

WHAT ARE WE DOING IN BROXTOWE

Make A Stand

The Council has signed up to the Chartered Institute of Housing's pledge to "Make A Stand" and committed to supporting people experiencing domestic abuse.

The Make A Stand pledge focuses on four key areas:

1. Put in place and embed a policy to support residents who are affected by domestic abuse.
2. Make information about national and local domestic abuse support services available online and in other appropriate places so that they are easily accessible for residents and staff.
3. Put in place a HR policy, or amend an existing policy, to support members of staff who may be experiencing domestic abuse.
4. Appoint a champion at a senior level in our organisation to own the activity to support people experiencing domestic abuse.

www.cih.org/makeastand

White Ribbon Campaign

The Council is a White Ribbon Accredited local authority, working to end male violence against women. We're helping to promote the message that men must never excuse, commit or remain silent about male violence against women.

At Broxtowe, we have developed an action plan which includes working with local groups, employees, Elected Members and partnership organisations to raise awareness of Domestic Abuse and the White Ribbon Campaign.

www.whiteribbon.org.uk



SUPPORT

If you need help or advice there are a range of organisations that can help:

Juno www.junowomensaid.org.uk

Call their free 24 hour helpline **0808 800 0340** for advice.

Broxtowe Women's Project

www.broxtowewomensproject.org.uk

Call a specialist worker on **01773 719 111** (please note this is not a 24 hour number).

Equation www.equation.org.uk

If you are a man in Nottingham aged 16+ or in Nottinghamshire aged 18+, please call **0115 960 5556** to talk through your situation in confidence.

Midland Women's Aid www.mwa.org.uk

Provide safe housing in their refuge accommodation, support and childcare services. Contact on **0300 302 0035** or email support@mwa.org.uk for further information.

National Women's Aid

www.nationaldomesticviolencehelpline.org.uk

Call the 24 hour helpline on **0808 2000 247** run in partnership between National Women's Aid and refuge.

Men's Advice Line www.mensadviceline.org.uk

Call their confidential helpline for men experiencing domestic violence from a partner or ex-partner on **0808 801 0327**.

Galop - National LGBT + Domestic Abuse

www.galop.org.uk/domesticabuse

Provide emotional and practical support for LGBT+ people experiencing domestic abuse by contacting **0800 999 5428**.

Childline www.childline.org.uk

If you are a child or young person up to the age of 19, please call on **0800 11 11**.

**IF YOU ARE IN IMMEDIATE DANGER PLEASE
CALL THE POLICE ON 999.**



DOMESTIC A B U S E

Information about
where to get support for
domestic abuse

Broxtowe Says
NO
to
DOMESTIC ABUSE

www.broxtowe.gov.uk

Every minute in the UK, an incident of domestic abuse is reported to the Police.

It is estimated that on average 1 in 4 women and 1 in 6 men will experience domestic abuse at some stage in their lifetime. **Domestic abuse can affect any one.**



What is domestic abuse?

Domestic abuse is an 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. This is regardless of gender or sexuality.

This abuse can be psychological, physical, sexual, financial or emotional.

Domestic abuse can include controlling behaviour, designed to make a person subordinate or dependent such as:

- 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.
- Regulating their everyday behaviour.

It can also include coercive behaviour. Coercive control is acts or a pattern of acts of assault, threats, humiliation and intimidation or other abuse that is used to harm, punish, or frighten their victim. Coercive control involves repeated, on going, intentional tactics, which are used to limit the liberty of the victim.



Is your relationship abusive?

As well as the signs of physical violence, there are some other ways that you can tell if a relationship is abusive. If you answer yes to one or more of these questions your relationship may be abusive.

- Do you ever feel controlled and unable to do the things you enjoy, or see the people you like to spend time with?
- Are you constantly receiving text messages, phone calls or emails asking about your whereabouts or what you are doing?
- Do you ever feel frightened?
- Are you regularly put down or belittled?

- Do you feel that unreasonable demands are made of you?
- Are you regularly criticised?
- Are you able to have an equal say in making decisions that will affect you or your children?

If you feel that you would like to talk to someone about your relationship, there is help available. There are details of organisations that can help on the support page overleaf.

If you are in immediate danger please call the police on 999.



Do you know someone in an abusive relationship?

What are the signs that someone is in an abusive relationship? It can often be very difficult to tell if someone is in an abusive relationship as they may be scared or lack the confidence to seek help.

Their partner may be well liked or have convinced them of an imminent threat if they do confide in someone.

There are some signs to look out for if you suspect someone might be affected.

- They may be withdrawn and this might get worse over time.
- They may tread on egg-shells, especially around their partner.
- They may be constantly having to check in with their partner or receive excessive numbers of text messages, emails or phone calls.
- They may give explanations for injuries that don't quite add up.
- They may cancel arrangements at the last minute or fail to show up.

There is a lot of help and advice available. Please read the support page overleaf for details of organisations that can help.

If you feel someone is in immediate danger please call the police on 999.

