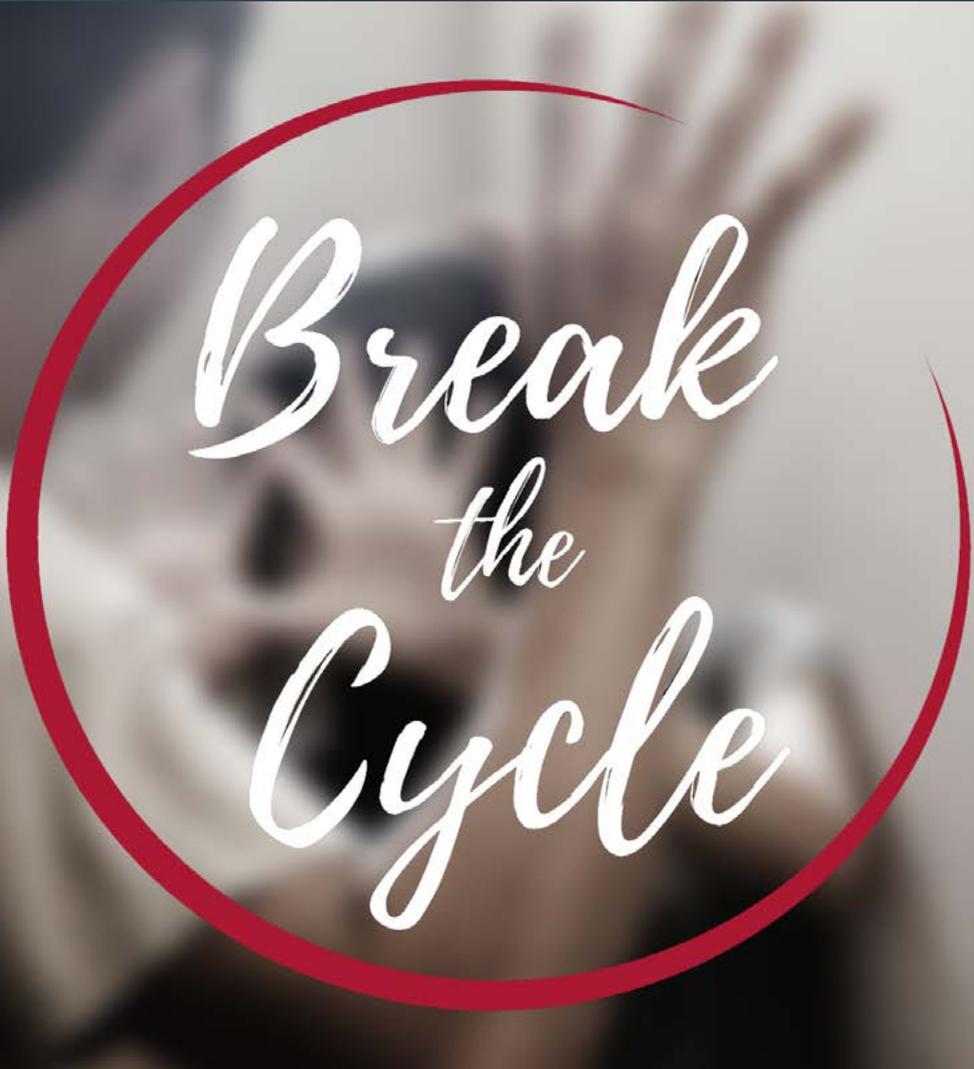


Domestic Abuse

Help and advice for those affected.



Break
the
Cycle

Sills &
Betteridge

SOLICITORS

What our clients say about us...

"Chrystal was the first person who clearly understood what I was going through and immediately came up with an action plan. She pursued her enthusiasm all through my case passionately until things were resolved. She is a unique lawyer who assumes ownership of your matter. I would like to thank her from the bottom of my heart and recommend her services to anyone who needs a rational and quick approach".

"I would also like to express my heartfelt thanks, for your listening ear on our first meeting and the advice you have given me. After our meeting you gave me the confidence to speak my mind a bit more and not to be walked all over."

"We have been 100 percent satisfied with our service throughout proceedings, and entered each hearing with the utmost confidence that the team had a firm grasp of the case. Solicitors were discerning, personable and committed; they had the utmost professionalism throughout and inspired confidence and calm at a most difficult time. Not a single gripe or complaint in 1 year of everyday dealings. Extremely grateful for their attentive and scrupulous hard work, honesty and client care."

"I would like to take this opportunity to thank you from the bottom of my heart for representing me from February and helping me to get my children back and fighting my case for me every step of the way. You have been truly amazing and I have been privileged and honoured to have you as my solicitor. You are a dynamic wonderful person and I am so blessed to have you on my side".

"You have given my children and I a feeling of safety that is worth more than I can explain. I just wanted to say I think you're amazing at what you do and the people you are at a point when it is truly needed the most."

"Really friendly couldn't ask for anyone better to support me and get the end result I was looking for 10/10 definitely going to recommend."

