

Domestic Abuse Information

Useful Information

Hollie Guard

With a simple shake or tap it activates Hollie Guard immediately notifying your chosen contacts pinpointing your location and sending audio and video evidence directly to their mobile phones. <https://hollieguard.com/>

Silent 999 calls

Silent solution 55 is the name given to the initiative that allows people to call 999 when they are not able to speak. If it is dangerous to make any sound at all, the call will be put through to an automated system. Callers are then led through a series of prompts and asked to press 55 to confirm there is a genuine emergency.



Silent_solution_gui
de.pdf

Domestic Abuse Service Provision Update

Please see below an update on current commissioned Domestic Abuse and Sexual Violence service provision across Suffolk:

Anglia Care Trust - Freephone advice line for victims: 0800 9775690

For professionals call 01473 618660 or email admin@angliacaretrust.org.uk
www.angliacaretrust.org.uk

Open as normal for referrals although staff are working from home so telephone and video messaging support being offered.



DAOS-Referral-For
m-Oct-2018-NEW.doc

Bury Women's Aid (Bury Refuge) – 01284 753085

Refuge full and referrals currently suspended in order to provide a safe service for residents.

Still operating most services, although some face to face support has been replaced with remote support where necessary:

- Running Refuge Support Services
- Operating our Telephone Helpline Service
- Accepting referrals for all support groups and Outreach Support
- Carrying out Outreach Appointments (remotely via telephone/video call)
- Signposting to other support services
- Liaising with partner services

admin@burystedmundswomensaid.org.uk

Lighthouse Women's Aid (Ipswich Refuge) - 01473 228270

Referrals currently suspended in order to provide a safe service for residents. Telephone support being provided, centre closed.

www.lighthousewa.org.uk

Liberty Project (Lowestoft Refuge)

Referrals currently suspended in order to provide a safe service for residents

<https://www.heron.nhs.uk/heron/organisationdetails.aspx?id=18999>

agcsu.heron@nhs.net

Independent Domestic Violence Advisor (IDVA) Service

Continue to support high risk clients with telephone support.



IDVA-referral-form.
pdf

ISVA Duty Line - 07866 142139

isva.theferns@suffolk.pnn.police.uk

Any queries to do with the SARC and forensic examinations will still need to be called through to the Ferns helpline on **0300 123 5058**.



Referral Form.docx

SARC (Sexual Assault Referral Centre) The Ferns: 0300 1235058

www.theferns-suffolk.org.uk

contact@theferns-suffolk.org.uk or

ISVAs are all working remotely, they will continue with supporting clients via telephone, email, Skype and in the very near future via Zoom.

COVID Update:



2020 03 24 Ferns
Covid Update.pdf

Norfolk and Suffolk Victim Care – 0300 303 3706

Open as normal for referrals and providing telephone support.

Email: nsvictimcare@victimsupport.org.uk

<https://www.nsvictimcare.org/contact-us/>

Survivors in Transition – 01473 232499 / 07765 052282

Open for referrals, telephone support being provided. Accepting new referrals through website / email and completing assessments for new referrals

Continuing to support current and new clients as follows:

- Regular 'upholding' calls
- 1:1 holdfast sessions (self-esteem & therapy prep)
- Group holdfast sessions
- Counselling / therapy sessions
- Signposting service

- Speaking with agencies and offering further support where required
- Liaising with authorities where risks are identified

www.survivorsintransition.co.uk
support@survivorsintransition.co.uk
<https://survivorsintransition.co.uk/referral-form/>

Suffolk Rape Crisis – 0800 085 0520

Open for referrals, telephone support and online counselling being provided.

www.srchelp.org.uk
administration@srchelp.org.uk
<http://www.srchelp.org.uk/home/contact-us>

Fresh Start New Beginnings – 01473 353355

Open for referrals, telephone support being provided.

