

Guidance for Domestic Abuse in Northamptonshire

Information on how to respond to
concerns of domestic violence



Introduction

Who is this resource for?

This resource has been produced to assist individuals who are not experienced in working with domestic abuse identify and seek support for people who may be affected by it, helping them to recognise the signs of abuse, undertake basic risk and needs assessments and identify local pathways of support from Specialist Services for people affected.

It is not a substitute for domestic abuse training (see P24 for training).

This is a basic resource – seek advice & help:

This is a basic resource – information, advice, help and support should always be sought from services and workers that deal regularly with domestic abuse, safety and safeguarding.

Terms used:

Domestic Abuse can affect anyone, whatever gender, age, ethnicity, social class or geographic location. For simplicity the term ‘she’ is used, but this is not meant to indicate that it relates only to females.

CONTENTS:	<u>Page</u>
List of attached templates	3
What is Domestic Abuse?	4
What are the signs of domestic abuse?	5-6
Children and domestic abuse	7-8
Governance, Management & Care Pathways	9-10
Flowchart for response to domestic abuse	11
Asking the difficult questions / Risk	12-15
Assessing the needs	16-18
Safety Planning	19-22
Who can help? Accessing specialist services	23-25
Accessing training	24

ATTACHED DOCUMENTS:

Some of the pages in this document, as well as other forms and documents, are also attached separately so you can use them or complete them separately.

- Asking the difficult questions
- Assessing needs
- Safety Plan
- DASH (Domestic Abuse, Stalking, Honour Based Violence, Risk Identification, Assessment & Management)
- Victim Passport (referral form)
- MARAC referral form (Multi Agency Risk Assessment Conference)
- Legal grounds for sharing information guidance

What is Domestic Abuse?

This is a nationally recognised definition; it covers all genders & sexualities, those over 16 years of age, all ethnicities:

"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

Controlling behaviour is: 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 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 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.

What are the signs of Domestic Abuse?

They can be varied and unique, but below are some common indicators, but there may be other behaviours that are linked and cause concern:

Destructive criticism and verbal abuse: shouting; mocking; accusing; name calling; verbally threatening.

Pressure tactics: sulking; threatening to withhold money, disconnecting the phone and internet, taking away or destroying your mobile, tablet or laptop, taking the car away, taking the children away; threatening to report you to the police, social services or the mental health team unless you comply with demands; threatening or attempting self-harm and suicide; withholding or pressuring you to use drugs or other substances; lying to you people about you; telling you that you have no choice in any decisions.

Disrespect: persistently putting you down in front of other people; not listening or responding when you talk; interrupting your telephone calls; taking money from your purse without asking; refusing to help with childcare or housework.

Breaking trust: lying to you; withholding information from you; being jealous; having other relationships; breaking promises and shared agreements.

Isolation: monitoring or blocking your phone calls, e-mails and social media accounts, telling you where you can and cannot go; preventing you from seeing friends and relatives; shutting you in the house.

Harassment: following you; checking up on you; not allowing you any privacy (for example, opening your mail, going through your laptop, tablet or mobile), repeatedly checking to see who has phoned you; embarrassing you in public; accompanying you everywhere you go.

Threats: making angry gestures; using physical size to intimidate; shouting you down; destroying your possessions; breaking things; punching walls; wielding a knife or a gun; threatening to kill or harm you and the children; threatening to kill or harm family pets; threats of suicide.

Sexual violence: using force, threats or intimidation to make you perform sexual acts; having sex with you when you don't want it; forcing you to look at pornographic material; constant pressure and harassment into having sex when you don't want to, forcing you to have sex with other people; any degrading treatment related to your sexuality or to whether you are lesbian, bisexual or heterosexual.

Physical violence: punching; slapping; hitting; biting; pinching; kicking; pulling hair out; pushing; shoving; burning; strangling, pinning you down, holding you by the neck, restraining you.

Change in Behaviour

In most cases, the victim for a number of reasons hides domestic abuse. They may be in denial and feel responsible for the behaviour of partners, blaming themselves for the abuse they are receiving, or they may be very frightened or conditioned not to speak.

Below are some of the behaviours displayed by adults in abusive relationships, as mentioned previously this is not an exhaustive list, but if a person is portraying some of these signs, they may be experiencing domestic abuse.

