

# Domestic Violence Directory



**Everyone has the right  
to live without fear of  
violence and abuse**

**If you are suffering domestic violence you are not alone.  
There are many organisations that offer support to victims.  
This directory outlines the support available  
and what you can do if you or someone you know  
is experiencing domestic violence.**

January 2009

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# What is Domestic Violence?

Domestic Violence is actual or threatened physical, emotional, psychological or sexual abuse, which takes place within the context of any close relationship - usually partners or ex partners.

It occurs across all communities regardless of social status, family income, age, sexuality, religion, ethnic or racial background, mental or physical ability.

It rises from a misuse of power and exercise of control by one person over another. This is usually men over women but can be women controlling men. It can also take place within same sex relationships.

As well as physical violence, domestic violence can involve a wide range of abusive and controlling behaviour, including threats, harassment, financial control and emotional abuse. Domestic violence is rarely a one-off event.

If you are living in an abusive relationship, you are probably finding it very hard to cope. If you are living in fear of someone with whom you have had or are having a close personal relationship, you are entitled to support and information. This can then help you make choices about your safety.



# Domestic violence facts

- 1 in 4 Women will experience some sort of abuse within a close relationship. (1)
- The mid 2003 estimated population of women in North East Lincolnshire over the age of nineteen is 60,224 (2). It is therefore reasonable to expect that 15,056 women in North East Lincolnshire have been, or will be the victims of domestic abuse.
- On average, two women per week are killed by a male partner or former partner. Nearly half of all female murder victims are killed by a male partner or ex-partner. (3)
- Police in the UK receive one call every minute of every day reporting violent attacks in the home. (4)
- On average a woman is assaulted 35 times before contacting the police. (5)
- No other crime has a rate of repeat victimisation as high as domestic violence crimes. (6)
- Domestic violence is linked with increases in rates of miscarriage, low birth weight, premature birth, foetal injury & foetal death. (5)
- In any one day nearly 7000 women and children are living in a refuge. (7)
- In five out of ten cases when there is violence between adults, children get hurt too. (8)
- The 2001 British Crime Survey estimated that 17% of men had experienced at least one incident of domestic abuse.

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## Sources

- (1) Council of Europe, 2002.
- (2) Population Estimates Unit ONS: Crown Copyright 2004.
- (3) Amnesty.
- (4) Stanko, 2000.
- (5) Cited in Bewley, Friend and Mezey [eds], 1997
- (6) Home Office, July 2002.
- (7) Women's Aid
- (8) Childline 2004, [www.childline.org.uk](http://www.childline.org.uk)
- (9) Home Office Research Study 276, 2004

# How can I help a friend who is the victim of domestic violence?

If your friend confides in you that they are experiencing domestic violence, there are a few basic steps you can take to help them:

**Be understanding.** Explain that they are not alone and that there are many people in the same situation.

**Be supportive.** Tell them that no-one deserves to be threatened or beaten, despite what the abuser may have said.

**Let them make their own decisions.** If your friend isn't ready to leave a relationship, this is their decision.

**Ask if they have suffered physical harm.** Offer to go to the hospital with them if it's necessary and help them report the assault to the police if they want to.

**Give them information about the help that is available.** Look at options together and accompany them if they feel ready to take this next step.

**Help them work out safe plans.** Let them decide what is safe and what is not. Don't encourage them to do anything that they're not sure about. Leaving the relationship is the most dangerous time for your friend.

**Reassure them that they're not alone.** Offer to let them use your address and telephone number for receiving important information and messages.

**Above all look after yourself.** While supporting someone do not put yourself in a dangerous position.

## What can I do to help myself?

If you're in an abusive relationship there are three important steps you can take:

- Recognise that it is happening to you
- Accept that you're not to blame
- Above all, get help and support

The most important thing you can do is tell someone. You may find this to be a quick and simple decision or a long and painful one as you struggle against the practical and emotional reasons for staying in an abusive relationship.

Most people try and find help a number of times before they get the help that's right for them. If you are living in an abusive relationship then don't give up and never be afraid of asking for help again.



# Safety Planning

This section outlines possible ways of protecting yourself and assistance if you decide to leave the relationship.

## IN AN EMERGENCY CALL 999

Having a personal safety plan is important if you or your children are living with domestic violence. A personal safety plan is designed with safety in mind whether you stay in the relationship or choose to leave. In an emergency the most important single factor is the physical safety of yourself and any children you may have.

Here are some safety steps to follow but please remember that every person's situation is different, you may need to take all or only some of these steps. You may also think of other steps that are particular to your needs.

### General Safety checklist

- Find out what support is available locally (see Help and Support section)
- Keep a diary of events as they happen to ensure you don't forget and for future evidence if necessary. However, be very careful where you keep this if you are living with the perpetrator.
- Identify where is the nearest phone in an emergency, for example friends, neighbours.
- If possible identify neighbours you can tell about the violence and ask that they call the police if they hear a disturbance coming from your home.
- Carry a list of relevant phone numbers to call in an emergency, for example friends, relatives, police, Women's Aid. Everyday numbers can be forgotten in a crisis (see cut out card on back page).
- Try to save some money for bus, train or taxi fares.
- Have an extra set of keys for your home and car.
- Make up a small bag with overnight clothes and keep it at someone else's house.

