

**SUPPORTING  
SURVIVORS OF  
DOMESTIC ABUSE  
AND SEXUAL  
VIOLENCE**



# Domestic Abuse

Domestic abuse is any incident or pattern of incidents of controlling, coercive, threatening behaviour, violence or abuse between people aged 16 years old and over, who are or have been intimate partners or family members. Domestic abuse can come in many different forms and a person does not necessarily have to be physically injured to have been affected.

Abuse can involve, but is not limited to:

- Psychological
- Physical
- Sexual
- Financial
- Emotional

**Domestic abuse doesn't have to happen every day to dominate your life.**

Power lies at the source of domestic abuse as it's all about controlling and dominating the person being abused - never ignore the first slap or shove as it could escalate.

It is not your fault and you do not deserve it - you (and your children) have the right to live free from fear and harm regardless of your race, age, gender, background or religion and whether you are married or living with a partner.

# Sexual Violence

Sexual violence is any unwanted sexual act or activity. It can occur to anybody at any age. It is an act of violence that can be committed by parents, caregivers, acquaintances and strangers, as well as intimate partners.

It is rarely a crime of passion, and is rather an aggressive act that frequently aims to express power and dominance over the individual(s) affected.

There are many different kinds of sexual violence, including but not restricted to:

- Rape
- Sexual assault
- Child sexual abuse
- Sexual harassment
- Rape within marriage/relationships
- Forced marriage
- So-called honour-based violence
- Female genital mutilation
- Trafficking
- Sexual exploitation
- Ritual abuse

**No-one ever deserves or asks for it to happen.**

There is no excuse for sexual violence; it can never be justified, it can never be explained away and there is no context in which it is valid, understandable or acceptable.

Anyone affected by any kind of sexual violence, no matter where you were, what you were doing, what you were wearing, what you were saying, if you were drunk or under the influence of drugs, it was not your fault and you did not deserve this.

# If you have been affected by domestic abuse or sexual violence, in any form, you can get advice and support from a number of local organisations.

## **Northamptonshire Domestic Abuse Service**

Northamptonshire Domestic Abuse Service (NDAS) provides a countywide service for women, men, children and young people who have been affected by domestic abuse in Northamptonshire.

NDAS also offer bespoke one-to-one sessions for all focussed on your individual needs, we offer refuge housing across Northamptonshire for individuals or families.

Call the NDAS helpline, 24 hours a day, 7 days a week for friendly non-judgemental advice on [0300 012 0154](tel:03000120154)

## **Northamptonshire Rape Crisis**

Whether you were assaulted last night or abused fifty years ago, we exist to support you through the recovery process – from helping you if you're in crisis, to providing long-term counselling to help you move on.

Northamptonshire Rape Crisis provides support, advocacy and group work to individuals regardless of gender, age or sexuality. Run by an all-female team, we also offer a women-and-girls-only safe space.

Contact Northamptonshire Rape Crisis's helpline on [0300 222 5930](tel:03002225930) or email [info@northamptonshirerapecrisis.co.uk](mailto:info@northamptonshirerapecrisis.co.uk)

## **Sunflower Centre**

Sunflower Centre provides support across Northamptonshire for those experiencing domestic abuse. We can offer telephone or face to face support helping you with:

- Understanding what domestic abuse is
- Giving advice on how to keep safe
- Liaising with agencies such as housing and the police
- Supporting you through the criminal justice system
- Practical interventions such as security assessments and civil advice

Contact the Sunflower Centre on [01604 888211](tel:01604888211) or at [Sunflowercentre@northants.pnn.police.uk](mailto:Sunflowercentre@northants.pnn.police.uk)

## Voice

Voice is a free, confidential and non – judgemental support service provided by the police and crime commissioner to help victims of crime to cope, recover and thrive. We can provide a range of support services to meet your individual needs and our specialist domestic and sexual abuse support workers will work with you to understand the specific support you require. Our services are available to anyone affected by crime, regardless of whether you have reported it to the police or not and irrespective of when or where it occurred.

We are here to help you find your voice and can provide a safe place for you to voice your fears, worries and emotions.

Contact Voice on 0300 303 1965 or visit [voicenorthants.org](http://voicenorthants.org)

## Eve

Eve has worked with survivors of domestic abuse for over 35 years and has developed a range of services for women and children and men who use abusive and controlling behaviours.

At the heart of our work is a passion to see victims become victors; for women and children to find healing and restoration in order to reach their full potential and become confident and active members of their communities.

Eve's services include; Refuge, a place of safety for women and children fleeing domestic abuse; Community Support Service for women and families living in their own accommodation, Long-term therapeutic rehabilitation and recovery programme, Occupational Therapy services; Children's services; Perpetrator programme.

Contact Eve's helpline on 01604 230311 or email [admin@eveda.org.uk](mailto:admin@eveda.org.uk)

## Serenity

Serenity support men, women and young people who have been raped or sexually assaulted. Open every day of the year, Serenity provide support, day and night, for as long as an individual needs it.

The service is provided from dedicated, secure forensic premises owned and maintained by Northamptonshire Healthcare NHS Foundation Trust.

Contact Serenity's advice helpline on 01604 601713

Northampton  
Community Safety  
Partnership



eve



voice  
for victims & witnesses

serenity