- Change in personality
- Changing their behaviour when perpetrator is around
- Falling out with family & losing contact with friends
- Receiving constant calls/ emails/ text messages
- Low Self Esteem
- Always spending time with their partner
- Worrying about their partners opinion, worrying about making them angry
- Being unreliable and unable to commit to things before talking to their partner
- Unexplained injuries, they may refer to being clumsy more often than usual
- Be protective over abusive partner if confronted
- Minimize the experience they are having if they have disclosed things are not right
- Use alcohol or drugs to cope
- Worrying about spending money
- Fearful of the consequences of sharing their experiences
- Fear they are to blame for their experiences
- Being asked to perform things sexually that they are not comfortable with
- Frequent pregnancies

Children & domestic abuse:

As well as recognising a change in behaviour of the victim, you may notice a change in behaviour on children who are living with domestic abuse. Children and young people are at an increased risk of behavioural problems, leading to longer term emotional and physical trauma.

"At least 750,000 children a year witness domestic violence." (Dept. of Health, 2002)

Children who witness domestic violence are victims of abuse.

In a violent household children may get hurt in the middle of an incident while they try to make the violence stop. They may witness the violence happening in front of them or may hear the abuse in the room next door. They may be forced to take part in verbally or physically abusing the victim.

Witnessing or hearing domestic abuse incidents as well as trying to intervene can have a very serious impact on a child's behaviour and wellbeing at any age, even if they're not directly harmed themselves.

If you are worried about a child witnessing abuse or experiencing abuse you can contact:-

Multi Agency Safeguarding Hub (MASH) for advice.

Tel. 0300 126 1000 (times: Monday to Friday from 8:00am to 6:00pm). For out of hours team please ring **01604 626938**.

Alternatively please ring the Police at 101 or 999 if it is an emergency.

Children & Young People VOICE – local service for young victims of crime – 0300 303 1965

***NSPCC** offers a national helpline service at 0808 800 5000, 24 hours a day, 365 days a year to those who are concerned about a child's safety. You can remain anonymous.

Some local DA services offer therapeutic group work to children who have witnessed domestic abuse. For more information & signposting ring **Northampton Women's Aid** at **08451232311** or send an email to info@northamptonwomensaid.org.uk

The **Northamptonshire Safeguarding Children Board** website has a lot of information and access to training: <http://www.northamptonshirescb.org.uk>

Children living with domestic abuse may:

Have trouble identifying unsafe situations, risky behaviour or unhealthy relationships

Be highly anxious about being a victim or perpetrator in the future;

Be a victim of bullying and unable to be assertive in some situations;

Be extremely withdrawn, isolated and reluctant to trust people;

Suffer physical and emotional harm;

Be over sensitive to conflict, raised voices, peer squabbles;

Be depressed; feel guilty (they cannot stop it), cut off;

Lack empathy and feel out of control;

Stop going to school or abscond from it;

Behave badly at school and perform poorly;

Seem very angry and be easily angered;

Seek attention & seek to control relationships;

Self harm;

Be in denial; refuse to discuss family situations;

Over achieve to compensate and behave impeccably;

Feel silenced by what is going on / not considered whilst the victim is supported;

Take on adult roles in the home with housework, siblings;

Be reluctant to leave the home or socialise;

Seek to protect the victim;

Appear very self sufficient and mature (masking their true situation);

Have an unhealthy perspective on what a normal family is;

Feel the loss of the perpetrator and want to see them;

Resent the victim for what has been lost (perpetrator, home, school, friends, etc);

Have been groomed by the perpetrator to blame the victim;

Be encouraged to lie in order to support one or both of the parents;

Fear the perpetrators return or that they will encounter them outside;

Sleep poorly, have nightmares, eating difficulties;

Be more likely to become a victim or perpetrator in the future;

Have difficulty forming relationships in the future.

Children have their own anxieties and support needs; they need to be supported alongside and separately from the victim.

