

Support Contact Numbers

- Police - **101** and ask to speak to your local Safeguarding Unit
- If you are deaf or hard of hearing you can textphone - **18001 101**
- West Yorkshire SARC (Sexual Assault Referral Centre) - **01924 298954**
- Victim Support **0845 30 30 900**
- Shelterline (emergency access to refuge services) - **0808 800 44 44**
- Forced Marriage Unit (Foreign and Commonwealth Office) - **020 7008 0135/0230/8706**
- Voice UK (Victims with learning disabilities) - **0808 802 8686**
- MALE - (Men's Advice Line & Enquiries) offers help to male victims of domestic abuse - **0845 0646800**
- Broken Rainbow (Same sex abuse) - **0300 999 5428**
- Childline - **0800 555111**

What is domestic abuse?

"Any incident or pattern of incidents of controlling, coercive, threatening behaviour, violence or abuse between those aged 16 or over who are or have been intimate partners or family members regardless of gender or sexuality."

The abuse can encompass but is not limited to the following types of abuse:

- psychological
- physical
- sexual
- financial and or
- emotional."

This definition includes so called 'honour' based violence, female genital mutilation (FGM) and forced marriage, and is clear that victims are not confined to one gender or ethnic group.

Family members are defined as mother, father, son, daughter, brother, sister and grandparents, whether directly related, in-laws or step-family.

Keeping you and your children safe

A safety plan is a simple, clear plan designed to teach children how to get out of a dangerous situation and reach safety. It is also a plan of how to let other people help to keep your children safe.

Teach them:

- Not to get involved in an assault between you and your partner. Even if they want to help, their safety is also a priority.
- How to get out of the house safely.
- How to call the police using 999, and practice what they should say. They will need to give their full name, address and telephone number.
- Who to call for help - a neighbour or friend etc.

And also

- Give copies of court orders to anyone looking after your children. Tell them not

It is a crime if someone physically hurts or threatens you or your children. You have the right to feel SAFE from harm, especially in your own home.

You are not to blame for the abuse you experience. The abuser is always responsible for the violence and should be held accountable. There is no excuse for domestic violence. You cannot stop your partner's violence and abuse, but there are things you can do to increase your own and your children's safety.

You can:

- Prepare a safety plan if you intend to remain with your partner.
- Leave temporarily or permanently.
- Seek legal advice to get your partner to leave.

- to release the children to anyone without talking to you; also give a recent photograph of your partner to them.
- Discuss a password with the school so they know that it is you on the phone.
- Encourage children to identify an adult they can talk to and trust, in case they ever get scared or need someone to talk to at school etc.
- Make sure that the school does not give your address and telephone number to anyone.

Preparing to leave

- Keep any useful telephone numbers with you.
- Photocopy or know where important documents are.
- Open a savings account.
- Make sure you know where your debit/credit card/savings books are.
- Get an extra set of keys cut.
- Organise a bag of clothes for yourself and any dependent children, include toys

Protect yourself

When being attacked or threatened at home try to:

- Stay away from the kitchen or other areas where there might be items or weapons which could be used against you.
- Stay away from cupboards, wardrobes or small spaces.
- Get to a room with a door or window to escape or call for help or get to a room with a phone in it.
- Call for help, shout loudly and continuously. You have nothing to be ashamed of.
- Get out of the house.
- Call 999 right away.
- Teach children not to get involved and how to get out of the house quickly.

Keeping safe at home

If you are no longer living with your partner.

and medicines.

- Try to keep some spare change for any bus/taxi fares.
- Keep yours and your children's medicines together in a box.
- Arrange to leave when your partner is not around.
- Plan where to go.
- Making the decision to leave can be the beginning of a long process. Please remember that you don't have to do this alone.

Protection out of home

- Inform your boss about your situation.
- Plan a few safe routes home from work if possible and different modes of transport.
- Do not go to lunch alone, especially if you're leaving the building.
- Avoid usual routines that you had when living with your partner, e.g. shopping times, places and appointments etc.
- Make sure no one passes on your telephone number or address.

Home Safety

Emergency Contact Numbers

- Police (in an emergency) - **999**
- National Domestic Violence 24hr Helpline - **0808 2000 247**
- NSPCC - **0800 800 500**
- Samaritans - **08457 90 90 90**
- Foreign & Commonwealth Office Response Centre - **020 7008 1500**

Wakefield Contact Numbers

- Wakefield Safeguarding Unit - **01924 293713**
- Alcohol Team - **01924 302120**
- Safer Relationship Men's Helpline - **07515 573842** (Please leave a message)