"Sarah was fantastic and dealt with my difficult situation very professionally. Sarah made me feel safe as I struggle with leaving the house on my own. Sarah always explained what was happening and what could potentially happen so I understood at all times. Both times I have used this company they have helped me achieve what I need, to protect my family, and both times we have won our case. I can't thank Sills enough."



Our clients rate us 4.8 out of 5 

Introduction

Welcome to our latest edition of Break the Cycle. I hope you will find this informative and interesting.

Sills & Betteridge are a large, well established firm with knowledge of local Court practice.

We understand people often go through crisis points in their life and need advice and support during these periods.

We are also aware that in domestic abuse and child abduction cases advice is often required urgently and action by way of Court Orders are required immediately.

To meet the needs of our clients we have

established a Family Emergency Team who can respond to your needs quickly and offer advice out of hours.

**Please call or text
"NEED TO TALK"
to 07557 850 212,
available out of hours.**

For more information visit our website:

www.sillslegal.co.uk

We provide free half hour advice for any domestic abuse or child abduction matters.



Chrystal Theofanous
Partner, Head of Emergency
Children/Domestic Abuse Team
♥ Lincoln
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✉ CTheofanous@sillslegal.co.uk



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Domestic Abuse

“We have established a Family Emergency Team who can respond to your needs quickly and offer advice out of hours.”

Many women, men and children live with domestic abuse. It is most commonly experienced by women however men can also experience abuse from their partners. It can affect people from every social background, religion or culture and it can occur at any stage in a person's life. Mental and physical abuse can damage a person's self esteem and confidence. It can also affect their parenting and social skills.

Domestic abuse is not

limited to physical abuse. Psychological, sexual and other forms of aggressive and controlling behaviour can amount to domestic abuse.

At Sills & Betteridge we understand that when you come to see us with your matrimonial and family difficulties, the problems you are facing are having a huge impact on you and any children you may have.

We recognise that you may experience stress,

confusion and loss of confidence during these times, and we know that while we will handle your legal affairs with the utmost skill, there will be other issues that other agencies and professionals will need to assist you with. Among these could be Women's Aid counsellors, benefits advisors, housing agencies or the Citizens Advice Bureau. There are many people out there who all have their part to play in getting your life back on track.

We hope this magazine will help you move on to a safer life. There is information about what legal action you can take, information about specialist services for people living with domestic abuse, useful contact details and how to find help in respect of matters such as housing and money.

Legal Aid is still available for victims of domestic abuse.

What Legal Help Is Available?



Questions & Answers

“If you do decide that you want to leave your relationship and are suffering domestic abuse there are a number of legal options open to you..”

I am experiencing domestic abuse - what legal help is available to me?

You don't have to put up with domestic abuse. Leaving an abusive relationship is never easy. Often people return several times before they are able to make the final break. We understand that there are many

reasons why it is difficult to leave, i.e. you are still in love, you are terrified of the consequences, you are worried about the children and the financial implications. Often it can be that your confidence is so low you just cannot face leaving. If you feel in turmoil about leaving we do recommend that you speak to someone, this could be your GP, a

friend, or a Women's Aid counsellor who can help you decide whether to stay for the time being or support you in leaving.

Legal Options

If you do decide that you want to leave your relationship and are suffering domestic abuse there are a number of legal options open to you

under both the criminal law and civil law.

a) Criminal Law

If you are in danger call the police and always dial 999 if it is an emergency. The police have a duty to protect and help you. If you make a complaint to the police, they will investigate the matter and if sufficient

evidence is found they will press charges. The Crown Prosecution Service will then take over. Criminal cases are heard in either the Magistrates Court or the Crown Court depending on the severity of the charge.

b) Civil Law

We can advise you fully on this option and help and support you through the process. The Civil Law is aimed at protecting you. You can make an application to the Court for an injunction (normally to the County Court) and, if there is an immediate threat of danger, often without giving notice to the person you seek protection from.

You will need to make a sworn statement to the Court about the abuse that you have experienced. You should be as precise as possible about all the ways you have been harmed including the dates and times if you have them and the effect on you and your children.

What is an Injunction?

An injunction is an order of the Court which places restrictions on someone. There are 2 types of injunctions which can assist:

1. Non-Molestation Order

It can forbid someone from being violent towards you, or from

threatening, pestering or harassing you.

A Non-Molestation Order can also prevent someone from going within 100 metres of your property and also prevents someone from encouraging third parties to do something that he/she is forbidden to do by the terms of the Order.

A Non-Molestation Order is usually in place for 6 months to 1 year. If the perpetrator breaches the terms of the Non-Molestation Order, it is a criminal offence. The police must deal with it as such. If the police do not deal with the breach of the Non-Molestation Order then we can make an application to the Court to commit the

perpetrator to prison. If you are experiencing domestic abuse and the police have been unsuccessful in charging or convicting the perpetrator, we strongly advise that you seek legal advice in respect of a Non-Molestation Order.

2. Occupation Order

An Occupation Order can require someone to leave the home they share with you and forbid them to return, and can forbid someone from coming within a certain distance of the home.