Governance, Management & Care Pathways:

Your organisation should have a **Domestic Abuse policy** which will contain guidance for staff and volunteers and an appropriate training / continuous development programme to help you identify and work with situations where domestic abuse has been identified;

The organisation must have a **safeguarding policy** with guidance for staff and volunteers and an appropriate training / continuous development programme; **(resource: NSCB)**

The organisation must have a **senior person responsible for domestic abuse** who has had the appropriate training and knowledge; **(resource: NSCB training; Nadasa training programme)**

The organisation must **work with other agencies** to ensure cross referral processes are in place, including agreed information sharing agreement **(resource: Nadasa Memorandum of Understanding template).**

Workers should have a basic understanding of domestic abuse and knowledge of local specialist services **(resource: Nadasa website; Nadasa toolkit for professionals; Nadasa training programme; NSCB training programmes)**

Workers must be able to identify potential indicators of domestic abuse (or routinely ask the question of all clients) and ask questions sensitively; **(resource: Nadasa toolkit; asking the difficult question)**

IF WORKERS ARE NOT TRAINED OR ABLE TO COMPETENTLY UNDERTAKE THE FOLLOWING, THEY SHOULD REFER TO THEIR DESIGNATED DOMESTIC ABUSE LEAD AND/OR CONTACT A SPECIALIST SERVICE FOR ASSISTANCE **(resource: Nadasa website – services that can help; Nadasa toolkit – who can help? Accessing specialist services)**

Workers must be able to undertake a **needs assessment** **(resource: Nadasa toolkit; needs assessment)**

Workers must be able to undertake a **risk assessment and complete a DASH form:** **(resource: Nadasa toolkit; risk assessing / DASH template)**

Workers must be able to identify how they can help the client **access the help and services they need** **(resource: Nadasa website – services that can help; Nadasa toolkit – who can help?)**

Workers must have **referral pathways**, with a referral form, to specialist services (**resources: Nadasa website/toolkit/victim passport; MARAC referral form**)

If clients are identified as **HIGH RISK** (score of 14+ on DASH), workers **must** seek immediate guidance from their named domestic or safeguarding lead and from specialist service such as Police or Sunflower Centre; they must give the client accurate information about **SAFETY PLANNING** and construct a safety plan with the client that can be kept in a safe place (**resource: Nadasa toolkit/safety planning**).

If the client **does not give consent** for a referral the worker should provide them with information that signposts them to services that can help and if possible develop a basic safety plan with them, or give them information about it (**resources: Nadasa website; toolkit; safety planning**); **If they are at high risk, or children are involved, they MUST consult with their SAFEGUARDING lead and consider disclosure** (resources: MASH, police).

Definition of HIGH RISK: scoring 14 or over on the DASH form

If children are involved and/or the risk is high, information can still be lawfully shared even if the client does not consent (**resource: Legal Grounds for Sharing Information Guidance**)

For more information:

NADASA website - <http://www.nadasa.co.uk>

Northamptonshire Safeguarding Children Board (NSCB) website - <http://www.northamptonshirescb.org.uk>

