

What is domestic abuse?

Domestic abuse includes any incident of threatening behaviour, violence or abuse. The abuse can be psychological, physical, social, financial, or emotional.

Domestic abuse can happen between two people who are or were intimate partners or family members, regardless of their gender or sexuality.

If you are in fear of a partner, ex-partner or member of your family, you might be experiencing domestic abuse. Do they often...

- Call you names and make you feel bad about yourself?
- Make you afraid by threatening you or your children?
- Behave violently towards you?
- Stop you seeing your friends or family?
- Keep you without money?
- Harm you or make you feel you could be seriously harmed?

If the answer to some of these questions is 'yes' you might be experiencing domestic abuse.

If you are in immediate danger

Call **999** to contact the police.

If you need help or advice

Women's Aid Integrated Services (WAIS) has a wide range of different services and depending on what you want to do, they can arrange for further help or support. They can also find ways to keep you safer in the meantime.

- Call free and in confidence on **0808 800 0340**
- For women living in Nottingham and Nottinghamshire
- 24 hours a day, 365 days a year

Sometimes their helpline is busy, and you might need to leave a message if it is safe for them to call you back. They will always call you back, as long as you leave them a contact number in your message.

More information about getting help can be found at <https://wais.org.uk/>

If you are a man experiencing domestic abuse you can contact the Men's Advice Line on **0808 801 0327**. If you are a man in Nottingham (16+) or Nottinghamshire (18+) and just want to talk to someone in confidence, call Equation's service for men on **0115 960 5556**.

If you are in a same-sex relationship you can call the National LGBT Domestic Violence Helpline on **0800 999 5428**.

Call the Samaritans on **08457 90 90 90** if you feel in despair and want someone to listen to you and provide emotional support.

Leaving home immediately

If you feel you are at risk of harm there are alternatives you could explore such as the Sanctuary Scheme, which can carry out safety works in your home such as changing locks, fireproof letterboxes and panic rooms. Call Newark and Sherwood District Council's Housing Options Team on 01636 655287 for further information.

You could stay with friends or relatives while you think about what to do next.

If however, you think you need leave your home, try to arrange temporary housing from the council before you leave. Not everyone leaving home due to violence is entitled to emergency accommodation.

If you are a woman leaving domestic abuse, try to find a place in a women's refuge. WAIS can help you with this. Take some essentials with you such as a change of clothes, toiletries and any medication you need to take regularly. Try to bring important items such as your passport, bank and credit cards and mobile phone.

Contact the National Domestic Violence Helpline on **0808 2000 247** for more information about refuges.

Do not make a decision to give up your home permanently until you have spoken to an adviser and considered all your options.

Get homelessness help from the council

You can apply to our Housing Options Team as a homeless person if you cannot stay in your home.

The council has to give you advice about finding somewhere to live. Some people are entitled to emergency accommodation.

If the council has a duty to find you somewhere to live, you will be asked to provide details of your situation. You may be asked for supporting evidence, which could include details and dates of incidents. You can take a friend or an adviser with you for support.

Get advice immediately if the council says it will not help you because it believes it was reasonable for you to stay in your home. You could challenge its decision.

Contact Civil Legal Advice on **0345 3454 345** if you are entitled to legal aid.

Use Shelter's directory to find an adviser in your area.

Help from social services

Some people may be entitled to help from the council's social services department. Social services might be able to help if you:

- are elderly
- have children living with you

- are under the age of 18
- have left care (or are about to do so)
- are in poor health
- have a physical or learning disability

Social services may be able to help by finding accommodation for you, paying for a deposit or providing financial support.

There are no rules about the kind of help social services have to provide. Find details of help available in your local area.

Help from social services

Some people may be entitled to help from the council's social services department.

Social services might be able to help if you:

- are elderly
- have children living with you
- are under the age of 18
- have left care (or are about to do so)
- are in poor health
- have a physical or learning disability
- Social services may be able to help by finding accommodation for you, paying for a deposit or providing financial support.

There are no rules about the kind of help social services have to provide. Find details of help available in your local area.

Get more help

If you need more help call the Shelter advice line on 0808 800 4444.

Confidentiality

The Housing Options service confirms whatever you discuss with the service will always remain completely confidential.