The Court will look at the financial circumstances, behaviour and housing needs of you both and the needs of any child when making a decision.





Who can I obtain an Injunction against?

It may be possible to obtain an Injunction against the following people:

1. Your husband or wife or former husband or wife
2. Someone you have lived with as husband or wife (to include same sex relationships)
3. Anyone who lives with you (unless they or you are an employee, tenant, lodger or boarder)
4. Anyone who has lived with you (unless they or you are an employee, tenant, lodger or boarder)
5. Your relative or that person's husband or wife
6. Your current or former boyfriend or girlfriend (if you have been engaged or in a lengthy relationship)
7. Someone you have had a child with. It is also

possible to obtain an Injunction protecting a child in certain circumstances.

How do I get an Injunction and how long does it take?

There are two types of Injunction Applications. They are "On Notice" Applications and "Without Notice" Applications.

Without Notice Application

A Without Notice Application is made where the circumstances justify an emergency application, for example where there has been a recent violent incident.

We will advise you whether your case is appropriate for an emergency application at your initial appointment. If an emergency application needs to be made, we will make the application on your behalf and represent you at the initial Court hearing. The person

whom you are seeking the Injunction against is known as the Respondent. They will not be given notice of the hearing. The Court will consider at the initial hearing whether it is appropriate to make an Injunction Order. The Respondent will then need to be served with your application and the Emergency Order, if such an order has been made. The Respondent will on occasions have the opportunity to apply to the court for the court to consider whether the Injunction Order should remain in force.

On Notice Application

An On Notice Application involves a similar process, however, once your Application has been issued, the court will fix a hearing date and the papers will then be served on the Respondent, thereby giving them notice of your application. The Court will then consider whether it is

appropriate to make an Injunction Order after hearing evidence from both of you.

What happens if my former partner breaks the Order?

If the Respondent breaks the terms of the injunction or you are at all fearful for your safety, you should call the police immediately. The police should treat any breach like any other criminal offence so they should arrest the Respondent and take them to the Magistrates Court. If you are unhappy at any time about the enforcement process being taken or you would prefer to take them back to the County Court then it may be possible to apply for an arrest warrant. If the respondent is in contempt of Court for disobeying a Court Order the Court may fine, impose a suspended sentence or commit them to prison.

What Funding is Available?

When are victims of Domestic Abuse entitled to Legal Aid?

If you are a victim of domestic abuse and you need legal advice, you can apply for Legal Aid to help you with the following cases:

- Care Proceedings
- Divorce
- Child Contact
- Child Residence
- Injunction Proceedings
- Forced Marriage
- Female Genital Mutilation
- Child In Need/Child Protection meetings

There are many forms of domestic abuse and it is not just about physical violence. To qualify for Legal Aid, you must be able to give your solicitor the evidence to show that you, or in some circumstances someone else who your ex partner has been in a relationship with has been a victim of domestic abuse perpetrated by the Respondent (your ex-partner). The types of gateway evidence required are as follows:

- Criminal conviction for a domestic violence offence
- Police caution for a domestic violence offence
- Arrest for a domestic violence offence
- Ongoing criminal proceedings
- Protective injunction
- Undertaking in place of a protective injunction
- A Domestic Violence Protection Notice or Domestic Violence Protection Order (DVPN or DVPO)
- A bind over in connection with a domestic violence offence
- Letter from a Multi Agency Risk Assessment Conference (MARAC) or other local safeguarding forum
- Finding of fact made in court proceedings. Expert report produced as evidence for a court/tribunal

- Letter from a public authority
- Letter or report from a health professional. Letter from an independent domestic violence or sexual violence advisor/advocate. Letter from a local authority or housing association
- Letter from an organisation providing domestic violence support services
- Letter from an organisation providing domestic violence support services confirming refusal of admission to a refuge. Referral to a domestic violence specialist support service by a health professional
- Leave to remain in the UK under paragraph 289B of the Immigration Rules

However, in cases of:

- Injunction Proceedings
- Forced Marriage
- Female Genital Mutilation
- Care Proceedings

These are deemed as emergency cases where a client needs urgent legal assistance and as such the 'gateway evidence' is not required.

You also need to show you are financially eligible for Legal Aid. If you are in receipt of a passport benefit such as the following:

- Universal Credit
- Income Support
- Income-based Job Seekers' Allowance
- Income-based Employment Support Allowance
- Guarantee Pension Credit

and you can provide evidence that you are a victim of domestic abuse, you will be eligible for Legal Aid.

If you are working then we will need to see your last 3 months' bank statements and wage slips so we can do a financial assessment of you. If your disposable

income falls below £733.00pcm then you will be eligible for Legal Aid. Please note that the Legal Aid Agency assess any savings you may have.

In some circumstances, a victim of domestic abuse has to flee their home in an emergency situation. We are therefore sympathetic that it is not always possible to gather all of your financial documents. In this situation, we can advise you and help you obtain the information you need.

Is Legal Aid available for other types of cases?