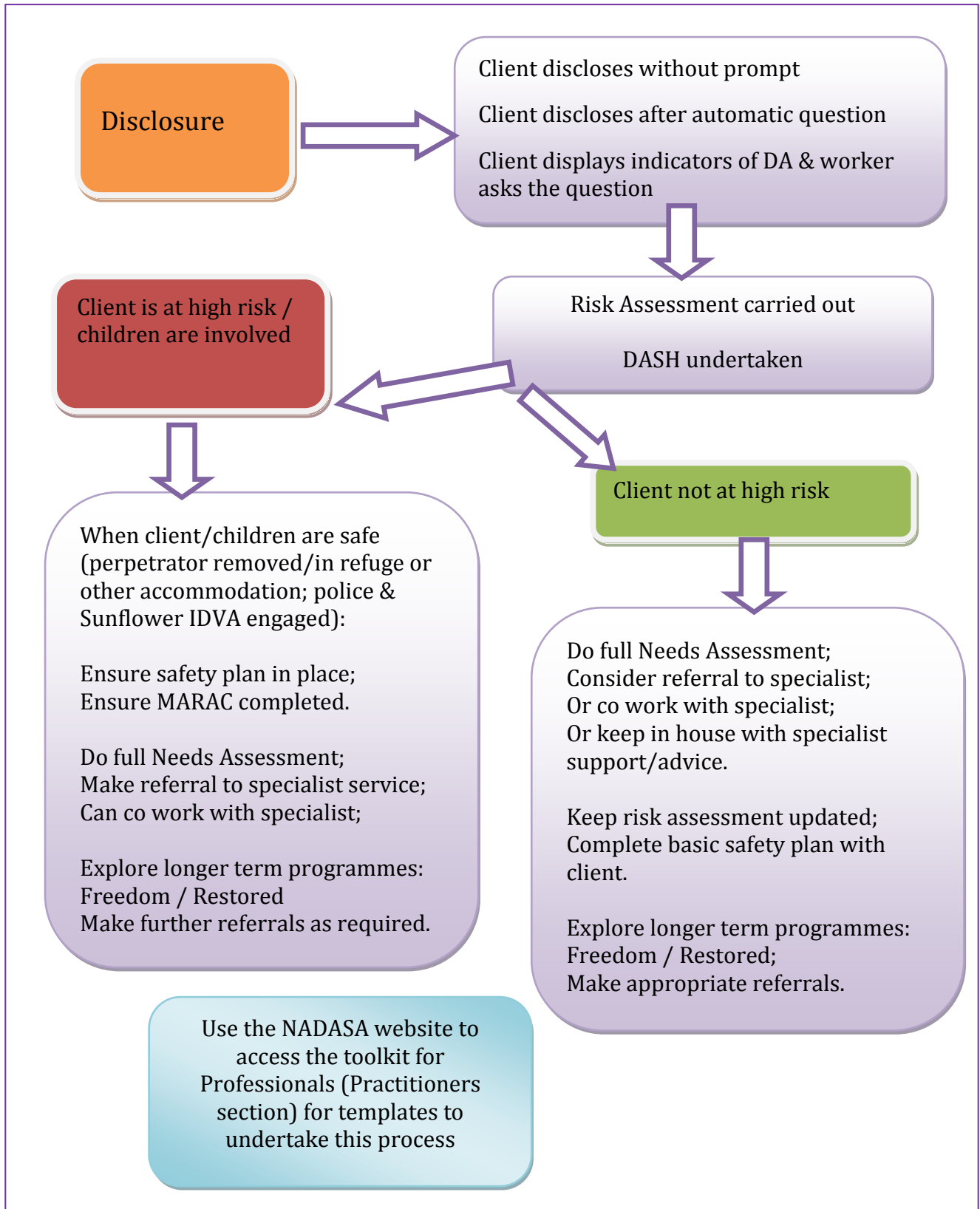
Multi Agency Safeguarding Hub (MASH) - <http://www3.northamptonshire.gov.uk/councilservices/children-families-education/help-and-protection-for-children/protecting-children-information-for-parents-and-carers/Pages/report-a-concern-parents.aspx>

Multi Agency Risk Assessment Conference (MARAC) - <http://www.nadasa.co.uk/practitioners-area/marac/>

Legal grounds for sharing information guidance - **see attached document.**

Remember: if you are unsure what to do, or how to do it, seek help from specialist services – see the contact details at the end of this toolkit.

Process for responding to disclosure of Domestic Abuse



Asking the difficult questions:

Asking Indirectly:

“How are things going at home?”

“What about stress levels – how are things at work / home?”

“How do you feel about your relationships at home?”

“How does your partner treat you?”

“Are you having any problems with your partner?”

Framing the question:

“Because unfortunately abuse and violence seems to be so common now, I ask all my clients/patients about it”

“From past experience with clients/patients I am concerned that some of your problems might be because someone is hurting you”

“I don’t know if this is a problem for you, but many of my clients/patients are experiencing problems at home or with their partners; it’s difficult for people to mention this, so I have started to just ask everyone”

Asking directly:

“Thank you for answering that; I know it’s difficult; I need to ask you about some things so I can see how to help you or get the help you need”

“Everyone argues or fights with their partner now and then. When you argue or fight at home, what happens? Do you ever change your behaviour because you are afraid of the consequences?”

“Do you feel your partner treats you well? Is there anything at home that makes you feel afraid for yourself or your children?”

“Is there anything your partner does that makes you uncomfortable?”

“Has your partner ever hurt or threatened you or your children? Has your partner ever forced you to do something?”

“Has your partner taken the children without permission / threatened to never let them see you again or otherwise harmed them?”

