



DOMESTIC VIOLENCE AND ABUSE

Information, advice and
support for Wandsworth residents
experiencing domestic abuse.

VIOLENCE AGAINST WOMEN AND GIRLS



Are you afraid of someone close to you?

Do they hit you or threaten to hit you?

Do they criticise or humiliate you?

Are they always checking up on you?

Do they tell you that their behaviour is your fault?

Do they make excuses for their behaviour?

Does their jealousy stop you from seeing your friends and family?

Are they stopping you from doing what you want to?

Are you worried about the effect any of this may have on you and your children?

You may not have answered yes to all of these questions or may feel that things are 'not too bad'. But being scared, humiliated or controlled are not how you should be feeling in a relationship. Domestic abuse can be physical violence. It can also be psychological, emotional, sexual or financial.

A note about Clare's law

The Domestic Violence Disclosure Scheme allows you to request information about someone you suspect may have a record of abusive offences. To do this you will need to make a formal application at a police station.

For more information phone 101.

This leaflet is available in large print or audio tape. Please phone (020) 8871 6437 or email vawg@wandsworth.gov.uk
www.wandsworth.gov.uk/vawg

What is domestic abuse?

Domestic abuse happens when your partner/ex-partner or other family member hurts or threatens to hurt you. It may include:

- **Physical abuse** – hitting, slapping, punching, biting, hair pulling, burning.
- **Emotional/psychological abuse** – put-downs, verbal abuse and humiliation, blaming, isolation from family and friends.
- **Sexual abuse** – rape, unwanted sexual contact, forcing sex with others, making you watch/take part in pornography or engage in prostitution.
- **Financial abuse** – having to account for everything you spend, being kept without money, preventing you from getting/keeping a job.
- **Harassment** – being watched, being followed, being pestered; receiving unwanted phone calls, text messages or social networking contact.
- **Honour based violence** – the commission of violent or abusive acts in the name of ‘so-called honour’.
- **Forced marriage** – marriage conducted without consent of one or both parties.
- **Female genital mutilation (FGM)**
- **Domestic slavery** – being forced to work for somebody for little or no pay.

You may experience one or all of these forms of abuse.

Any person can experience domestic abuse regardless of race, ethnic or religious group, class, sexuality, disability or lifestyle.

If you think you are in an abusive relationship and want to stop the violence or leave, there are a number of agencies that can help you. You are not alone and you are not to blame. Support and advice are available for you and your family.

The truth about domestic abuse

Myth – It only happens in poor families.

Fact – Anyone can be abused or be an abuser, regardless of their income.

Myth – If you're jealous of your partner, it shows that you love him/her.

Fact – Jealousy is about possession and control, not love. It is often used as an excuse for the use of violence in a relationship, but when we love someone we encourage and support them, rather than limit and isolate them.

Myth – Abuse is about losing your temper, that's all.

Fact – Some people argue that an abuser has lost his/her temper and is out of control. In fact they are very much in control. Abusers are very selective about when and where they hit their partners (they often wait until they are alone and make sure bruises can be easily concealed). Many abusers use emotional or psychological control to demonstrate their level of power.

Myth – If a person is in a relationship and does not give consent for sex, it is not rape.

Fact – Sex without consent is rape. Each individual sexual act requires consent. A victim is not responsible for the actions of an attacker. In a healthy relationship, sex is never forced. Marital rape has been a criminal act in the UK since 1991.

Myth – Children are not in the same room, so it does not affect them.

Fact – Domestic abuse affects children of all ages whether they are in the same room or not, and may lead to emotional and behavioural problems. Children are often hurt protecting their mums or siblings.

Myth – Some of these forms of abuse are acceptable in different cultures.

Fact – No form of violence or abuse is acceptable, regardless of cultural or religious belief.

What about my children?

Domestic abuse harms children too and the secret of domestic abuse is difficult for a child to hide.

It is very likely that your children will be aware of what is happening.

Children will try to interpret what is happening and worry about their roles in causing violence to happen.

Children respond to witnessing abuse in different ways; they may become anxious, withdrawn, depressed or angry. This can affect their school performance, social wellbeing and even future relationships.

Try to explain to your children that it is not their fault and they must not try to intervene but teach them how to get help or call 999.

Under Section 120 of the Adoption and Children Act 2002 children who live in households where domestic violence and abuse occurs are identified as being 'at risk' of harm from seeing or hearing the ill-treatment of others.

If you or your child are being subjected to any type of abuse at home you should seek help as soon as possible from the following agencies:

Childline

0800 1111 – www.childline.org.uk

NSPCC

0808 800 5000 – www.nspcc.org.uk

Refuge

24-hour National Domestic Violence Freephone Helpline 0808 2000 247 – www.refuge.org.uk

Wandsworth Safeguarding Children Board

(020) 8871 6622 – www.wscb.org.uk

A child is defined as any person under the age of 18.



How can I be protected?

