

There is no excuse for domestic abuse

# NDAS PROVIDE REFUGE SERVICES ACROSS NORTHAMPTONSHIRE. TO ACCESS THIS SERVICE CONTACT THE 24-HOUR HELPLINE ON 0300 0120154.

## WHAT TO EXPECT COMING INTO REFUGE

Moving into an unfamiliar environment, leaving personal possessions behind and having to share accommodation with others is difficult. We understand that is an unknown environment and not knowing how long it will be before you are re-housed or waiting whilst occupation orders are obtained to enable you to return to your own home can be very stressful.

Support staff endeavour to identify how victims feel and they are committed to making refuge a nice space to live in, supporting residents to move forward in their lives, helping victims to regain their self-esteem and confidence, often with no support from family or friends. When a family moves into refuge a comprehensive support plan is provided.

#### **AREAS OF SUPPORT INCLUDE:**

Staying safe
Being healthy
Economic wellbeing
Enjoying and achieving
Making a positive contribution

## I HAVE ARRIVED WITH NOTHING

On occasions, victims and their children will flee domestic violence quickly and as a result will have no personal possessions with them at all. Don't worry, the basics can be provided and support staff will work with you to seek financial support and recover your possessions if necessary.

## **HOW LONG CAN I STAY IN REFUGE?**

Some victims stay only a few days, others for a few months whilst they wait for accommodation in a new community. Our refuge gives you temporary accommodation while we help you to find somewhere more permanent.

We provide one of a very limited number of male refuges.

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