“Has your partner ever hurt your pets or destroyed your clothing, objects in your home or something you especially cared about?”

“Does your partner prevent you from eating or sleeping, or endanger your health in other ways?”

“Has your partner ever tried to keep you from taking medication you needed or from seeking medical help?”

“Has your partner ever forced you to do something you did not want to do?”

“Is there anything that goes on at home that makes you feel afraid?”

“Does your partner act jealously, for example, calling you at work or home to check up on you? Is it hard for you to maintain relationships with your friends, relatives, neighbours or co-workers because your partner disapproves of, argues with or criticises them? Does your partner accuse you unjustly of flirting with others or having affairs? Has your partner ever tried to keep you from leaving the house?”

“Does your partner make it hard for you to get or keep a job or go to school?”

“Is your partner over-controlling?”

“How dangerous would you say your partner is? Does your partner have a weapon? Has he ever used it or threatened to use it against you or your children?”

“Does your partner abuse drugs or alcohol? What happens?”

“Have you ever called the police about your partner? Has he ever been arrested?”

“Every family has their own way of handling finances. Does your partner withhold money from you when you need it? Or withhold information about finances? Do you know where important documents like bank books, check books, financial statements, birth certificates and passports for you and members of your family are kept? If you wanted to see or use any of them, would your partner make it difficult for you to do so? Does your partner sometimes spend large sums of money and refuse to tell you why or what the money was spent on?”

If your client answers yes to any of these questions you should use the following resources that are part of this toolkit:

- **DASH form** – assessing the risk for victims of domestic abuse – this is the template that all agencies should use to assess safety & risk for a client – if there are 14 or more ticks, this indicates the client is high risk and specialist help must be sought – **police or Sunflower Centre.**
[See attached documents – DASH form](#)
- **MARAC referral form** – this is the form agencies use to refer a client to the Multi Agency Risk Assessment Conference – this is a multi agency meeting that discusses a case in confidence and then agrees a plan to keep the client safe and provide appropriate help.
[See attached documents – MARAC form](#)
- **Victim Passport** - to make a referral – a standard referral form of information when making a referral to another service; it includes a form of consent from the client – [see attached documents – VICTIM PASSPORT](#)
- **Legal grounds for sharing information guidance** - if the client does not consent to sharing information use this guidance to help you decide if a disclosure should still be made – see attached documents - [Legal Grounds for Sharing Information Guidance](#)

Some further notes on Assessing Risk

You may have serious concerns about a client's situation, even if they are not visibly high risk, or don't meet the DASH threshold.

With the new law on Coercive and Controlling Behaviour, your own judgment and instinct will be important.

Such situations occur when:

- There are extreme levels of fear
- There is an obsessive stalking behaviour
- The perpetrator is abusing more than one partner
- You feel, using the sum of your experience and instinct, that something is very wrong and the risk of serious harm is high

Professional Judgment:

If you have serious concerns, irrespective of the DASH score, or if the client has refused to undertake a DASH, you should still make a referral to **MARAC** (Multi Agency Risk Assessment Conference); the client may not have been able to disclose some information because:

- They are too fearful or embarrassed
- There are cultural or religious barriers
- There are language barriers
- There are immigration issues

Potential Escalation:

The number of police callouts – consider MARAC if 3 or more in past 12 months.

Seek advice from: Police 101 or Sunflower Centre (Accessing Specialist Services)

Assessing the needs of a client with issues of Domestic Abuse

As a professional working with clients, patients or members of your community, even if you don't have any specialised training about domestic violence, you are in an excellent position to help someone (hereafter referred to as 'client' and as 'she', but this does not exclude male victims) who is experiencing or breaking free from domestic abuse. Caring common sense, your professional experience and a few tips about how to approach it are all that you need and you can do this without spending vast amounts of time or resources.

Your role is vital, because you may be the only professional who will pick up on a potential DA problem. Other professionals may focus only on a specialist area of need. Without your intervention your client may not get help, leading to escalation and a potentially dangerous situation. Quick assessment and intervention may make an enormous difference.

Unless you introduce the subject, very few clients will talk about domestic abuse themselves – they remain silent because of fear, embarrassment, shame, or they think they won't be believed. They may also feel helpless and fear the consequences for themselves, children and perpetrator. You need to have a set of screening questions to introduce and then, if necessary, explore what's happening.