- Open a savings account and/or credit card in your name to start to establish or increase your independence. Think of other ways in which you can increase your independence.
- If possible, and if the children are old enough, talk to them about safety and the possibility of having to leave in a hurry. They probably know what is happening and will need explanations.
- Create a codeword to use with your children, family, friends and neighbours when you need them to call the police.
- Keep bank/finance details, benefits books, telephone numbers, important documents, etc., safe and easy to find.
- If you decide to leave, try to go when the perpetrator will be out of the house for a long period of time. Statistics show that this is the most dangerous time for you.
- Think about getting advice from a support worker before a time of crisis.

## **Safety during a violent incident**

- If an argument seems unavoidable, try to have it in a room or area where you can exit quickly and easily. Try to stay away from the bathroom, kitchen, bedroom or anywhere else where weapons might be available.
- Practice how to get out of your home safely. Identify which doors, windows, lifts or stairwell would be best.
- Decide and plan for where you will go if you have to leave home (even if you don't think you will ever need it.)
- Always remember - you and your children don't deserve to be hit or threatened.

## **After a violent incident**

- Get to a safe place as soon as possible.
- Call the police and report the incident.
- If your partner injures you or your children, see your doctor or attend hospital as soon as possible.
- Consider seeking advice from a solicitor.

## Safety at work and in public

- Decide who at work to inform of your situation. Your discussion should include office or building security. Provide a picture of your abuser if possible.
- Arrange to have an answering machine, caller ID or someone you trust to screen calls if possible.
- Devise a safety plan for when you leave work. Have someone escort you to your car, bus or train and wait with you until you are safely on your way. Use a variety of routes to go home if possible. Think about what you would do if something happened during your journey.
- Keep important contact numbers close at hand and keep some change or a phone card on you at all times for emergency phone calls. If you have a mobile phone it may be useful to have important numbers on 'speed dial'.
- Remember - leaving an abuser is the most dangerous time. Review your safety plan as often as possible in order to plan the safest way to leave your abuser.

## Safety when you no longer live with the abuser

- Consult a solicitor to discuss your options including the possibility of a Restraining Order or a Non-Molestation Order.
- Make your home as secure as possible. Add additional locks and safety devices, and ensure that you have a fire safety plan. You can get help securing your home and a free home fire safety check. A Home Safety (Sanctuary) Scheme is also available. For details see page 20.
- Discuss a safety plan with your children for when you are not with them.
- Inform the children's school, nursery etc about who has permission to pick up your children.
- Inform neighbours and landlord that your partner no longer lives with you and that they should call the police if they see them near your home.
- Keep keys, money and sets of clothes for yourself, and your children, packed in a bag and stored at a friend or relative's house.
- If you are worried about staying at home alone ask a friend or relative to stay with you.

# Getting Help and Support



Professionals working in a variety of agencies, including those listed in this directory, are aware of Domestic Violence. Many will have received specialist training in this subject. You should always receive a supportive and understanding response. If you do not please do not give up asking for help.

## Remember in an emergency always call 999

### Health & Domestic Violence

Domestic violence is a frequent cause of injury and emotional trauma and accounts for a substantial proportion of health service use. The specific health consequences of domestic violence are numerous and can range from psychological effects to physical injuries and death.

Consider approaching the following people for help:

- Your GP or practice nurse
- Your midwife
- Your healthvisitor
- A nurse or doctor if you are in hospital, for example in Accident and Emergency.

**For mental health problems**, individuals can contact their own GP and request an appointment with the Mental Health Nurse. One to one confidential counselling is available in various GP surgeries. Some may offer group therapy (stress management /assertiveness /relaxation).

### Useful contact numbers

Mental Health Crisis Team 01472 874111

Mind 01472 602502

Tukes Project 01472 342172

Provide training and work experience for people with mental health problems (self referral accepted).

## North East Lincolnshire Women's Aid

P.O. Box 399  
Grimsby  
DN32 0WZ  
Tel No: 01472 575757  
Email: [support@womensaidnel.org](mailto:support@womensaidnel.org)  
Website: [www.womensaidnel.org](http://www.womensaidnel.org)

Women's Aid offers a variety of support to women and children experiencing domestic violence.

We now offer 24 hour emergency supported accommodation for women and their children who want to leave violent partners. Women can access the service either through an agency or they can self refer. Women and children receive our supported services for as long as it takes for them to feel strong enough to live independently.

Outreach Workers support women in the community who maybe want support and someone to talk to or want to look at what options are available but don't want to live in the refuge. Women do not have to leave violent partners to access this service. Safe meeting places are agreed.

