

'Hampshire Constabulary are committed to taking positive action to reduce the impact of domestic abuse and to hold those committing this crime accountable for their actions.'

Every individual...

Has the right to live free from fear, intimidation and abuse, especially within their own home.

No one...

Deserves to be abused or should have to accept intolerable behaviour. Domestic abuse is any form of unacceptable personal abuse.

It can happen to women and men, and to children. It can be committed by a partner or ex-partner, or a family member, in an existing or previous relationship.

It can involve a wide range of abusive and controlling behaviour including: PHYSICAL beating, kicking, slapping, punching, burning, strangulation, stabbing, denying sleep, EMOTIONAL/PSYCHOLOGICAL jealousy, humiliation, degradation, put down, isolation from family and friends, threats of suicide, using your children to inform or report on you. SEXUAL rape, enforced sex or prostitution, pornography, or any sexual behaviour or activity which you find unacceptable. VERBAL ABUSE, name calling, or threats to harm. FINANCIAL CONTROL, withholding money, always calling you to account for spending.

Anyone can be abused...

Domestic abuse is a serious and widespread problem, although it is often hidden. It happens in all kinds of relationships, regardless of race, class, religion, culture, age, sexuality, disability or gender.

Am I the only one?

No, one in five relationships in the UK are affected by domestic abuse. In Hampshire in 2004/05, 19,000 cases of domestic abuse were recorded by the police – 16% of all violent crime.

Have I brought this upon myself?

No, it is not your fault. Domestic Abuse occurs when a person tries to bully or control another. Responsibility lies entirely with that person.

Who can help me?

There are many agencies available to give you advice and practical help. The names of some of these agencies are listed on the back of this leaflet. Local telephone numbers are obtainable from the telephone directory or directory enquires, or from your local Domestic Abuse Coordinator (DAC), telephone number overleaf.

How do I make a complaint to the police?

Contact us as soon as possible. Be prepared to tell the police officer the whole story, including any injuries and history of abuse. It will be necessary in most cases for you to make a witness statement.

Will I have to go to court?

Not in all cases. If the offender pleads 'guilty' you will not have to attend. However, if the plea is 'not guilty', you will be asked to attend to tell the court in your own words what has happened.

We know that giving evidence may be a difficult experience for you, so we can provide or arrange the necessary support.

Integrated Domestic Abuse Programme (IDAP)

This is a programme managed by the National Probation Service. Perpetrators of Domestic Abuse may be referred to the programme by the courts in certain circumstances. Offenders attend a series of closely monitored 'modules' designed to address their behaviour.

Can the courts help me if I do not want to involve the police?

Yes. The courts can issue an injunction. This is an order restraining an individual from committing further abuse. It can also order an individual not to enter your home or the surrounding area. If you or your children have been physically harmed and the court feels that you are likely to be assaulted again, then they may direct that an individual be arrested if the injunction is broken.

How do I get an injunction?

To apply for an injunction you should seek the advice of a solicitor. You may be entitled to apply for legal aid to help pay for an injunction and to help, most solicitors offer a free ½ hour consultation.

Who else can help?

The Housing Authority – has a statutory obligation to provide emergency accommodation for victims of domestic abuse. You can visit the Housing Advice Department in your area to discuss the options available to you.

Health Services – ensure that all assaults and emotional traumas are recorded on your medical records by health services.

Your local Refuge – this is a safe place where you can take time to think, and obtain advice and support. You can stay for several days or for longer periods while permanent accommodation is being sought.

Domestic Abuse



Picture drawn by children working with the Hampton Trust

Useful agencies and their telephone numbers;

Hampshire Constabulary In an emergency, always dial 999

Non-emergency 0845 045 45 45 24 hours

National Domestic Abuse Helpline

0808 2000 247 freephone 24 hours

National Victim Support Helpline

0845 303 0900

National Samaritans

08457 90 90 90

Childline

0800 11 11

NSPCC

0808 800 5000

Male Victim Advice Line

0845 064 6800

Broken Rainbow advice for gay, lesbian, bisexual, transgendered people

020 8539 9507

RESPECT for men worried about their behaviour towards their partners

0845 122 8609

Shelterline

0808 800 4444

STOP IT NOW! (If you suspect that someone you know is sexually abusing a child or if you are worried about your own thoughts or behaviour towards children)

0800 1000 900

The TULIP Project (support for parents who have experienced abuse at the hands of their children)

0151 637 6363

REUNITE (for advice, information and support to parents, guardian and family members who have had or, who fear abduction)

0116 2556 234

Southall Black Sisters (for Black and Asian women)

020 8571 9595

Your local DAC office

Women's Aid and Housing Associations operate a number of refuges throughout the region and provide a wide range of services for women and their children. They also have access to dedicated solicitors and can give you help concerning benefits and rehousing.

Who can go to a refuge?

Any woman who is the victim of physical, emotional or sexual abuse, irrespective of her marital status, age, religion, ethnic or national origins, can enter a refuge with her children.

If I decide to leave home what should I take with me?

If you are in immediate danger, don't worry about taking anything with you; **just leave.**

If it is possible to take some possessions, bring with you a key to your home and car, any money, benefit books, legal documents, i.e. passport, birth certificates belonging to you and the bare essentials of clothing and toiletries. Remember to take some toys for the children. Other property can be collected later.

How will I support myself financially?

The Department of Work and Pensions or the Citizens Advice Bureau can offer a range of help according to your circumstances and will be able to tell you if you are entitled to a crisis loan, income support, other benefits.

If you think that you need financial help, then you should make a claim as soon as possible. Most benefits are paid in arrears and can only be back-dated in very exceptional circumstances.

To safely access local information and services log onto the Hampshire and Isle of Wight Against Domestic Violence and Abuse website. www.hiowada.org.uk