RESOURCE: Screening questions – asking the question

IN GENERAL:

- Talk with the client in a safe and comfortable place – make time for this;
- Make phone calls for you and the client to get information & advice and access to specialist services;
- Offer to accompany the client (or arrange for someone else to) to police, courts or other services – help to ask questions, take notes & speak up if they can't;
- Be clear about what you can do and can't do – have information about specialist services and what they can do; offer to make contact and arrange a referral.

RESOURCE: DA toolkit – attached documents - accessing services that can help

See below for specific areas to explore:

	AREA TO DISCUSS	CLIENT NEEDS	RESOURCE
1	Identify and prioritise your client's fears, dangers and needs – what is their current situation / prioritise the actions that need to be taken to keep them and any children safe. What are their specific fears about violence, retaliation, children, immigration, police, housing, money, etc. Is there immediate danger? Has she spoken to police? Treat all fears very seriously and use the DASH template to assess the level of risk and the SAFETY PLAN template. <u>Contact a specialist service if you need help to do this:</u>		<p>DASH template See attached documents - DASH form</p> <p>MARAC REFERRAL- see attached documents – MARAC referral form</p> <p>SAFETY PLAN template – see attached documents – SAFETY PLAN / Accessing Specialist DA services</p> <p>Victim Passport – see attached documents - VICTIM PASSPORT</p>
2	Significant others – are there people in her life that she can turn to? Family, neighbours, teachers, colleagues, religious members? Explore who might be useful – they do not need to know everything, but might be able to offer childcare, transport, place of safety, someone to accompany her to appointments.		Other known and trusted people – who?
3	Children – are they safe? Are they having problems? What can be done - can school help? Are custody or child care proceedings needed? Is childcare stable?		<p>School /teachers / school counsellor / Children's services & Safeguarding http://www.northamptonshirescb.org.uk Family & friends</p>
4	Housing – is it secure – tonight, for the week/month? Does she need a place of safety (refuge). Is it owned or rented and in whose name? Can you speak to the landlord? Does the perpetrator need to be removed? What is the situation about money / food / heating / phone / transport, etc. Does she need an emergency loan?		<p>Landlord / Housing Association Police, courts, solicitor Refuge services/Women's Aid (Accessing specialist DA Services)</p> <p>See attached documents – ACCESSING SPECIALIST SERVICES</p> <p>Family & friends</p>
5	Law enforcement – does the client fear going to the police or continuing with an existing legal		<p>Sunflower Centre / IDVA (high risk) http://www.voicenorthants.org/sup</p>

	AREA TO DISCUSS	CLIENT NEEDS	RESOURCE
	case? Explore reasons why and options for support/safety. Does she have a named police contact or a phone number to ring about case information? Make enquiries on their behalf if necessary and to highlight current fears. If they are not already engaged with supportive services offer a referral.		port-services/sunflower-centre/ Police – 101 / 999 VOICE (for victims & witnesses) http://www.voicenorthants.org/ Citizens Advice Witness Service https://www.citizensadvice.org.uk/about-us/citizens-advice-witness-service/
6	Job, Income, School – does the client have access to money or regular income? What is their position going to be in a week/month? Can they borrow from family? Does the employer/school know what the situation is & are they supportive? If not, what can be done?		Employer – sympathetic manager or HR; School – teacher, counsellor, safeguarding lead, school nurse; CAB/Welfare right Family
7	Medical – are there any medical or health concerns/needs? Are they seeing their GP/other health professional? If sexual violence has been involved, do they have concerns about sexual health / contraception / pregnancy? Is mental health at risk? Do they need counselling or emotional support? Have injuries been documented?		GP / Health & Wellbeing service Midwife / Health Visitor Serenity Sexual Assault Referral Centre (SARC) http://www.nht.nhs.uk/main.cfm?type=SERENITY Sexual Health & Contraception Service http://www.nht.nhs.uk/main.cfm?type=4 Sunflower Centre http://www.voicenorthants.org/support-services/sunflower-centre/
8	Immigration – is their status at risk; are they without recourse to public funds; do they have applications pending; do they need to make applications?		Women’s Aid services (see list Accessing Services that can help) Citizens Advice Bureau Welfare rights

Safety Planning

WARNING: Abusers try to control their victim's lives.