Legal Aid is also available in the following cases without the presence of domestic abuse.

- Care Proceedings
- Problems with Social Services, including representing you at Child In Need meetings and Child Protection Conferences
- International Child Abduction
- Injunction Proceedings
- Forced Marriage
- Honour Based Violence
- Female Genital Mutilation

We strongly advise that if you are suffering from domestic abuse, speak to one of our specialist solicitors at your earliest opportunity. We offer a free half-hour consultation with a trained solicitor in the field of domestic abuse.

Keeping Evidence

If you do not feel able to leave the relationship at this stage, there may come a time when you wish to do so or need to do so. Plan for that time:

- Keep a record of each incident including the date and time it occurred, what was said or done. Where property is damaged if possible photograph this.
- Report all incidents to your GP so it can be noted on your medical records.
- If you are injured and you go to the hospital keep a note of the date and time, etc.
- If you sustain any injuries, take a photograph and make a note of when the incident occurred. Keep the photographic evidence in a safe place, possibly with a friend/relative/solicitor. Any photographic evidence is better than none.
- If you are assaulted report it to the police and keep a diary note of the date, officer and case number.
- Save threatening or abusive text messages and emails.
- Also work with a local domestic abuse support worker.

Making a Safety Plan

It often helps to plan in advance. There are things that you can do to increase your safety.

General

1. Prepare an 'emergency bag'. It may be worth storing this with a friend/ neighbour/relative. For what to include see "What to Pack".
2. Keep with you important and emergency telephone numbers, e.g. your local Women's Aid, the police domestic violence unit, your GP and our telephone number. It may be worth keeping in your purse the useful numbers at the back of this booklet.

3. Keep a mobile telephone hidden for emergency use.
4. Keep your keys and purse in an accessible place.
5. Keep your mobile phone charged.
6. Think about teaching your children how to make an emergency call to 999 and what they would need to say, i.e. their name, address and telephone number. Inform a neighbour of the situation and ask them to telephone 999 on your behalf in an emergency.
7. Consider a possible 'code word' with a friend/relative/neighbour/child so they know when to call the police.
8. Be aware where the

nearest telephone is and try and have a mobile telephone on you at all times.

9. Think about opening a bank account in your own name if you do not have one.

If an argument escalates, or in the event of an assault:

Move into a 'safe' room in the house. Avoid the kitchen, bathroom, top of stairs or garage.

Try to remain near to an external exit.

In an emergency always dial 999 or activate your panic alarm.

Plan a safe exit from your home

Plan ahead and think about what you would do if you needed to leave your home quickly. Where would you go? What would you take? Who would you tell? Think about your route out of the house. How can you get outside? Think about which doors or windows you can get out of safely.

Have a safe place to go to:

Make a friend, neighbour or relative aware of the situation and plan to go to them in an emergency, alternatively telephone Women's Refuge.

What to Pack

If you decide to leave the relationship it is best if you can plan this carefully in advance. Some partners will increase their abuse if they have any idea you are going to leave. Try to leave if at all possible at a time you know your partner will not be around.

Try to take everything you will need with you. There is always a possibility that you may not be able to return later or your belongings will be destroyed by your partner. Take your children with you. You may decide to leave the house on a long term basis to set up home elsewhere.

You may decide to leave temporarily whilst putting into place an Injunction and Occupation Order (see earlier).

Remember to keep with you or in your emergency bag:

- Mobile telephone
- Some form of ID
- Birth certificates for you and your children
- Passports for you and your children
- Work permits, visas, etc
- Proof of National Insurance No.
- Money, bank books, cheque books, credit and debit cards
- Keys for house/car/place of work (think about getting an extra set cut and keeping them in your emergency bag)
- Cards for payment of child benefit and any other benefits, i.e. income support/tax credit
- Driving licence/car registration documents
- Copies of any documents relating to your house, e.g. mortgage/lease/ rental agreements
- Insurance documents and any other financial documents belonging to you including bank statements/details of policies, etc.
- Address book
- Family photographs and anything small and of value to you
- Clothing and toiletries



“Try to take everything you will need with you. There is always a possibility that you may not be able to return...”



Protecting Yourself After Separation



Whether all or just some of the following steps are required will depend on your individual situation.

Safety at Home

- Change door locks
- Keep doors locked, even when you are in the house
- Install extra security, e.g. door chain, additional locks, burglar alarm systems, outdoor lighting
- Install smoke detectors
- Change your telephone number and make it ex-directory
- Use an answer machine to screen calls
- Speak to the police about installing a panic alarm

Safety in Public

- Vary routes and routines to make yourself difficult to follow
- Keep in well lit, highly populated areas and busy streets where possible
- If driving, lock your car doors. Park in well lit, populated areas
- Try not to go anywhere alone, plan to walk with a friend
- Tell someone where you are going and when you are expected back
- Inform key staff at your children's school of the situation. Ensure they do not release the children to anyone else or give your new address or telephone number to anyone

