

DOMESTIC ABUSE NO EXCUSE

GET HELP. GET SAFE.
CALL 0800 279 5434



Cutting Crime  **TOGETHER**
The Tower Hamlets Partnership

Domestic violence is a significant problem in Tower Hamlets, with the police dealing with an average of 11 incidents every day. Tower Hamlets Council is committed to work to prevent domestic violence and reduce the harm it causes to individuals, families and the community.

IS THIS ABOUT YOU?

- **Does your partner hit you?**
- **Do they threaten to hurt you, your children, your friends, family or pets, or even themselves?**
- **Do they put you down and make you feel bad about yourself?**
- **Are they jealous and possessive?**
- **Do they control all the money?**
- **Do they stop you from studying or taking a paid job?**
- **Do they humiliate or degrade you in front of others?**
- **Do their moods rule your home and your life?**
- **Does their family also abuse you, or back them up?**
- **Are you often anxious, afraid, depressed, confused?**

It can be hard to admit, even to yourself, that you are experiencing domestic violence. This is the first step to getting help and getting safe.

- You may feel that you are in some way to blame for your partner's behaviour, that if you change the abuse will stop
- You may feel that it is your problem and you have to solve it all by yourself
- You may feel embarrassed or ashamed that this is happening to you
- You may keep hoping that things will change
- Your partner may promise they will change

The fact is, unless your partner takes responsibility for their behaviour towards you and gets help, chances are they will not change.

No-one has the right to abuse you.

You and your children (if you have any) have a right to be safe from violence and abuse.

ARE YOU THE ONLY ONE?

No.

Domestic violence happens in all sorts of relationships, across all communities, faiths and cultures. Most often, domestic violence is committed by men against women, but it also happens in gay and lesbian relationships and sometimes by women against their male partners.

Sometimes other family members or in-laws may also be involved. Domestic violence is a huge problem across the world. As many as one in four women, and one in six men experience some form of domestic violence at some point in their lives.

ARE YOU AT HIGH RISK OF SERIOUS HARM?

If any of the following are happening to you, you could be at a high risk of serious harm - you are encouraged to seek support and protection from the police or another domestic violence service:

- The violence is getting worse or you have been seriously hurt
- The perpetrator has threatened to kill you
- You have recently separated, or told your partner you are going to leave
- The perpetrator has access to weapons
- The perpetrator has forced you to have sex
- The perpetrator is harassing or stalking you after you have left
- The perpetrator is extremely jealous, possessive and controlling
- You are pregnant or have recently given birth
- You are socially or culturally isolated by the perpetrator
- There is extended family involvement and collusion with the abuse
- The perpetrator is misusing drugs or alcohol
- The perpetrator is abusive, aggressive or threatening towards your children
- The perpetrator has a history of ignoring or breaking injunctions or other court orders.

WHAT CAN YOU DO?

- Recognise that what is happening to you is domestic violence and that you and your children could be seriously harmed - it is abuse, it is unacceptable
- Accept that you are not to blame and that the abuser is responsible for their actions
- Know that you have a right to protection and support

Legal advice and protection is available regardless of your immigration status.








USEFUL TELEPHONE NUMBERS

LBTH DV Team (office hours)	0800 279 54 34
National Domestic Violence Helpline	0808 2000 247
Rights of Women (legal advice)	020 7251 6577
Victim Support Line	0845 30 30 900
NSPCC Child Protection Helpline	0800 800 5000
Childline	0800 1111
Shelterline	0808 800 4444
Broken Rainbow (LGBT DV)	0845 260 4460
Respect (for perpetrators)	0845 122 8609
Reunite (advice about child abduction)	0116 2556 234
Men's Advice Helpline	0808 8010 327
Tower Hamlets Victim Support	020 8983 5454
Samaritans	08457 909 090
Haven Whitechapel	020 7247 4787
Rights of Women	020 7251 6577
Karma Nirvana (Honour Network Helpline)	0800 5999 247
LBTH Childrens Social Care Team:	
Advice and Assessment Team (E3 and E14)	020 7364 5606
Advice and Assessment Team (E1 and E2)	020 7364 3859

In an emergency, contact the Police on 999

The Council's Domestic Violence Team can provide information, signposting and referrals to local domestic violence services. Bengali speakers available. Contact the team during office hours on **0800 279 5434** or email **domesticviolence@towerhamlets.gov.uk**

The local services listed in this leaflet with a  have specialist staff who deal with domestic violence. They will:

-  Prioritise you and your children's safety**
-  Respond to you in a sensitive, supportive and respectful way**
-  Give you information about relevant services available**
-  Refer you to services with your consent**
-  Store and dispose of your information securely**
-  Respond to your message promptly**
-  Provide information in a range of formats and community languages if you need this**

WHO CAN HELP?

