285 623000**

### STROUD WOMEN'S REFUGE (STROUD BERESFORD GROUP)

Stroud Beresford Group is an independent charity that provides women's refuge and resettlement support services for women and children who have fled domestic abuse.

The refuge provides short-term accommodation for families at risk of abuse. We work with adults and children to build confidence and skills and work towards living independent fulfilling lives.

The Group also provides Outreach Support and Healthy Relationships Workshops that cover issues such as domestic abuse awareness, safety and children's issues.

For information or advice please call

**T: 01453 764385**

**E: [office@beresfordgroup.org](mailto:office@beresfordgroup.org)**

**W: [www.stroudwomensrefuge.org](http://www.stroudwomensrefuge.org)**

## RELATE'S YOUNG SURVIVORS PROJECT

The Young Survivors Project is designed to help 11-25 year olds who have witnessed or experienced domestic abuse move on from their trauma and particularly aims to reduce the likelihood of these young people experiencing future abusive relationships. The project is run by Relate Gloucestershire & Swindon and currently offers free specialist counselling in Cheltenham or Swindon to these young survivors. It is important to note that all young people who can access the counselling service must no longer be in the abusive situation i.e. they must no longer be living with the perpetrator. This is to ensure the safety of the client so if young people are still experiencing/witnessing domestic abuse then other local services would be more suitable at this time. Young Survivors under the age of 16 must be referred by a professional already working with them and clients over the age of 16 can self-refer.

Relate Gloucestershire & Swindon are also developing other services for the Young Survivors Project in the future (such as development courses for young people who have encountered any life challenge that has affected their self-esteem) so please contact Relate Gloucestershire & Swindon for any further information/developments.

**T: 01242 523215**

**E: [gloswin.desk@hotmail.co.uk](mailto:gloswin.desk@hotmail.co.uk)**

## VICTIM SUPPORT

Victim Support is a charity for people affected by crime. Our services are confidential, free and available to everyone. Domestic Abuse can happen in any relationship. Contact us in confidence and our trained volunteers can give you emotional support and help you to see the choices you can make to help stop the abuse. If you decide, at any stage, that you need to leave the abuser or your home we can help support you as you move away. This can include giving you information about health, housing, social security benefits and other sources of help. Whatever you choose to do, your safety is the most important thing. The decision to take action against your abuser may be difficult. But if you decide, at any time, that you want to report the abuse to the police, we can provide information and support, including if you choose to go to court. We can also refer to other local organisations for specialist support with refuges, mental health and drug and alcohol programmes. Most victims are referred to us directly by the police or other agencies but you can contact us directly, whether or not you want to report the crime to the police and regardless of when it happened.

**T: 0845 456 6099**

## WHAT TO DO IF YOU NEED HELP

### USE A SAFETY PLAN:

- Seek professional advice and support from the local support and outreach organisations in this book
- Consider how agencies can make contact safely, e.g. through a work number or at a friend's address
- Consider where you can quickly and easily use a telephone and who are safe people to contact - memorise a list of numbers for use in an emergency, like friends, police, and support organisations
- Consider a signal with children, family, neighbours, friends or colleagues, which will alert them to call the police when help is needed
- Think through escape routes in advance; if possible avoid rooms with no exit or with weapons in (e.g. bathroom or kitchen)
- Try to save some money for fares and other expenses
- Receive medical help for any injuries ensuring that they are recorded and if possible photographed. These may be used at a later date to support court cases or re-housing.

### IF YOU ARE PLANNING TO LEAVE:

- Take care over whom to trust with any plans that you are making to leave
- Consider whether or not an injunction is a viable option - seek legal advice, call GDASS for help **0845 602 9035**
- Make an extra set of keys for home and/or car and store them somewhere safe
- Make up a bag with spare clothes, phone numbers, keys, money and keep it safe so you can take quickly or keep it with a trusted friend.

## HAVE THE FOLLOWING AVAILABLE IN CASE YOU HAVE TO FLEE

- Important papers such as birth certificates, social security cards, driver's licence, divorce papers, lease or mortgage papers, passports, insurance information, school and medical records, welfare and immigration documents, court documents
- Credit cards, bank account number
- Some money
- Extra sets of keys - for car, house and work
- Medications and prescriptions, including those for children
- Phone numbers and addresses for family, friends, doctors, lawyers and community agencies
- Clothing and comfort items for you and the children
- Photographs and other items of sentimental value such as jewellery
- Take identification that might help others to protect you from the abuser; such as a recent photo of the abuser and their car details;
- Talk to children about the possibility of leaving and try to take all children, whatever the long-term arrangements might be.

## IF YOU ARE NO LONGER LIVING WITH YOUR ABUSER

- Seek expert legal advice on child contact and residence applications, and about options for injunctions
- Change phone numbers to ex-directory and screen calls; pre-program emergency numbers into the phone
- Change the locks and install a security system, smoke alarms and an outside lighting system
- Notify neighbours, employers and schools about any injunction, and ask them to call the police immediately if they see the abuser nearby
- Make sure that schools and those who care for any children know who has authorisation to collect them
- Employ safety measures before, during and after contact visits, if appropriate
- Consider changing children's schools, work patterns - hours and route taken - and the route taken to transport children to school
- Avoid banks, shops, and other places frequented when living with the abuser
- Make up a code word for family, colleagues, teachers, or friends, so they know when to call the police for help
- Keep copies of all relevant paperwork (including civil injunctions) and make written records of any further incidents.

## SUPPORT AGENCIES

### Useful Contacts

Gloucestershire Domestic Abuse Support Service (GDASS)  
**0845 6029035**

Gloucestershire Domestic Violence Support and Advocacy Project (GDVSAP)  
**01452 500115**

Police (Non-Emergency) - **101**

Gloucestershire Action for Refugees and Asylum Seekers (GARAS)  
**01452 550528**

Gloucestershire Sexual Assault Referral Clinic (SARC)  
**01452 754390**

Gloucestershire Rape and Sexual Abuse Centre  
**01452 526770**

GAY-GLOS  
**01452 306800**

Gloucester City Council  
**01452 396396**

Forced Marriage Unit (FMU)  
**020 7008 0151**

FORWARD (Advice and information on Female Genital Mutilation)  
**0208 960 4000**

Broken Rainbow (Support for Lesbian, Gay, Bisexual & Transgender People experiencing Domestic Abuse)  
**0300 999 5428**

National 24-hour Domestic Violence Helpline  
**0808 2000 247**

Karma Nirvana (Forced Marriage and Honour-Based Violence Helpline)  
**0800 5999 247**

NSPCC Helpline  
**0808 800 5000**

ChildLine  
**0800 1111**

Samaritans (24-7 helpline)  
**08457 90 90 90**

Action on Elder Abuse (AEA)  
**0808 808 8141**

Family Lives  
**0808 800 2222**

Victim Support (South West Care Unit)  
**0845 456 6099**

Victim Support National Helpline  
**0845 30 30 900**

Support for People who are abusive towards their partner and want help to Stop  
**0808 802 4040**

**In an Emergency, always call 999.**

The image on the front cover is part of an alphabet commissioned by the YOUR FUTURE project, which worked with survivors of domestic abuse, to capture and document the testimonies and experiences of participants. With thanks to Imogen Harvey Lewis for her artwork.