- If possible confide in a work colleague/manager
- Keep your mobile telephone in any easy to reach place – not buried in the bottom of your bag!
- Carry a personal panic alarm
- On a night out stay with trusted friends, if drinking stay within your limits – don't lose control
- Plan a safe route home - walk with friends, share a taxi

Safety with Injunctions

- Keep a copy of your Injunction readily available. Consider having several copies so that you can have one at home,

- one in your handbag, give copies to friends/family, etc.
- Inform all significant parties of the terms of your order, e.g. employer, children's school, etc.
- Be prepared to enforce your Order. In an emergency dial 999 to report a breach otherwise use the police non-emergency number
- Keep a diary to note the time, date and details of the breach, include police log numbers

 **Change your number**

 **Become Ex-Directory**

 **Block anonymous calls**

 **Use 1471 to see who has tried to call you or use 141 to withhold your number**

 **Call the Police if you receive threatening calls**

 **Save & print threatening text messages**

Staying Safe Online

■ Be cautious of statuses, photos, videos etc. Photos of children in school uniform can alert an abuser to which school they are attending.

■ Never post information regarding an upcoming holiday or trip as your status.

■ Be wary of the Check-in feature as this can alert your abuser as to your whereabouts and can effectively act as a 'tracking' device.

■ Always monitor pictures that other people put of you and tag you on. You can see the tagged photos of you by going to your profile.

Avoid putting your phone

■umber, address, email, children's or pet's name on your profile. People often use words such as pet's name or numbers as passwords, so it is not recommended to publish them online.

Never add any friend requests

■nd suggestions from anyone that you do not know. Remember some people can put false information and even a fake picture on. Be wary of who you add.

If someone is continuously

■rassing you, sending you messages that are mean, nasty, inappropriate and make you uneasy, you can remove them off your friends list - even better block them.

When safety planning, change

■l account passwords that may disclose your location or activities. You must also remember to change the security questions if there is a possibility that an abusive person can answer the questions and

obtain access to the account.

■ Set the security settings on your profile to "Only My Friends". By doing this, you will be able to have control over who has access to your information and pictures. For certain pictures you can also select certain friends that you do or do not want them to see.

■ Navigating technology is a vital step in safety planning today. Make sure you know what technologies are being used to identify your location such as online dating, social media, iCloud, Bluetooth and GPS.

■ If you're using a smartphone, check the location services in the settings and see if the phone is giving away your location. Also, turn off Bluetooth when not being used. This can prevent the abusive party from monitoring or installing malicious software on the phone.

■ Consider a refurbished or new mobile phone - If the mobile phone being used was provided by an abusive person, see if a second-hand or refurbished mobile can be obtained. When making or receiving private calls or arranging escape plans, try not to use the phone provided by the abusive party as it may be monitored.

■ If an abusive party has access to your computer, they might be monitoring your computer activities. If possible, try to use a safer computer when you look for help, a new place to live, travel etc.

It may be safer to use the computer at the library or community centre.

■ Store and save threatening emails. Print them off and give them to the Police and your solicitor

■ Many courts and government organisations are publishing records on the internet. Ask agencies how they protect or publish your records and request that court, government, post office, and others seal or restrict access to your files to protect your safety.

■ Using popular search engines such as Google and Bing, you can see what information may be being made public about you. The fastest way to search is by adding quotations "before and after your name" followed by your town or city. This will help avoid finding irrelevant information from duplicate names. Don't forget to also view the "images" portion of the search engine to see what possible pictures may be public.

■ With technology, services such as "Google Voice," may be a better alternative for keeping your personal phone numbers safe. With services such as these, you can sign up for a phone number and have that number forwarded to up to five different phones. So that way if your phone number is compromised, you can log in and only need to change one phone number.

Remember that all of these devices and appliances can monitor, record and be used as evidence:

■ Smart cars

■ Smart watches

■ Televisions

■ Pacemakers

■ Fridges

■ Phones

■ Gaming consoles

■ Roomba vacuums

■ Doorbells

■ Sneakers

■ Coffee makers

Revenge Porn

What is Revenge Porn?

If someone has shared private, sexual materials of another person without their consent and with the purpose of causing embarrassment or distress, that person may be guilty of a criminal offence.

Sexual materials do not only cover pictures of genitals, but also anything that a reasonable person would consider to be sexual. This could cover a photo of someone posing in a sexually suggestive manner or a video engaging in sexual behaviour. It could also cover a photo of someone in their underwear, if the image being shared caused distress to that person.

Sharing includes posting online and also sending to other people.

The offence of Revenge Porn

The offence of revenge porn is detailed under section 33 of the Criminal Justice and Courts Act 2015.

A person found guilty of the

offence can be sentenced to a maximum of 2 years imprisonment.

Revenge porn may overlap with other criminal offences, for example, harassment or stalking.

If the material has been taken without your consent and sent to you, that would not be revenge porn as it has not been shared. However, that may still be a criminal offence and you should contact the Police.

What should I do if someone has shared something against my will?

You should report the matter to the Police as a matter of urgency. The Police should treat you with respect and be considerate of the nature of the allegations that you are making.