www.fsnb.org.uk



Child-Referral-Form
-October-2019.docx



Non-Abused-Sibling-Referral-Form-Apr

Lighthouse Outreach Centre – 01473 228270

Telephone support being provided, centre closed.

www.lighthousewa.org.uk



Centre-Registration
-Form.doc

Bury Womens Aid Outreach Centre – 01284 753085

Telephone and video support being provided via website 10am-12pm, helpline open, centre closed.

www.burystedmundswomensaid.org.uk

Waveney Domestic Abuse Forum – 01505 572143 / 07906 245979

Telephone support being provided, centre closed.

www.waveneydvforum.org.uk
info@waveneydvforum.org.uk



WDVAF Referral &
Initial Risk Assessment

Compassion – 07597 337831

Referrals by email only. Telephone, email and text support to clients. Freedom programmes suspended.

www.compass-ion.org
michelle@compassion.org

Alumah - 07770 468698

Will arrange a call back, whatsapp or video link.

Alumah are continuing to support victims/survivors at this time and the Freedom Programme via video link. They are continuing to run their support groups in a virtual format and are still accepting referrals.

Counsellors are offering either video or telephone counselling.

They have VERY LIMITED food items that they can give out in an emergency.

www.alumah.co.uk

<https://www.alumah.co.uk/contact>

P.H.O.E.B.E. Centre - 01473 231566

Open by phone 10-2pm weekdays.

Specialist advice, information, casework, advocacy support and counselling services to black and ethnic minority women and children.

www.phoebecentre.org.uk

Nationwide

National Domestic Violence Helpline: 0808 2000 247

<http://www.nationaldomesticviolencehelpline.org.uk/>

Respect Phonenumber 'Are you hurting the one you love? Choose to stop' – 0808 802 4040

Women's Aid

www.womensaid.org.uk

Webchat available via website

Helpline@womensaid.org.uk

GALOP (LBGT): 0800 999 5428

<http://www.galop.org.uk>

Mankind Initiative (Male Victims): 01823 334244

<https://www.mankind.org.uk/>

Men's Advice Line (Male Victims): 0808 801 0327

<http://www.mensadviceline.org.uk/>

Respect (for abusers): 020 3559 6650

<http://respect.uk.net/>

Guidance

<https://www.gov.uk/government/publications/covid-19-guidance-for-domestic-abuse-safe-accommodation-provision>

<https://www.gov.uk/government/publications/coronavirus-covid-19-and-domestic-abuse/coronavirus-covid-19-support-for-victims-of-domestic-abuse>

<https://www.womensaid.org.uk/covid-19-coronavirus-safety-advice-for-survivors/-of-domestic-abuse#support-for-professionals>

<https://rapecrisis.org.uk/get-help/coronavirus/>

<https://www.nhs.uk/live-well/healthy-body/getting-help-for-domestic-violence/>

<https://domesticviolenceuk.org/online-signposting-directory/>

Domestic Abuse Resources for Victims during Coronavirus isolation period

<https://www.womensaid.org.uk/cover-your-tracks-online/>

<http://safelives.org.uk/news-views/domestic-abuse-and-covid-19>

Sharing resources to help support victims through this time and will be adding more as things progress.



Podcast with Rachel Williams giving some advice from a victim's point of view of how to get through this period:

<https://soundcloud.com/domestic-abuse-podcast/staying-safe-at-home-jo-silver-and-rachel-williams>

<https://chayn.co/tools/> -

Open and free resources crowdsourced with love from survivors, experts & people who give a damn around the world.

<https://survivingeconomicabuse.org/wp-content/uploads/2020/03/Economic-abuse-and-the-coronavirus-outbreak-1.pdf>

This resource is designed to support your economic wellbeing and your safety if you are living with someone who abuses you. It also contains information on financial support that is available.