A Resettlement Worker offers an aftercare service to residents who are setting up new homes and living independently.

All work undertaken within our services is totally confidential.

For more information about any of our services please contact us.

**[www.womensaidnel.org](http://www.womensaidnel.org)**

Women's Aid offers a local number that is easy to remember without writing down - Grimsby 575757



## North East Lincolnshire Women's Centre

A new multi agency women's centre is now open.

The Centre is open to ALL women in North East Lincs to offer advice, support, information, training etc. It offers services to women in a focussed and effective way to help them make informed and supported lifestyle choices. The Centre provides a much needed well-equipped physical space, allowing service providers to come together to find joint solutions and working practices tailored to women's needs.

Further information is available on 01472 240295.

The Centre promotes partnership working and links with other agencies.

We offer:

- A confidential 'listening ear'.
- A range of women's services.
- Advice from Citizen's Advice Bureau.
- Support for women who want to gain new skills or make positive changes in their lives.
- Counselling, self esteem and confidence building.
- Opportunities for learning and personal development - access to training courses such as DIY, computers, business admin and arts and crafts.
- 'Drop-ins' - Domestic Abuse, Citizens Advice Bureau, Working Links, Sexual Health visitor.
- Information and advice by health professionals.
- Information and advice by Benefits advisors.
- Help with jobsearch activities, CVs, how to fill in an application form, interview techniques.
- Volunteering opportunities.
- A chance for women to contribute positively to the community.
- **[www.womensaidnel.org](http://www.womensaidnel.org)**

## North East Lincolnshire Council Homelessness Section

The Local Authority Homelessness Section has an important role to play in helping victims of Domestic Violence. Advisory officers have a detailed knowledge of Housing Legislation and Statutory Guidance and how this applies to anyone experiencing Domestic Violence. The department's aim is to provide a confidential, sympathetic service to victims requesting assistance. The department is involved in a large amount of work relating to domestic violence ranging from homeless claims to the provision of temporary safe accommodation. (See also page 20.)

### **Enquiries:**

If you are in need of housing advice or are threatened with homelessness please call 01472 326401.

## Home - Start North East Lincolnshire

Freeman Street Resource Centre  
41-43 Kent Street  
Grimsby DN32 7DH  
Tel No: 01472 245545  
Email: [homestartnelincs@hotmail.com](mailto:homestartnelincs@hotmail.com)

Home - Start provides a unique service for families - recruiting and training volunteers to support parents with young children at home. There must be at least one child under the age of 5 years in the family to be supported. Families can contact the service directly. Volunteers are carefully recruited and screened, attending a 40 hour training course including CRB vetting. They provide non-judgemental practical and emotional support and help build the family's confidence and ability to cope. Home - Start runs more services and has more volunteers supporting more families than any other family support charity in the UK.

**All information is treated as confidential unless there is risk to a child.**

## Multi Agency Domestic Abuse Team

In November 2006 the "Safer Communities, North East Lincolnshire: Domestic Violence Strategy 2006/2009" was launched. The vision of the Strategy is:

"To achieve a **consistent and co-ordinated inter-agency response** to domestic violence in North East Lincolnshire, thereby bringing about a systematic reduction in the levels of domestic violence and an improvement in the safety of victims and survivors."

The team is made up from various professionals from agencies including Humberside Police, Health, Social Services, It's My Right Project and North East Lincolnshire Council.

All members of the team are committed to providing support to victims and raising awareness of Domestic Abuse.

Contact telephone 01472 324944



## Victim Support

Area Victim Care Unit 01482 305080  
Grimsby Office 01472 250251  
Criminal Injuries Compensation Awards Co-ordinator 01472 356549  
Crown Court Witness Service 01472 359740  
Magistrates Court Witness Service 01472 341239  
Vulnerable Witness Service (outreach) 01472 243956



Victim Support is part of a national organization that offers free and confidential support to victims of crime. It is not a counselling service although staff and volunteers do use counselling skills .

The police refer people who have been victims of crime, e.g. burglary, assault. Individuals, other agencies and the victim themselves can also refer. Trained volunteers and staff offer a listening ear and emotional support and Victim Support works closely with other agencies to assist the client wherever possible with any practical problems they may have. Comprehensive advice is given on the Criminal Injuries Compensation Authority scheme for victims of violence which includes help throughout the process, if a client wishes. It could be argued that perpetrators of crime get a fair amount of attention/after care and also many offenders are not apprehended.

Victim Support exists to help redress that balance.

Victim Support Witness Services also offer information and support to court witnesses. Pre-court visits can be arranged.

The Vulnerable Witness Service offers outreach support and preparation to victims/witnesses who have to attend a trial.

Please contact to arrange appointments.

## Humberside Police Domestic Violence Liaison Worker

Domestic Violence Officer  
Tel No: 07837 269439

Victims may be contacted by the Domestic Violence Liaison Worker who is able to give advice and some support. Agencies or victims can talk to the Domestic Violence Liaison Worker, by either making an appointment on the above number or calling in to the 'Drop In' service - see back page.