Domestic Violence Services

National Domestic Violence Helpline:

Tel: 0808 2000 247 (24hr) - free and confidential

Information, advice and help finding places in Women's Refuges. Refuges provide temporary safe accommodation for women and children, including specialist refuges for Black and Asian women, and women with learning disabilities. Uses Language Line interpreting service.

Tower Hamlets Victim Support:

Tel: 020 8983 5454

Free, confidential support for victims of crime, whether or not the crime has been reported to the police. Information on police, legal and housing procedures, support through court proceedings, and referral to solicitors and other agencies. Female Bengali/Sylheti and Somali speakers available. Open to anyone, including male victims.

Tower Hamlets Asian Women's Aid Floating Support Service

Tel: 020 7517 1420 / 07904 343 125

Specialist culturally specific support service for Asian women fleeing domestic violence to develop independent living, improving access to services, practical and emotional support. Service has Bengali speaking staff. Refuge places are accessed via the National Domestic Violence Helpline on 0808 2000 247.

Limehouse Project - Family Support Service

Tel: 020 7790 9699, 020 7538 3555/0075

Advice service including legal advice, support, practical and emotional help to families who are facing relationship difficulties.

The Police

In an emergency, contact the Police on 999

Police Community Safety Unit, Limehouse Police Station

Tel: 020 7275 4757

A specialist unit dealing with all kinds of hate crime, including domestic violence. Trained officers investigate cases, put you in touch with support services and give advice on your legal options and safety issues.

Legal Advice and Protection

You may be able to get a court order (injunction) to make your partner stay away from you, not harass or assault you, and / or leave the family home. To do this it is best to seek legal advice from a solicitor who specialises in Family Law. You may also want to improve your home security - the police, Victim Support or Women's Aid (listed above) can advise you on this.

For a list of local solicitors please contact the police, Victim Support or the **LBTH DV Team** on **0800 279 5434**.

Tower Hamlets Law Centre

Tel: 020 7247 8998

Legal advice and representation on immigration, housing and welfare benefits.

Rights of Women

Tel: 020 7251 6577

Free telephone legal advice for women.

Community Legal Advice

Tel: 0845 608 1122 Minicom 0845 6096 677

Free and confidential advice service paid for by legal aid. If you live on a low income or benefits, call for independent advice about debt, education, benefits and tax credits, employment and housing problems.

Emergency Accommodation and Housing

If you have to leave your home because of domestic violence, the Council's Homeless and Housing Advice Service can organise emergency accommodation for you and your children while they investigate your application for permanent re-housing. Interpreters (including sign language) can be arranged.



Tower Hamlets Homeless and Housing Advice Service

Tel: 020 7364 7440 or (020 7364 7000/7070 outside of office hours)

62 Roman Road, London E2 OPG Open 9.00am-5.00pm

Monday-Friday

Explain that you are fleeing domestic violence and ask to see a specialist DV Officer.

Housing Advisory Service

(E1, E2, E3 Tel: 020 7364 3558) (E14 Tel: 020 7364 7197)

Advice for private sector and housing association tenants and owner-occupiers on a wide range of housing issues.

Tower Hamlets out of hours Housing Repairs Helpline

Tel: 0800 376 1637 (English) Tel: 0800 376 1638 (Bengali)

24-hour helpline for all issues relating to housing repairs in council housing.

Support for Children and Young People

Children can be deeply affected by witnessing domestic violence, even if they are not physically injured by an assault. Young children are particularly vulnerable. If you have children you are encouraged to seek help as soon as possible to help you keep yourself and your children safe. There are services that can help children to talk and understand their experiences and help you to rebuild communication and understanding with them.

You can access counselling and psychology services for children, young people and families from the health service, via your GP. Ask your GP to make a referral. Some schools also employ counsellors - ask your child's teacher for information.

NSPCC National Child Protection Helpline

Tel: 0800 800 5000

Advice for adults who are worried about a child's safety or welfare.

NCH Barika Project

Tel: 020 7364 6230

Provides support for women and children who have experienced domestic violence through one-to-one sessions and group work. This service supports families where the abuse has ended. It is not a crisis or emergency service.

Step Forward

Tel: 020 7739 3082

Confidential counselling service for young people aged 11-25, has Bengali and English speaking counsellors.

Childline

Tel: 0800 1111

Free and confidential, 24-hour helpline for children in distress or danger. Trained volunteer counsellors comfort, advise and protect children and young people.

NSPCC Young People's Centre

Tel: 020 7791 9600

Working with females and males aged between 9-18. One to one sessions, advice, support, group work and drop in centre. For any young person experiencing a hard time, worried, in need of advice or information, feeling down, unsafe, alone or isolated and would like to talk to someone in private.

NSPCC Street Matters

Tel: 020 7791 9600

Group work for young women aged 12-18 at risk of sexual exploitation, vulnerable to sexual exploitation in Tower Hamlets, Young women from outside the UK who have been sexually exploited and are unaccompanied minors.