When abusers feel a loss of control - like when victims try to leave them - the abuse often gets worse and it can be very dangerous for the client. Tell the client to take special care when they leave and keep being careful even after they have left.

Their safety is the most important thing. Listed below are tips to help keep them safe. Use the Safety Plan template to construct the plan and keep it updated.

You must discuss with the client **how they can keep this plan in a safe place or with another person** so that the perpetrator will not find it. **Have important phone numbers nearby** - police, hotlines, friends and the local refuge.

Complete the Safety Plan and identify issues and potential solutions. If they cannot produce a satisfactory and safe plan, you should seek advice from a specialist service.

[See below or attached documents – PERSONALISED SAFETY PLAN](#)

	AREAS FOR DISCUSSION	RESPONSE PLAN
1.	Friends and neighbours / relatives – who can they tell? Could they call police 999 if they hear angry or violent noises? Code word to use – agree code word with them.	
2.	How would they get out of the home safely? Taking out rubbish/walking dog/shopping Is there a safer room in the house they could use with an exit?	
4.	Can they safely put together a bag of emergency items to take? (see list below) Where will they hide it? Could a neighbour/friend keep it?	
5.	4 places they could go if they left Neighbours/friends/relatives? Could they lend them money?	
6.	Do they have, or can they hide a mobile phone?	
7.	What will they do with pets?	
8.	Do they have a bank account in their name / credit card? Could they open one?	
9.	Important documents – can they take copies? How will they get them/take them? (See list below)	
10.	Children – can they be taught to dial 999? How will you take them with you/get them out? How will you explain it to them?	
	AFTER THEY HAVE LEFT / OR IF THE PERPETRATOR HAS LEFT	
11.	Getting a court order – who can help with this? Give copy of court orders to police, school, employer, child minder; anyone else?	
12.	Changing locks / smoke detectors / outside lights / security system – who can help with this?	

13.	Keep your key in the door lock so no one can use a key outside to get in	
14.	Keep your mobile phone charged and with you all the time	
15.	Safe Room – who can help with this?	
16.	Tell neighbours/friends/relatives – perpetrator has gone so if they see him/her near home or children to call police	
17.	Children/School – tell school & confirm who can pick them up; can you change the route to school? New school – who can help with this? Give school copies of any court orders Make sure children understand this.	
18.	Work – tell someone at work, preferably including your boss; give them copy of court orders; make safety plan for going to and from work and keeping safe at work – practice this	
19.	Shops, services – don't use the same shops and services (hairdresser, etc) that they used before; Tell GP and other health professionals involved;	
20.	Someone they can talk to when they are down – who? Support services	
21.	Safe ways to talk to perpetrator if they must - could they use an intermediary? Don't disclose location if they have moved	
22.	Go over and practice this safety plan often	
23	Important phone numbers:	Refuge: <ul style="list-style-type: none"> • Northampton Women's Aid 0845 1232311 • Eve 01604 230311 • Women's Aid National Helpline 0808 2000 247 • Sunflower Centre 01604 888211 • Solicitor Number: • GP details:

RESOURCES:

[Safety Plan template - SEE ATTACHED DOCUMENTS](#)

[Accessing Services that can help - SEE ATTACHED DOCUMENTS](#)

ITEMS TO TAKE, IF POSSIBLE (lodge copies of important documents with a trusted person)

- Children (if it is safe)
- Money
- Keys to car, house, work
- Extra clothes / toiletries
- Medicine
- Important papers for you and your children
- Birth certificates
- Proof of benefit entitlements
- School and medical records
- Bankbooks, credit cards
- Driver's license
- Car registration
- Passports, work permits
- Lease/rental agreement
- Mortgage or rent payment book, unpaid bills
- Insurance papers
- Court orders, divorce papers, custody orders
- Address book
- Pictures, jewellery, things that mean a lot to you
- Items for your children (toys, blankets, etc.)

And, if possible, a recent photograph of the perpetrator

Who can help?