## **NSPCC - National Society for the Prevention of Cruelty to Children**

25 Chantry Lane, Grimsby DN31 2LP  
Tel No: 01472 320450

The NSPCC Project offers a family support service to local families; we take referrals directly from children and families themselves.

**Adult Victims:** NSPCC works with parents and carers where domestic abuse has been a factor in damaging relationships and coping mechanisms within the family between parents and children.

**Child Victims:** NSPCC offers a one-to-one direct work/interactive service to children recovering from the experiences of violence or abuse within the family.

## **Relate Lincolnshire**

35 Chantry Lane, Grimsby DN31 2LP  
Tel No: 01472 354392 (May be diverted to Lincoln)  
Email: [enquiries@relate-lincs.co.uk](mailto:enquiries@relate-lincs.co.uk)  
[www.relate-lincs.co.uk](http://www.relate-lincs.co.uk)

We offer counselling to couples or individuals: they may be married, co-habiting, separated or divorced. We can offer counselling to families and young people between the ages of 10 and 18 who are experiencing relationship difficulties. We have counsellors who have undertaken additional training which allows them to work in more difficult areas such as Domestic Violence. They work with individuals or (if appropriate), couples. Relate complies with the standards set out by RESPECT and has Domestic Violence & Child Protection Policies. Counselling is currently available in Grimsby on Mondays & Thursdays and is strictly by appointment only.

## **Centre for Sexual Health**

Diana Princess of Wales Hospital, Grimsby  
Telephone 01472 875237

## **Sexual Health - Outreach Service CTP Sex Workers Project**

If you feel you need friendly, expert advice about your sexual health or maybe that of a friend, confidential help is just a phone call away.

Telephone 01472 625563

Jenny Dixon - Sexual Health Outreach Development Manager.

## Sure-Start Children's Centres

**Broadway Children's Centre**, Broadway, Grimsby DN34 5RS

Telephone 01472 326840

**Central Children's Centre Central**, Edward Street, Grimsby DN32 9HL

Telephone 01472 326830

**Central Children's Centre Old Clew**, Colin Avenue, Grimsby DN32 8EN

Telephone 01472 326767

**Cleethorpes Children's Centre Reynolds**, Machray Place, Cleethorpes DN35 7LJ

Telephone 01472 324902

**East Marsh Children's Centre**, 203 Victor Street, Grimsby DN32 7QB

Telephone 01472 326860

**Highgate Children's Centre**, Trinity Road, Cleethorpes DN35 8TJ

Telephone 01472 324323

**Immingham Children's Centre**, Margaret Street, Immingham DN40 1LD

Telephone 01469 514848

**Nunthorpe & Bradley Park Children's Centre**, Sutcliffe Avenue, Grimsby DN33 1AN

Telephone 01472 326600

**Park Children's Centre**, Lansdowne Avenue, Grimsby DN32 0DF

Telephone 01472 325750

**Queensway Children's Centre**, Queensway, Grimsby DN37 9AT

Telephone 01472 325737

**Riverside Children's Centre**, Central Parade, Grimsby DN34 9AT

Telephone 01472 324303

**Scartho Children's Centre**, Mendip Avenue, Grimsby DN33 3AE

Telephone 01472 324280

**West Marsh Children's Centre**, 8 Dudley Street, Grimsby DN31 2AB

Telephone 01472 326900

Sure-Start programmes serve families who have children under the age of 5. The aim of the programme is to assist families in giving their children the best possible start in life.

Our Teams assist in strengthening families and the community via parent participation in the running of the programme and positive parenting advice and support.

Anyone living in the above areas can take part in our services, referral is not needed. Professionals may contact the Sure Start Centres on behalf of a family with their permission. Services are delivered in a variety of settings across the areas and in family's homes.

## **Grimsby & Scunthorpe Rape Crisis & Sexual Abuse Helpline**



105-107 Frodingham Road  
Scunthorpe  
North Lincolnshire  
DN15 7JT  
(Appointments only)  
Email: [rapecrisis@btconnect.com](mailto:rapecrisis@btconnect.com)  
Tel No: 01724 853953  
**Freephone No: 0800 197 4787**

Confidential listening service to women and men who have suffered rape, sexual abuse, sexual assault or sexual harassment. The service also extends to friends, family and partners of survivors. Telephone help line and face to face support are available for over 18 year olds.

Our help-line is available 9.30am - 3pm Monday - Friday.

Staff are available at various times throughout the day and a 24 hour answer phone is available.

We can also accompany clients to the Police Station, clinics, hospital, court, Sexual Assault Referral Centre, etc.