Reporting to the police

Domestic violence and abuse is a crime which is treated very seriously by the police. Your safety, and the safety of your children, will be their priority. There is a dedicated unit in the police which has female and male officers specially trained to offer you support and advice.

Legal protection

Court orders are designed to prevent an abuser from assaulting, harassing or harming you in any other way.

- **Non-molestation Orders**

If someone is hurting or threatening you, you can ask the court to make a non-molestation order (a type of injunction) ordering them to leave you alone. They can be arrested if they fail to comply with the order.

- **Occupation Orders**

You can ask the court to make an occupation order (a type of injunction) ordering that you can live in your home and excluding the person who is hurting or threatening you from your home and surrounding areas.

- **Transferring ownership or tenancy of a property**

Once you have obtained an occupation order, you may be able to ask the court to transfer the ownership or tenancy of your home to your name only. You will need to seek legal advice about this by contacting a solicitor or law centre (see page 11).

- **Forced Marriage Protection Orders and FGM Protection Orders**

These are orders that can be issued by the court and served on your abuser to protect you from forced marriage or FGM. They can order somebody to surrender your passport, reveal your whereabouts or prevent your travel.



How to obtain...

Non-molestation Orders and Occupation Orders

It is recommended that you seek legal advice before taking these out. You can visit the One Stop Shop or call Wandsworth Safety Net for free advice.

Forced Marriage Protection Orders and FGM Protection Orders

These can be taken out by the person to be protected or by a relevant third party (such as the council). You should contact Wandsworth Safety Net for advice, or if you are concerned about a child contact children's specialist services on (020) 8871 6622.

Help and advice to obtain court orders can be obtained from:

Wandsworth One Stop Shop
(see back page)

Wandsworth Safety Net
(020) 7801 1777

National Centre for Domestic Violence
0800 970 2070

For instructions and relevant forms to obtain an order yourself, and for locations of the nearest court, visit www.gov.uk/injunction-domestic-violence



In an emergency call 999

Emergency accommodation

Housing options

If it is unsafe for you to remain in your home and you have nowhere to stay there are several options available:

If you need to leave your home because someone is hurting or threatening you and you need somewhere to stay while you get the advice and assistance you need to either return to your home in safety or find somewhere else to live, you may want to consider:

- Staying temporarily with relatives or friends.
- Finding a refuge – refuges are safe houses where victims of domestic abuse and their children can stay safe from violence. Call Refuge 24 hours a day on 0808 2000 247.
- Making a homelessness application.

Homelessness application

You can approach any local authority for an assessment if you are at risk of homelessness due to violence. While your case is investigated you may be placed in emergency accommodation.

Even if you have somewhere to live the law says that you may be considered homeless if it is probable that continuing to stay there will lead to violence against you.

If you need further advice or want to make a homelessness application to Wandsworth Council, please contact the council's Housing Options and Assessment Team (see back page).

Management transfer

If you are a housing association tenant, you could contact your housing association to see whether you can get a transfer.

If you are a Wandsworth Council tenant, you may be eligible for an urgent transfer to another property. This is known as a management transfer and, if necessary, the council can arrange for additional security measures to be installed in your new home.

For further information and advice, please contact your estate manager. If you don't know who your estate manager is or do not have contact details for them, please contact the housing department on (020) 8871 6864.

Stay Put, Stay Safe

You can choose to remain in your own home with additional security measures and support. This scheme is available to all Wandsworth residents.

For further information, please contact the Stay Put, Stay Safe scheme (020) 88711 7333 or email housingprojects@wandsworth.gov.uk.

If you're planning to leave

- Have some money saved and an Oyster card with credit in case you need to use a taxi or bus.
- Make sure you have access to a phone.
- Have a small bag already packed with an extra set of keys to your car and home, money, important documents and clothes.
- Keep important numbers on your phone as well as on a list in your bag.
- Teach your children how to keep safe and how to dial 999; if you leave always try to take them with you.
- If appropriate, talk to your children about your safety plan, but don't tell young children.
- Take essential medicines that you and your children may need.
- Leave only when it is safe to do so. Always think about exit routes.
- If you have an injunction, keep it with you at all times and send a copy to the police.