Counselling & Support for Adults

Women who have experienced domestic violence often find counselling a way forward in helping them come to terms with their experiences and to be able to move on with their lives.

East London Asian Family Counselling

Tel: 020 7739 5058

Confidential counselling service for Bangladeshi families experiencing difficulties including domestic violence.

THPCT Counselling & Psychology Service

Tel: 020 7791 3660

A clinical service provided to anyone, from under 5's to adults. They see both individuals and couples and offer clinical services, bilingual counselling services and disability counselling services.

Woman's Trust

Tel: 020 8522 7856

Offer free independent, confidential, women only service to women who have been or are affected by domestic violence.

Rape and Sexual Assault

The Haven Whitechapel

Tel: 020 7247 4787

The Haven is a sexual assault referral centre where specially trained, experienced professionals can give you medical help and advice, counselling and practical and emotional support. They can help with the immediate trauma of sexual assault and guide you along the road to recovery. The service is completely confidential, and available to both men and women. Phone any time for an appointment.

Survivors UK

Tel: 0845 122 1201

Help for men who have been sexually assaulted or raped.

Alcohol/Drug Problems

Drug and Alcohol Service for London (DASL)

Tel: 020 7702 0002

DASL has a specialist worker who can support women with drug or alcohol issues who are experiencing domestic violence.

Tower Hamlets Community Drug Team

Tel: 020 7790 1344

A service for drug users offering counselling, advice, community prescribing and complementary therapies. Also has a family support service.

Isis Women's Drug Service

Tel: 020 7426 0399

Women only drug service, for adults. Service offers comprehensive assessments, treatments, health screening and sexual health advice. Also provide shared care prescribing, advocacy, onward referral and access to BBV screening. Service has Somali and Bengali advocates. Drop in from 1-4pm Monday-Friday.

Nafas - Bangladeshi Drugs Project

Tel: 020 7729 0044

Structured, culturally sensitive Day Programme and information/advice for drug users. Self-referrals welcomed. Also provides drug related education/training and outreach. Open: 10.00am-4.00pm

Lesbian, Gay, Bisexual and Transgender Domestic Violence

Broken Rainbow

Tel: 0845 260 4460

A telephone advice and referral service for people experiencing domestic violence in LGBT relationships.



Tower Hamlets Victim Support Scheme

Tel: 020 8981 8421

LGBT Hate Crime development worker with domestic violence training, able to work with victims in same-sex relationships and male victims who prefer to speak to a male worker.

Male Victims of Domestic Violence

Men can be victims of abuse in their home either at the hands of their female partner, or from other family members or, in the case of same-sex relationships, their male partner. Male victims of domestic violence can access legal advice and protection, advocacy support, and housing assistance in the same ways as female victims. The council's Domestic Violence Team will fully support male victims as well as Tower Hamlets Victim Support.

Men's Advice Help Line

Tel: 0808 801 0327

Provides emotional and practical support to men experiencing domestic abuse from their partner.

Forced Marriage

Have you been forced into a marriage or threatened with one? Forced marriage is a form of domestic violence and child abuse. Forced marriage is not the same as an "arranged marriage".

Domestic Violence Team

Tel: 0800 279 5434 (office hours)

NSPCC Child Protection Helpline

Tel: 080 8800 5000

Forced Marriage Unit

Tel: 020 7008 0151

Karma Nirvana Honour Helpline

Tel: 0800 5999 247

Services for Domestic Violence Perpetrators

Respect Phonenumber

Tel: 0845 122 8609

Text: 07624 818 326 (for text messages only)

Provides information and advice for people who are concerned about their behaviour towards their partners. Respect will also take calls from (ex) partners, friends and family of abusive men who want to find out what help is available for the abuser. Text and email service also available.

Domestic Violence Intervention Project (DVIP)

Tel: 020 7633 9181

DVIP's delivers the Violence Prevention Programme for men who want to end their abusive behaviour towards their (ex) partner. DVIP accept self referrals but you will need to pay for the programme.

Notes



For free translation phone

Për një përkthim falas telefononi

للترجمة المجانية الرجاء الاتصال هاتفياً.

বিনামূল্যে অনুবাদের জন্য টেলিফোন করুন

Za besplatne prevode pozovite

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Pour une traduction gratuite, téléphonez

Για δωρεάν μετάφραση, τηλεφωνήστε.

મફત ભાષાંતર માટે ફોન કરો.

निःशुल्क अनुवाद के लिए कृपया फोन कीजिए

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Po bezplatne tlumaczenia prosimy dzwonic

Para uma tradução grátis, telefone.

ਮੁਫਤ ਅਨੁਵਾਦ ਲਈ ਫੋਨ ਕਰੋ

Перевод – бесплатно. Звоните.

Para obtener una traducción gratuita llame al:

Turjubaan lacag la'aan ah ka soo wac telefoonka

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مفت ترجمے کے لئے ٹیلیفون کیجئے۔

For large print or braille phone

020 8430 6291