[www.rapeandabusesupport.co.uk](http://www.rapeandabusesupport.co.uk)

### **Independent Sexual Violence Advisor**

Kirsty Hodges  
Email: [itsmyright.isva@btconnect.com](mailto:itsmyright.isva@btconnect.com)  
Mobile: 07795 107612

The Independent Sexual Violence Advisor role is to provide a pro-active service to adult victims of sexual violence. It is a role within a multi agency setting to provide advice and signposting, practical and emotional support for victims. The service is confidential, free and available to everyone regardless of whether you have told the police or anyone else about the attack. Help and support is available, you are not to blame and no longer alone.

## Safer Communities Partnership

1 Burwell Drive  
Grimsby  
DN33 1PH  
Tel No: 01472 324944  
Website [www.safercommunities.org](http://www.safercommunities.org)



Safer Communities is the legislative crime & disorder reduction partnership (CDRP) for North East Lincolnshire. The partnership is made up of all the responsible authorities, key agencies and voluntary sector organisations involved in community safety. The partnership is responsible for delivering the North East Lincolnshire Domestic Violence Strategy. The Safer Communities team includes a full time **Domestic Violence Co-ordinator**.

## Community Youth Programme

### Youth Inclusion Support Programme (YISP)

The YISP is a multi-agency early intervention programme that works with children and young people believed to be at risk of offending involved in crime and anti-social behaviour. It aims to divert children and young people from developing patterns of persistent or more serious offending.

The young person is aged between 8 to 17 years inclusive. The parent/carer and young person are both willing to take part and give consent to the referral. They then need to co-operate with the young person's Integrated Support Plan (ISP).

This service may be useful to some families experiencing domestic abuse.

Contact Details:

Jon Allvey  
YISP Teamleader  
39 Heneage Road  
Grimsby DN32 9ES  
Telephone: 01472 326161  
Email: [jon.allvey@nelincs.gov.uk](mailto:jon.allvey@nelincs.gov.uk)

## Sexual Assault Referral Centre

The Centre is for the care and support of both female and male victims of rape and sexual assault. Victims do not have to report to the police to have access to our services. Care After Sexual Assault provide a safe, comfortable and supportive environment. Specially trained doctors and nurses who understand your situation are available to you.

To contact the Centre directly telephone 01482 305037.

## Male victims of domestic violence

Unfortunately there is still a belief among some that men simply cannot be victims of domestic abuse. This can make it difficult for male victims to confide in anyone about what is happening which can lead to depression, despair, low self esteem, a feeling of hopelessness and isolation. However there are people who can offer support, understanding, information, advice, help!

There is sometimes a misunderstanding that there are no services in North East Lincolnshire for men who need help and support. In fact, all agencies will support men suffering abuse. The 'Drop In' facility on Tuesdays (see back page) is available to anyone experiencing domestic violence and therefore can be accessed by men.

The only provisions locally that are not available to men are the women's centre and women's refuge accommodation - however, there are other hostel providers to compensate for this.

### **National help-line/advice for men:**

Victim Support Male Help-line 0800 328 3623

Mankind 0870 794 4124

M.A.L.E 0845 064 6800

[www.mensadvice.org.uk](http://www.mensadvice.org.uk)

Also locally

Rape Crisis helpline 0800 197 4787



## Home Safety (Sanctuary) Scheme

A sanctuary scheme enables victims and their children to remain in their own home, where they choose to do so and safety can be guaranteed. Clients can be offered a range of options within the scheme. At no stage should they be forced to take any of these options, it is entirely voluntary. If they do not feel that the measures will make them feel safe, then a homeless claim must be taken and temporary accommodation must be provided pending the decision.

### Option 1 Can Include

A mobile phone with the local police direct numbers loaded in  
A carelink alarm fitted within the property, programmed to contact whoever the client wishes to assist them.

360 degree Fisheye viewers or memo door viewers

Extra window locks

Firefighting equipment

Extra locks to external doors

Security lights

Key operated door chain

### Option 2 Can Include

All of the above plus a 'Sanctuary room',

This is where a door to a main room (usually the master bedroom) is replaced with a solid core door reversed to open outwards and the frame re-inforced.

Two europrofile locks are fitted to the top and bottom of the door, keyed to the same key, with thumb turns on the inside, three large steel hinges, hinge bolts and a memo door viewer.

This provides a safe room or sanctuary for victims to call for and await the arrival of the Police.

### Option 3 Can Include

'Sanctuary Plus'- includes options 1 and 2, plus additional security features. i.e. grilles on windows, extra Sanctuary doors to the front and back doors, London and Birmingham bars.

Measures will be tailored to the needs of the individual.

Any agency or individual can make a referral for assistance under the scheme.

The referral should be made direct to the Homeless Team. Upon interviewing the client or contacting the referring agent, a decision will be made on whether the case meets the sanctuary criteria ie if the scheme wasn't provided the person would become homeless. This scheme is available to those who are not already homeless and agencies will be made aware via the leaflet.

**The homeless team can be contacted on 01472 326401**

## **Multi Agency Risk Assessment Conference (MARAC)**

The MARAC process is part of a countrywide response to domestic violence that aims to increase identification of victims at high and very high risk of serious harm or homicide from domestic abuse.