The Police should take action and speak to the person who has shared the images/videos.

If the material has been shared on a public website, Facebook for example, you should report the image to Facebook for it to be

removed. You should make sure that you have evidence the material had been posted prior to it being removed in order that you can still show the Police.

We also have a team of specialist domestic abuse lawyers who can advise on Orders which can be obtained in the Family Court to help prevent an individual from sharing images without your consent.

If there is a Non-Molestation Order already in place, you should also report to the Police that there has been a breach of the Non-Molestation Order by the private material being shared without your consent.

What other support is available to me?

There are helplines and agencies available online that you can contact. For example, Revenge Porn Helpline. They also have an anonymous reporting service if you do not feel able to give them your name or details.



Children and Domestic Abuse



“The safety and protection of your children should be given as much priority as possible.”

When a parent is subjected to domestic abuse, research has shown that there may be an overlap and a proportion of children will also be abused or neglected. Men or women who are abusive in an adult relationship do not necessarily abuse children but some do. A child may also be drawn into the domestic abuse, i.e. the child may try to intervene, manage the abuser's behaviour, be

encouraged to relay threats and undermine the abused parent. The child may also witness the abuse and in any event is very likely to be aware of it. Children growing up in homes where family violence occurs are more likely to suffer with worry, guilt and mental illness.

A parent may try to minimise the seriousness of the abuse and hang on to the hope that the partner will change and

will therefore work to keep the peace instead of protecting themselves or their children. When this happens they are placing both themselves and their child at risk. It is important to seek help.

It is important that the safety and protection of your children is given as much priority as possible.

Orders are available from the Court where you believe your child is at risk

of being taken by your partner or if your child has been taken then it is important you get help immediately.

International Child Abduction

This is a very complex area of law and we are very fortunate to have an accredited specialist in this area. Chrystal Theofanous is a Resolution Accredited Specialist.



“It is very important to make the right decision about your housing needs and it’s a good idea to get specialist advice.”

If your child has been taken to another country without your consent or if your child has been kept i.e. retained in another country without your consent and they are not habitually resident there then you must ensure you seek legal advice as a matter of urgency.

Legal Aid is available on all child abduction cases and so it is imperative you seek legal advice as soon as you know that your child will not be returned to you. Even if your child does not live with you, so long as you were exercising custody rights i.e. having contact with them, you are entitled to apply to the court for them to be returned to the country they were living prior to them being removed.

Please contact Chrystal

on 07557 850212 for free advice.

Housing Options

It is very important to make the right decision about your housing needs and it’s a good idea to get specialist advice. There are some organisations who can provide you with help and information, such as Womens Aid or your local Citizens Advice Bureau.

Can I stay in the family home?

You may decide that you wish to stay in the family home on the basis that your partner leaves. As explained, you can apply to get an Occupational Order to exclude your partner or ex-partner from the property and give you the right to live

there and/or a Non-Molestation Order to protect you and keep him away from you if they are no longer living at the property.

Is there emergency accommodation available?

You may choose to stay temporarily with family or friends or you may decide to go into refuge accommodation.

Refuge

A refuge is a safe house where women and children who are experiencing domestic violence can stay. You can choose to stay as near to your home town as you wish or you can stay out of Lincolnshire. There are some refuges that have self-contained

family units but most refuges will usually give you your own room for yourself and your children to share. Other spaces, i.e. living room, tv room, kitchen and playroom will be shared with other residents. You can be as self-contained or as sociable as you want to be.

Any woman who needs to escape from domestic violence or abuse can go into a refuge at any time of the day or night. It does not matter whether or not you are married or living with your partner or ex-partner or whether or not you have children. You can arrange refuge accommodation by telephoning the free phone national 24 hour Domestic Violence

Helpline which is run in partnership with Women's Aid.

When refuge accommodation has been found for you, a member of staff or a volunteer from the organisation will discuss with you how to get there. They may arrange to meet you at their office or somewhere else which is easy for you to find. Should you want it there is support and advice available at the refuge for you.

Once you have been in a refuge you may decide to return home perhaps after you have obtained an injunction. You may decide that you wish to live elsewhere.

What housing options may be available to me

after refuge if I do not wish to go home?

Temporary

Your Local Authority (council) housing department has a duty to provide you with advice about finding somewhere to live if you are homeless because of domestic abuse and they should provide temporary accommodation for you.

They may also provide you with permanent accommodation.

You can apply for emergency or temporary accommodation while you decide what to do next. You are considered homeless if you are unable to stay in your home because of physical violence

or abuse. Emergency accommodation will usually be in bed & breakfast type accommodation. To apply for emergency accommodation you should go to your local council housing department.

For support with this, contact your local Women's Aid Organisation or Citizens Advice Bureau.

Permanent

1. Council - you may be eligible for council housing accommodation - provision of temporary accommodation does not guarantee that the Local Authority will re-house you permanently. The council has procedures for deciding priorities in

the allocation of housing. For assistance with this do seek help from your local Women's Aid or the Citizens Advice Bureau. We may also be able to send a letter in support of your application in relation to your housing application.