In an emergency call 999

Useful numbers

Action on Elder Abuse	0808 808 8141
www.elderabuse.org.uk	
Asian Women's Resource Centre	(020) 8961 6549
www.asianwomenscentre.org.uk	
Broken Rainbow	0300 999 5428
Advice for lesbian, gay, bisexual and transgender people experiencing domestic abuse. www.brokenrainbow.org.uk	
Childline	0800 1111
www.childline.org.uk	
Chinese Information and Advice Centre	08453 131 868
www.ciac.co.uk	
Deaf Hope	(020) 8772 3241
A service for deaf women and their children who are or have experienced domestic violence. For children over 11 and adults of all ages. www.signhealth.org.uk . SMS 07970 350366.	
Dogs Trust Freedom Project	0800 298 9199
A free foster care service for dogs and cats belonging to families fleeing from domestic violence. www.dogstrust.org.uk	
Forced Marriage Unit	(020) 7008 0151
www.forcedmarriage.net	
Forward	(020) 8960 4000
Promoting health and human rights, particularly around issues of FGM and forced marriage. www.forwarduk.org.uk	
Honour Network Helpline	0800 5999 247
Run by Karma Nirvana Asian Men and Women's Project. www.karmanirvana.org.uk	
Iranian and Kurdish Women's Rights Organisation	(020) 7920 6460
www.ikwro.org.uk	
Modern Slavery Helpline	0808 0121 700
www.modernslavery.co.uk	
National 24hr Domestic Violence Helpline	0808 2000 247
www.womensaid.org.uk and www.refuge.org.uk	
NSPCC Helpline	0808 800 5000
www.nspcc.org.uk	
NSPCC FGM Helpline	0800 028 3550
www.nspcc.org.uk	
Rape and Sexual Abuse Support Centre National Helpline	0808 802 9999
www.rasasc.org.uk	
ROAR	(020) 7359 5767
LGBT domestic abuse advocacy service. www.stonewallhousing.org/roar	

In an emergency call 999

- Samaritans** 08457 90 90 90
Non-judgemental emotional support. www.samaritans.org
- Shelter** 0808 800 4444
The housing and homelessness charity. www.shelter.org.uk
- Womens and Girls Network** 0808 801 0770
Counselling and support for women and girls who have experienced violence. www.wgn.org.uk

Free Legal Advice

- Community Legal Service Direct** 0845 345 4345
www.gov.uk/civil-legal-advice
- National Centre for Domestic Violence** 0800 970 2070
Emergency injunctions and legal support. www.ncdv.org.uk
- Rights of Women** (020) 7251 6577
www.rightsofwomen.org.uk
- Wandsworth Citizens Advice Bureau** (020) 7042 0333
www.wandsworthcabx.org.uk
- Wandsworth Law Centre** (020) 7585 0716
www.lawcentres.org.uk

Drugs and alcohol

- National Alcohol Helpline** 0800 917 8282
www.patient.co.uk/support/drinkline.htm
- Talk to Frank** 0800 77 66 00
Free confidential drugs information & advice 24 hours a day.
www.talktofrank.com
- Wandsworth Community Drug and Alcohol Service (WCDAS)** (020) 8812 4120
St John's Therapy Centre, Battersea.

Advice for men

- The Mankind National Initiative Helpline** 01823 334244
Support for male victims. www.mankind.org.uk
- Mens Advice Line** 0808 801 0327
Advice and support for men in abusive relationships.
www.mensadvice.org.uk

Advice for men seeking help to change abusive behaviour

- Domestic Violence Intervention Project** (020)7633 9181
www.dvip.org
- Respect Phonenumber** 0808 802 4040
www.respect.uk.net

In an emergency call 999

Local domestic abuse services

www.wandsworth.gov.uk/vawg

Community Safety Unit (020) 3276 2610

Wandsworth Police.

Hestia Housing and Support (020) 8871 2664

Advice, support and emergency accommodation for women experiencing domestic abuse. www.hestia.org

Shanti Women's Aid (020) 8874 7262

Support and accommodation for Asian women and children.
www.viridianhousing.org.uk

Victim Support Wandsworth (020) 7801 1777

Help for all victims of crime. www.victimsupport.org.uk

Wandsworth Council

Office hours are Monday to Friday 9am–5pm (excl bank holidays).

For out-of-hours emergencies please call (020) 8871 6000.

- **Adult Social Services Access Team** (020) 8871 7707

Town Hall, Wandsworth High Street, SW18 2PU.

email: accessteam@wandsworth.gov.uk

- **Children's Specialist Services (MASH)** (020) 8871 6622

Town Hall, Wandsworth High Street, SW18 2PU.

email: mash@wandsworth.gov.uk

- **Community Safety Division** (020) 8871 6437

Town Hall, Wandsworth High Street, SW18 2PU.

email: communitysafety@wandsworth.gov.uk

- **Housing Options and Assessment Team** (020) 8871 6840

90 Putney Bridge Road, SW18 1HR.

email: housingadvice@wandsworth.gov.uk

Wandsworth One Stop Shop 07884 340117

Drop-in service offering confidential advice and legal support to people living with domestic abuse.

Monday 10am–12.30pm (not bank holidays).

Battersea Arts Centre, Lavender Hill, SW11 5TN.

Wandsworth Safe Space 07565 691544

Drop-in support service for women involved in prostitution.

Wednesday 6pm–8.30pm at Garratt Lane.

email: safespace@wandsworth.gov.uk

Wandsworth Safety Net (020) 7801 1777

Independent and confidential advocacy service for all victims of domestic abuse.

email: wandsworth.wsn@vslondon.org

Witness Services (020) 8605 2026

Based at Wimbledon Magistrates Court.