

This information leaflet was produced by

Safer Communities Team

Epping Forest District Council
Civic Offices, High Street
Epping CM16 4BZ

Main switchboard: **01992 564000**

If you require the text of this leaflet translated please contact:

Libby Harrison, Safer Communities
Partnership Co-ordinator
Tel: **01992 564616**

Email: lharrison@vaef.org.uk



Housing Options at Epping Forest District Council

If you want to leave your home, there are a number of options available to you, and the agencies listed below can help you as well as the National Domestic Violence Helpline and local domestic abuse services.

The Housing Options Team can also talk to you about the sanctuary scheme. If you are no longer living with the abuser, and wish to remain in your home, this can offer you extra security to help you feel safe.

Our Homeless Prevention Team at Epping Forest District Council can talk to you in confidence if you have been a victim of domestic violence. They are experienced staff in dealing with this matter and will seek options for you.

Housing Options – 01992 564027

Opening hours Mon-Fri 9am-5pm

Legal options

The law can support you in a range of ways, including injunctions to make sure the abusers stays away from you.

If you are in immediate danger, **always call the police on 999**. At other times if you wish to speak to a trained Domestic Abuse Liaison Officer, call **01279 625493**.

You can also try;

National Centre for Domestic Violence

They can provide free help with getting an injunction, **0844 8044 999**

Community Legal Service - 0845 6081122,

call for legal advice and help finding a solicitor

Useful numbers

• **Victim Support 0845 4565 995**

• **Citizens Advice Bureau, Epping 01992 574989, Loughton 020 8502 0031, Waltham Abbey 01992 710353**

• **Patient Advice and Liaison Service (PALS) 0800 7833 396**

• **Samaritans - 0845 7909 090**

• **Domestic Abuse and Hate Crime Unit - 01279 625493**

• **Relate- 01245 258680, Website www.relate-northersex.org**

Personal numbers & notes

DOMESTIC ABUSE

How
to get help
and support



How do I know if I am experiencing domestic abuse?

Does your partner or family member:

- Hit you?
- Threaten to hurt you, your children, friends, family, pets, your things or themselves?
- Put you down and make you feel bad about yourself?
- Behave in a jealous and possessive way?
- Control all the money, against your wishes?
- Make you have sex when you don't want to?
- Control where you go and who you see?
- Or are you worried that you will be forced to marry someone?

If you answer yes to any of the above, you may be living with domestic abuse.

How it might affect you

Experiencing domestic abuse has a big impact on how you feel about yourself and your life.

You may start to feel depressed or anxious, to lose your self-confidence and self-esteem.

If you are experiencing physical abuse, you may need to get treatment for injuries.

You may find it difficult to talk to other people about it, or think that they will not understand, **but remember**

It is not your fault

You are not alone

You can get support

Your Options

Even though you may feel trapped, it is important to remember that there are options open to you, and you can get support from any of the agencies on this leaflet.

Police - in an emergency, always call **999**

National Domestic Violence Helpline, for women experiencing domestic abuse - **0808 2000 247** - 24 hour

Men's Advice Line, for men experiencing domestic abuse **0808 801 0327** - Mon - Fri, 10am - 1pm and 2 - 5pm

Broken Rainbow, for the lesbian, gay, bisexual and transgender community **0300 999 5428** - Mon & Thurs 2 - 8pm, Wed 10am - 1pm

Your Options: Local Services

As well as the national help lines you may contact one of the local services listed below:

Women's Aid - Women's Aid can provide you and your children with a safe place to stay and confidential information at any time of the day or night. They can offer you floating support if you do not wish to go into refuge. They also have drop in facilities where there is access to support.

Women's Aid Harlow and Broxbourne
Email: info@womensroom.org

Outreach, floating support and drop-in:
Telephone: 01279 306606
Opening Times: Mon-Fri 9am-5.30pm

Refuge:
Fax: 01279 836610
Opening Times: Mon-Fri 9am-5.30pm

Helpline:
Telephone: 01279 836611
Opening Times: 24hr

Safety Planning

You should not have to live in fear. There is help and support available that can help you to identify a safe place you could escape to, and to make a safety plan to help keep you and your children safe.

If you decide to leave, try to take the following items, if it is safe for you to take them:

- Passport for you (and your children), birth certificates, immigration papers, driving licence, welfare benefits book
- Marriage certificate
- Keys - home, car and work
- Address book with useful and emergency numbers
- A little money
- Prescribed medication
- Clothes for you (and your children)
- Any items of sentimental value, including your children's favourite toys

Your children

If you have children, they will be affected by the violence and abuse you are experiencing. They may witness it happening, or may hear it if they are in another room. They will certainly see the impact it has on you, and will be worrying about it happening to them. Unfortunately, in a lot of cases, there is a risk of them being abused as well as you.

They need support too.

Child Line - 0800 1111

Essex County Council Learning and Social Care Direct: 0845 6037627, Out of Hours Contact Number 0845 6061212

www.thehideout.org.uk

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