2. You could apply for local Housing Association properties.

3. You could rent from a private landlord.

4. You may be in a position to buy your own home.

5. If you share ownership of your previous home then we can provide advice about the property being sold or transferred to release money to you and to buy your own property if you choose not to return to live there.



Helpful Organisations

General

EDAN Lincs

01522 510041

SOLDAS Boston

01205 311272

North East Lincolnshire

Women's Aid

01472 575757

The Blue Door, Grimsby & Scunthorpe

0800 197 47 87

Phoenix Women's Aid,

Doncaster

07932 069153

Riverside, Doncaster

0345 111 0000

Doncaster Rape & Sexual Abuse Counselling Service

01302 360421

Changing Lives -

Doncaster Community Hub

01302 309 800

IDAS - Sheffield

0808 808 2241

MKACT - Domestic Abuse Intervention Services, Milton Keynes

0344 375 4307

Northamptonshire

Domestic Abuse Service

0300 0120 154

Nottingham Central

Women's Aid

0808 8000 340

Salcare, Nottingham

01773 764562

JUNO Women's Aid,

Nottingham

0808 800 0340

National Domestic Abuse Helpline

0808 2000 247

Forced Marriage Unit

020 7008 0151

Honour Based Violence/ Forced Marriage - Karma Nirvana

0800 5999 247

Broken Rainbow

08452 60 55 60

Men's Advice Line

0808 801 0327

National Victim Support

0845 30 30 900

NSPCC/Childline

0808 800 5000

Elder Abuse Response Line

0808 808 8141

Housing

Citizens Advice Bureau

08444 111444

Shelter

08088 004444

Council Housing

Lincoln City

01522 873 333

West Lindsey

01427 676676

North Lincs

01724 297000

North East Lincs

01472 326296

East Lindsey

01507 601111

North Kesteven

01529 414155

South Kesteven

01476 406080

South Holland

01775 761161

Boston

01205 314200

Nottingham

0115 915 5555

Derby

01332 293111

Leicester

0116 454 1007

Northampton

0300 330 7000

Doncaster

01302 736000

Sheffield

0114 293 0000

Wath Upon Dearne

01709 382121

Howden

01482 393939

Child Abduction

Reunite

www.reunite.org

0116 2556234 or

0116 2555345

Constitutional Affairs

International Child

Abduction and

Contact Unit

020 7911 7045

Debt Problems

Citizens Advice Bureau

08444 111 444

National Debt Line

www.nationaldebtline.co.uk

0808 808 4000

Legal Services

Commission Debt &

Benefit Helpline

0845 3454345

Breakdown & Separation

Relate

0333 257 4042

www.relate.org.uk

One Plus One

www.oneplusone.org.uk

Welfare Benefit Problems

Citizens Advice Bureau

08444 111 444

Other Helplines & Resources

Resolution

www.resolution.org.uk

08457 585 671

Parent Line Plus

www.familylives.org.uk

0808 800 2222

Samaritans

www.samaritans.org

08457 90 90 90

Mental Health Foundation

www.mentalhealth.org.uk

0207 803 1101

Alcoholics Anonymous

www.alcoholics-

anonymous.org.uk

0845 769 7555

Cafcass

www.cafcass.gov.uk

0300 456 4000

Al-Anon / Alateen

(Help for families and

friends of alcoholics)

www.al-anonuk.org.uk

National Youth Advocacy Service

www.nyas.net

0800 616 101

One Parent Families/

Gingerbread

www.gingerbread.org.uk

0800 018 502

Constitutional Affairs

International Child

Abduction and

Contact Unit

020 7911 7045

Other Resources

What resources are available to women who are abused?

The Police

Typically, uniformed police respond to 999 calls. Whether or not a perpetrator is arrested and charged, they will pass the information about the call to the specialist Domestic Violence Police. Officers from these units will usually make some kind of follow up contact to offer support.

Women's Aid

Women's Aid is a national domestic abuse charity. Services offered by local Women's Aid organisations include:

- Refuges, which are valuable resources for women who seek shelter for themselves and their children. Many women say that going to a refuge saved their lives.
- Many refuges also offer outreach support for women who have elected to remain in their own homes. Many refuges and Women's Aid organisations across the UK provide the Freedom Programme as

part of their service to women. Their contact numbers are also included in the list of Freedom Programme providers on the website:

www.freedomprogramme.co.uk

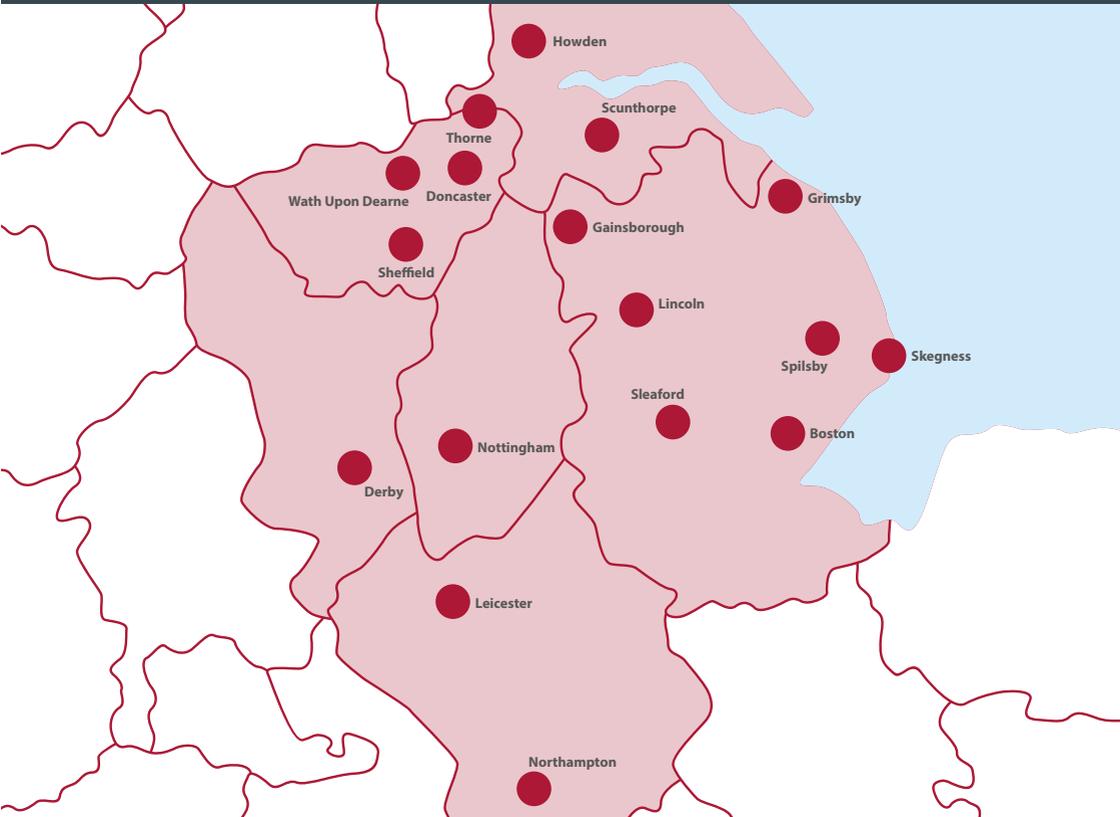
- Floating support – Women's Aid have developed a range of services to reach out and offer support and help to women whether or not they are staying in refuge accommodation. Floating support is a specific type of outreach service that is designed to support women who wish to remain in their own homes.
- Aftercare – refuge organisations generally provide ongoing support to women and children who have been accommodated within a refuge but have now left. This may be by follow-up work by a key worker.
- Support groups for women who have experienced domestic violence - these enable women to share experiences and support each other.
- Activities and support services for children.
- Support and advice - support can be given to women who have suffered domestic violence by helping them with housing and money issues, a counsellor and support during the Court process.

Always **DIAL 999** in an emergency

- Safe Spaces are now available at Boots, Superdrug and Morrisons Pharmacies where you can contact specialist domestic abuse services for support and advice.
- People who feel unsafe can discreetly seek help by approaching venue staff and asking them for 'Angela'. This code-phrase will indicate to staff that they require help and a trained member of staff will then look to support.
- If you are in immediate danger, call 999 and ask for the Police. If you can't speak and are calling on a mobile press 55 to have your call transferred to the Police.

Contact us

www.sillslegal.co.uk



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Hockley
Nottingham
NG1 3BE
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Derby
DE24 8HR
Tel: 01332 224570

Gateway House
Grove Business Park
4 Penman Way
Leicester
LE19 1SY
Tel: 01162 963206

Aquila House
14 St Giles Terrace
Northampton
NN1 2BN
Tel: 01604 330710

5 Main Ridge West
Boston
PE21 6QQ
Tel: 01205 364615

27-31 Northgate
Sleaford
NG34 7BW
Tel: 01529 302800

50 Alghitha Road
Skegness
PE25 2AW
Tel: 01754 610101

1 Ashby Road
Spilsby
PE23 5DT
Tel: 01790 752277

18a Dudley Street
Grimsby
DN31 2AB
Tel: 01472 660025

Marshall's Yard
Gainsborough
DN21 2NA
Tel: 01427 616816

76 Oswald Road
Scunthorpe
DN15 7PG
Tel: 01724 702222

55 Hallgate
Doncaster
DN1 3PD
Tel: 01302 321621

Acclaimed Family Law
Cathedral Chambers
18 - 24 Campo Lane
Sheffield
S1 2EF
Tel: 0114 551 7555

42 High Street
Wath upon Dearne
S63 7QE
Tel: 01709 437350

14 - 16 Fieldside
Thorne
DN8 4BQ
Tel: 01405 497665

4-6 South Parade
Bawtry
DN10 6JH
Tel: 01302 321621

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DN14 7SZ
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