Domestic Abuse Resources for Children and Young People

<https://www.womensaid.org.uk/cover-your-tracks-online/>

ChildLine <https://www.childline.org.uk/>

The Hideout <https://thehideout.org.uk/children/home/>

Respect not Fear <https://respectnotfear.co.uk/>

The Child Exploitation and Online Protection (CEOP) centre
<https://www.ceop.police.uk/safety-centre/>

Childnet <https://www.childnet.com/>

Web Resources

Safety plans for children:

<https://www.reducingtherisk.org.uk/cms/content/safety-planning-children-and-young-people>

<http://www.socialworkerstoolbox.com/childrens-booklet-feel-safe-at-home-what-to-do-if-violence-is-happening-around-you/>

<http://www.socialworkerstoolbox.com/safety-planning-through-the-eyes-of-children-a-workbook-for-children-exposed-to-family-violence>

http://www.safelives.org.uk/sites/default/files/resources/YP_safetyplan.pdf

Healthy Relationship Resources:

EXPECT RESPECT Toolkit:

<https://www.womensaid.org.uk/what-we-do/safer-futures/expect-respect-educational-toolkit/>

Disrespect Nobody Home Office Campaign:

<https://www.disrespectnobody.co.uk/>

<https://learning.nspcc.org.uk/research-resources/schools/making-sense-relationships/>

Escape the Trap – Teenage Relationship Abuse Programme:

www.escapethetrap.co.uk

<https://www.safe4me.co.uk/portfolio/healthy-relationships/>

<http://www.socialworkerstoolbox.com/healthy-relationships-toolkit-teenagers/>
(American)

Resilience and Support for CYP

<http://www.socialworkerstoolbox.com/healthy-relationships-workbook-people-learning-difficulties/>

<http://www.socialworkerstoolbox.com/safety-planning-through-the-eyes-of-children-a-workbook-for-children-exposed-to-family-violence/>

<https://www.cafcass.gov.uk/grown-ups/professionals/resources-for-professionals/>

Safety around Sexual Abuse

NSPCC – Pants:

<https://www.nspcc.org.uk/preventing-abuse/keeping-children-safe/underwear-rule/>

Cup of Tea Analogy (Sexual Consent)

<https://www.youtube.com/watch?v=oQbei5JGiT8>

Books:

- Good Day, Bad Day by Kathryn White and Cliff Wright (2000)
- Talking About Domestic Abuse: A Photo Activity Workbook to Develop Communication Between Mothers and Young People by
- Catherine Humphreys, Ravi K. Thiara, Audrey Mullender, Agnes Skamballis (2006)
- Talking to My Mum: A Picture Workbook for Workers, Mothers and Children Affected by Domestic Abuse - by Catherine Humphreys, Ravi K. Thiara, Audrey Mullender, and Agnes Skamballis Paperback (2006)
- Clover's Secret: Helping Kids Cope with Domestic Violence by Christine M. Winn and David Walsh (2001)
- The Huge Bag of Worries – Virginia Ironside
- The Feelings Art Book – Ruby Radburn
- Your Emotions: I feel angry – Brian Moss
- Your Emotions: I feel sad
- Your Emotions; I feel worried
- Big Book of Blob Trees - Pip Wilson
- A terrible Thing Happened - Margaret Holmes
- How Are You Feeling Today Baby Bear?: Exploring Big Feelings After Living in a Stormy Home - Jane Evans
- All Kinds of Feelings
- Spark learns to fly - Judith Foxton
- Kit Kitten and the Topsy-Turvy Feelings: A Story About Parents Who Aren't Always Able to Care - Jane Evans
- Wishes and feelings tools
- Emotes
- John Veekan bear cards
- All kinds of feelings puppets – Emma Brownjohn
- Todd Parr Feelings flashcards

Newsletters



FW_ NCDV March
Newsletter.msg

Articles

<https://www.bbc.co.uk/news/world-52063755>

<https://apple.news/AVH2wE6sRQ3yLDXlu1xBC8A>

<https://www.bbc.co.uk/news/uk-52157620>