In a MARAC local agencies will meet to discuss the highest risk victims of domestic abuse to create a Safety Plan involving all agencies.

Any agency can make a referral to MARAC by completing a risk assessment and identifying high risk victims. MARAC's are held locally monthly with an option of an Emergency MARAC if required.

For further information contact the local MARAC Co-ordinator on 07827 821791.



## What about the children?

Specific services for children are still very limited, both Nationally and Locally. However if you are a child living with domestic violence, or if you want help for your own children, you should be able to get support and advice from your school. (See also NSPCC page 15 and SureStart Children's Centre page 16.) You can also find information on the internet, including:

### The Hideout

The Hideout is a website that supports children and young people living with domestic violence, or to those who may want to help a friend.

[www.thehideout.org.uk](http://www.thehideout.org.uk)

### The NSPCC

This sight has a variety of information for children and parents about domestic violence.

[www.nspcc.org.uk](http://www.nspcc.org.uk)

### There4me

Confidential online advice for teenagers

[www.There4me.com](http://www.There4me.com)



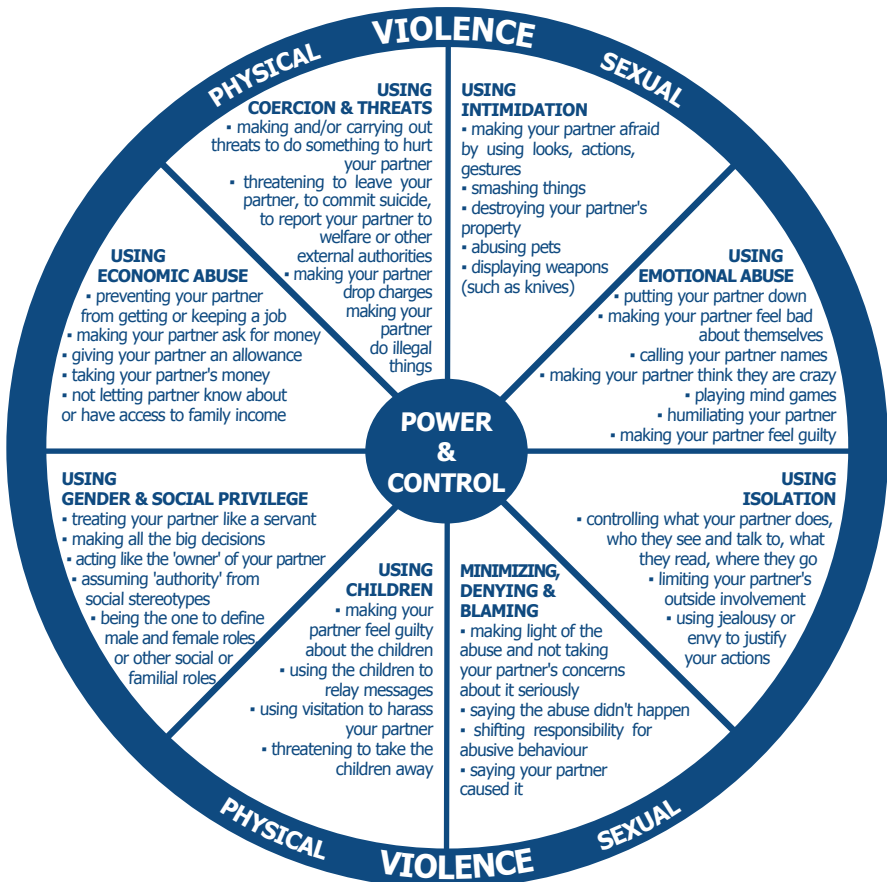
## “Just Imagine....”

- Imagine** - living with a bully all the time, but being too scared to leave
- Imagine** - having to be careful of everything you do or say
- Imagine** - being denied food, warmth or sleep
- Imagine** - being punched, slapped, hit, bitten, pinched or kicked
- Imagine** - being pushed, burnt, strangled, raped or beaten
- Imagine** - being afraid to go to sleep at night
- Imagine** - having to seek permission to go out with family or friends
- Imagine** - having to ask if you can give your children a treat
- Imagine** - dressing how someone tells you to
- Imagine** - being a prisoner in your home or being timed when you go out
- Imagine** - you believe what he tells you and that it is your fault
- Imagine** - hoping every day that it might get better
- Imagine** - facing the shame and embarrassment of telling your friends
- Imagine** - believing that you are a bad mother or lover
- Imagine** - feeling you will never be safe again
- Imagine** - someone threatening to find you and kill you
- Imagine** - permanent injuries or death
- Imagine** - **Living with domestic violence**

The following pages have illustrations of the 'Power and Control Wheel' and the 'Equality Wheel'.