Accessing specialist services

Local Support Services

Police

In an emergency always use 999. If you are reporting a crime or incident other than an emergency or want to contact the Domestic Abuse Unit, please call 101
www.northants.police.uk

Northampton Women's Aid

24 hour Refuge, support to women and their children who are victims of domestic abuse / Group work for victims, children, perpetrators:
0845 123 2311
www.northamptonwomensaid.org.uk

The Sunflower Centre

Support and advice services to high risk victims of domestic abuse through Independent Domestic Violence Advisors (IDVAs):
01604 888211
<http://www.voicenorthants.org/support-services/sunflower-centre/>

Northamptonshire Voice

Emotional and practical support and information to victims & witnesses of crime:
0300 3031965
www.voicenorthants.org.uk

Citizens Advice Witness Service

Help for victims and witnesses attending criminal courts:
0300 332 1000
www.citizensadvice.org.uk

EVE (Northampton only)

Provides Refuge and programmes to enable female survivors of domestic abuse and their children to achieve recovery, empowerment and lasting change for every family member:
01604 23031
www.eveda.org.uk

Dostiyo

Advice for Asian women including benefits, debt, housing, domestic violence, disability, immigration, drug and alcohol misuse; advocacy, befriending and counselling services:
01604 745340
www.dostiyo.org.uk

Free 2 Talk (Daventry only)

Free 2 Talk strives to find effective solutions that empower families, children and young people to achieve their aspirations. Support programmes are offered for both the victim and perpetrator:
07887 903104

Relate Northamptonshire

Offer a confidential counselling service to people with relationship problems or difficulties and can work individually with survivors of domestic abuse:

01604 634400

Serenity Sexual Assault Referral Centre (SARC)

24/7 Crisis support including health checks by specialist doctors, emergency contraception, access to other health services; ongoing support from Independent Sexual Violence Advisors (ISVAs):

24/7 tel: 01604 601713

You can also get help and advice from services and professionals that you may already be in contact with: eg:

GP, social worker, health visitor, school nurse, etc.

Northamptonshire Rape Crisis

Counselling & support services, including ISVA; support groups:

01604 250721

TRAINING:

Nadasa Training Programme -
<http://www.nadasa.co.uk>

Northamptonshire Safeguarding Children Board (NSCB) –
<http://www.northamptonshirescb.org.uk>

Eve - <http://www.eveda.org.uk>

For more information look at these websites:

NADASA website - <http://www.nadasa.co.uk>

Northamptonshire Safeguarding Children Board (NSCB) website -
<http://www.northamptonshirescb.org.uk>

Multi Agency Safeguarding Hub (MASH) -
<http://www3.northamptonshire.gov.uk/councilservices/children-families-education/help-and-protection-for-children/protecting-children-information-for-parents-and-carers/Pages/report-a-concern-parents.aspx>

Multi Agency Risk Assessment Conference (MARAC) -
<http://www.nadasa.co.uk/practitioners-area/marac/>

National Services

National Domestic Violence 24

hour Helpline:

0808 2000 247

www.nationaldomesticviolencehelpline.org.uk

National Centre for Domestic Violence

Free emergency injunction service for survivors of domestic violence:

Helpline – 0844 8044999

www.ncdv.org.uk

Refuge

Offers a range of services aimed at female victims of domestic abuse:

www.refuge.org.uk

Women’s Aid

Domestic Violence charity to support and advocate on behalf of female victims of domestic abuse:

www.womensaid.org.uk

Victim Support National Helpline

Free and confidential support to help victims of crime deal with their experience:

Helpline – 0845 30 30 900

www.victimsupport.org.uk

National LGBT Domestic Violence

Helpline – 0300 999 5428 (Mon 2pm-8pm, Wed 10am-1pm, Thu 2pm-8pm)

The Mankind Initiative

Support and information for male victims of domestic abuse:

Helpline – 0870 794 412

www.mankind.org.uk

Rights of Women

Family law

020 7251 6577

Men’s Advice Line

Confidential helpline for men experiencing domestic violence - emotional support, practical advice and signposting to other services for specialist help:

Helpline 0808 801 0327

www.mensadviceline.org.uk

National Stalking Helpline

Guidance and information to anybody who is currently or has been affected by harassment or stalking:

Helpline – 0808 802 0300

www.stalkinghelpline.org

Paladin National Stalking Advocacy Service

Advice and support to high risk victims of stalking:

0207 840 8960

www.paladinservice.co.uk