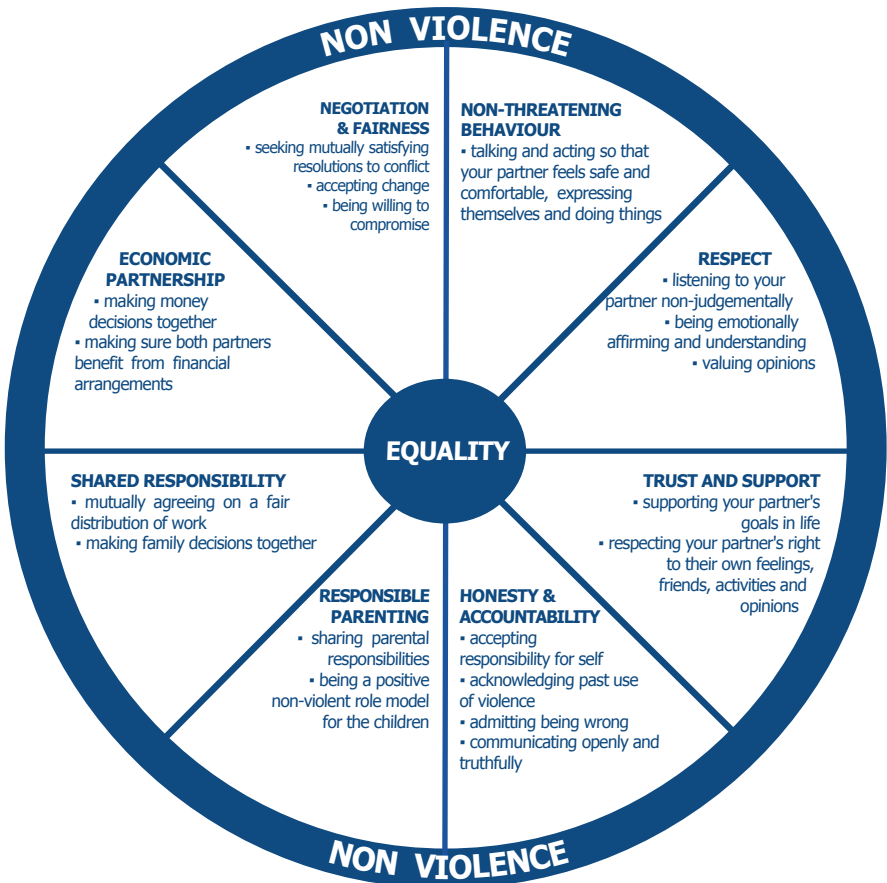
## Power and Control Wheel

**The Power and Control Wheel** was originally developed by women in Duluth, USA; who had survived domestic violence. It shows how the pattern of abuse is made up of different incidents/ behaviours. It can help victims to see the abusive behaviour as a system used to control them.



# Equality Wheel

The **Equality Wheel** can help victims of domestic violence see how a non abusive relationship can look.



## Some useful telephone numbers

|  |                      |
|--|----------------------|
| Asian Women's 24 hour helpline.....                                | <b>0207 4741547</b>  |
| Benefits Information.....  | <b>01472 245400</b>  |
| Citizens Advice Bureau.....  | <b>01472 232205</b>  |
| Carelink.....  | <b>01472 312312</b>  |
| (Emergency telephone alarms for vulnerable people)                 |                      |
| CARE Rent Scheme.....  | <b>01472 232310</b>  |
| (Assistance in obtaining tenancies through private landlords)      |                      |
| Community Chest.....   | <b>01472 268505</b>  |
| (Can assist people on low income with furniture / household goods) |                      |
| Crown Prosecution Service.....                                     | <b>01472 243900</b>  |
| Doorstep.....  | <b>01472 321444</b>  |
| (Accommodation and support for young people)                       |                      |
| Harbour Place.....   | <b>01472 344118</b>  |
| (Open door day centre for homeless and needy people)               |                      |
| Havelok Housing.....   | <b>01472 310000</b>  |
| Hospital.....  | <b>01472 874111</b>  |
| Junction.....  | <b>01472 267885</b>  |
| (Drugs and alcohol support and information)                        |                      |
| Lone Parent Advisors.....  | <b>01472 622291</b>  |
| National Domestic Violence Helpline 24 hours.....                  | <b>0808 2000 247</b> |
| NHS Direct.....  | <b>08454647</b>      |
| Samaritans.....  | <b>01472 353111</b>  |
| Social Services, Duty Officer.....                                 | <b>01472 325555</b>  |
| Volunteer Centre.....  | <b>01472 231123</b>  |
| Safeguarding Adults Co-ordinator.....                              | <b>01472 325181</b>  |
| YMCA.....  | <b>01472 359621</b>  |
| Shoreline.....   | <b>0845 849 2000</b> |

## Other useful websites

### Black Minority Ethnic Services

[www.asylumaid.org.uk](http://www.asylumaid.org.uk)  
[www.southallblacksisters.org.uk](http://www.southallblacksisters.org.uk)

### Children

[www.childline.org.uk](http://www.childline.org.uk)  
[www.nspcc.org.uk](http://www.nspcc.org.uk)  
[www.barnardos.org.uk](http://www.barnardos.org.uk)  
[www.gingerbread.org.uk](http://www.gingerbread.org.uk)  
(for lone parent families)

### Forced Marriages

[www.fco.gov.uk/forcedmarriage](http://www.fco.gov.uk/forcedmarriage)

### General

[www.bbc.co.uk/hittinghome](http://www.bbc.co.uk/hittinghome)  
[www.womenandequalityunit.gov.uk/  
domestic\\_violence/index.htm](http://www.womenandequalityunit.gov.uk/domestic_violence/index.htm)

### Health

[www.rcm.org.uk](http://www.rcm.org.uk)  
Royal College of Midwives  
- domestic abuse in pregnancy  
[www.dh.gov.uk](http://www.dh.gov.uk)

### Housing

[www.shelter.org.uk](http://www.shelter.org.uk)  
[www.communities.gov.uk/  
housing/homelessness](http://www.communities.gov.uk/housing/homelessness)

### Immigration Advisory Service

[www.iasuk.org](http://www.iasuk.org)  
[www.refugeecouncil.org.uk](http://www.refugeecouncil.org.uk)

### Legal Support

National Centre for Domestic Violence  
[www.lcdv.co.uk](http://www.lcdv.co.uk)  
0844 8044999 or 0800 9702070  
Text NCDV to 60777  
24 Hours a day / 7 Days a week

Rights of Women  
[www.rightsofwomen.org.uk](http://www.rightsofwomen.org.uk)  
020 7251 6577

### Lesbian Gay Bisexual and Transgender

[www.broken-rainbow.org.uk](http://www.broken-rainbow.org.uk)  
[www.lgbt-nelincs.org.uk](http://www.lgbt-nelincs.org.uk)

### North East Lincs Women's Aid

[www.womensaidnel.org](http://www.womensaidnel.org)

### Substance misuse

[www.talktofrank.com](http://www.talktofrank.com)

### Women's Aid UK

[www.womensaid.org.uk](http://www.womensaid.org.uk)  
"The Survivor's Handbook"  
available in various languages



## **'SURVIVING DOMESTIC VIOLENCE'**

**Every Friday - 9.30am-11.30am during term time**

(There will be some sessions available during the summer holidays)

In January 2002, a small number of women who had survived domestic violence, got together to form their own social group - SURVIVORS.

Since its launch numerous speakers have attended the group, providing information on benefits, training, education and employment. Specialised sessions of massage, aromatherapy, art sessions, etc., have also been offered. The group is user led and aims to help and support women who have gone through or are still living with domestic violence. A free crèche is provided. Refreshments available.

If you want to come along to the group ring Maria at Women's Aid on 01472 240906 or mobile 07732 552459.

## **Domestic Violence Drop-In Sessions**

A Domestic Violence Support Worker from Women's Aid and Humberside Police Domestic Violence Liaison Worker are available to offer confidential advice and support for anyone experiencing any form of domestic abuse.

**Tuesday** - Male & Female victims welcome

Venue:

Victim Support Offices, 10 Town Hall Street, Grimsby  
1.00pm until 3.00pm

**Thursday** - Females only please

Venue:

Womens Centre, 36 Brighowgate, Grimsby  
9.30am until 11.30am

Support can also be made available in Immingham and rural areas.  
Please call for further information 01472 575757

This card has been produced with your safety in mind. There is nothing on it to identify it specifically with domestic abuse.



This document can be made available in large print, brail or another language. Please contact the address on the back cover for further details.

## Useful Local Numbers

|                          |              |
|--------------------------|--------------|
| Anglian Water (24 hrs)   | 0845 145145  |
| Blue Cross               | 01472 343278 |
| Childline                | 0800 1111    |
| Citizens Advice Bureau   | 0844 4994109 |
| Connexions               | 01472 355303 |
| Electricity (24 hrs)     | 0800 0150922 |
| Gas (24 hrs)             | 0800 111999  |
| Hospital                 | 01472 874111 |
| NHS Direct (24 hrs)      | 0845 4647    |
| North East Lincs Council | 01472 313131 |
| NSPCC (24 hrs)           | 0808 800500  |
| Rape Crisis              | 0800 1974787 |
| Samaritans               | 01472 353111 |
| Victim Support           | 01472 250251 |
| Women's Aid (24 hrs)     | 01472 575757 |



NORTH EAST LINCS  
**DOMESTIC  
ABUSE  
FORUM**



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01472 575757

# Useful Telephone Numbers



Safer Communities  
1 Burwell Drive  
Grimsby  
DN33 1PH

Tel: (01472) 324944

Fax: (01472) 324945

[www.safercommunities.org](http://www.safercommunities.org)

**Everyone  
has the right  
to live without  
risk or fear  
of violence  
and abuse**

