

Domestic Abuse

Help & Support in Middlesbrough

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Middlesbrough
moving forward

Domestic abuse is everybody's business – break the silence



This leaflet provides information for victims of domestic abuse and friends and family who may be worried about someone.

It is not easy to know how to support someone who is experiencing domestic abuse. It is important that everyone knows what to do about domestic abuse, recognise the signs and where to get help.

More information can be found at www.middlesbrough.gov.uk/domestic-abuse

If you or someone you know is in immediate danger, call 999. If you can't speak and are calling from a mobile, listen to the operator and, when prompted, dial 55 to connect to the police, who will help.

In Middlesbrough we have commissioned a range of specialist services to deliver domestic abuse support. These include information and advice on support to help keep you safe and help you make choices and access the service(s) most appropriate to your needs.

What is domestic abuse?

Domestic abuse is any incident or pattern of incidents of controlling, coercive, threatening behaviour, violence, or abuse between those aged 16 or over who are, or have been, personally connected to each other. Children are victims of domestic abuse if they see, hear, or experience the effects of the abuse, and are related to either of the parties aged over 16 years.

Behaviour is "abusive" if it consists of any of the following:

- physical violence
- sexual violence, coercion, pressure to engage in acts of sex that you don't want to
- violent or threatening behaviours
- controlling or coercive behaviours
- financial abuse
- psychological or emotional abuse
- online abuse

How to recognise domestic abuse

Does your partner, ex-partner, or someone you live with:

- cut you off from family and friends and intentionally isolate you?
- bully, threaten, or control you?
- take control of your finances?
- monitor or limit your use of technology?
- physically and/or sexually abuse you?

Anyone can be a victim of domestic abuse, regardless of gender, age, ethnicity, religion, social status, sexuality or background.

What can I do to help someone experiencing domestic abuse?

If you are worried a friend or family member is being abused let them know you have noticed something is wrong. If someone confides in you that they are experiencing abuse you can do the following:

- Create a safe space to make decisions
- Take them seriously. Listen. Believe them
- Reassure them it's not their fault
- Don't judge
- Remind them they are not alone
- Point them to the right support services (this booklet may help) and remind them of their rights
- Do not tell them to leave the relationship or leave home if they are not ready – that is their decision
- Give them time
- Help them report the abuse to police if they choose to

Accessing Change Together (ACT)

ACT is a range of services in Middlesbrough working together to help anyone who needs support due to domestic abuse, homelessness or substance misuse.

If you need help but it's not urgent, email

accessingchangetogether@middlesbrough.gov.uk

If you need help urgently, call

t **01642 726 800**

w www.middlesbrough.gov.uk/act



Integrated domestic abuse protect and support service

My Sister's Place

A specialist domestic abuse service which is independent of the police and can talk to you in confidence. They offer support to those who have or who are experiencing domestic abuse. They offer both practical, holistic and therapeutic support. They are a needs led service offering a trauma informed approach.

My Sisters Place, 123 Borough Road, Middlesbrough, TS1 3AN
Mon - Thurs: 9am to 5pm
Fri: 9am to 4.30pm

t **01642 241 864**

w www.mysistersplace.org.uk

Domestic abuse safe accommodation in Middlesbrough

Middlesbrough Council has a duty to ensure that all domestic abuse victims and their children are provided with safe accommodation. To meet this duty the following services have been commissioned:

Sanctuary Scheme

Provides security support for your home if you have experienced domestic violence, so you feel safe and can remain in your home.

t **01642 241 864**

Middlesbrough Refuge (Changing Lives)

Provides safe, supported accommodation if you and your children are at high risk of experiencing domestic abuse.

t **01642 861 788**

For out of hours support contact

t **07812 672 818**

e Middlesbroughrefuge@changinglives.org.uk

w www.changing-lives.org.uk/find-support/middlesbrough-domestic-abuse-refuge

Dispersed Properties (Harbour Support Service)

This safe accommodation offers more flexible choices if you may not be able to access refuge, or may be ready to move on from refuge.

t **03000 20 25 25 (24 Hours)**

e info@myharbour.org.uk

w www.myharbour.org.uk

Sexual violence support services

TEESSIDE SARC (Sexual Assault Referral Centre)

Offers free, confidential, medical and practical support to people aged 16 years and over in Teesside that have recently experienced rape or sexual assault.

t **0300 233 0099 (24 Hours)**

ARCH Teesside Sexual Violence Support service

Specialist sexual violence service offering free and confidential support, help and advocacy to people who have experienced rape or sexual abuse or assault at any point in their lives.

w www.dpmscloud.com/external/referralformselfarch

t **01642 822 331**

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Children and young people experiencing domestic abuse

If you are worried that a child may be suffering, or likely to suffer from significant harm as a result of domestic abuse contact:

Middlesbrough Multi-Agency Children's Hub
t **01642 726 004**

Middlesbrough Council also commission support specifically for children and young people affected by, or experiencing domestic abuse.

ME TIME Children and Young People Therapy Service (My Sister's Place)

Confidential trauma informed therapeutic service that provides age-appropriate therapies for children and young people aged 4 to 18 years.

t **01642 256 036**
e **counselling@mysistersplace.co.uk**

Children and Young People IDVA (My Sisters Place)

Help and support for young people who suffered or witnessed domestic abuse from a partner, parent, siblings or another family member. Support can be accessed via school, college or in a suitable community location.

t **01642 241 864**

Helpful contact information

My Sister's Place

t **01642 241 864**

Harbour

t **03000 20 25 25** (24 Hours)

Halo Project

t **01642 683 045**

Middlesbrough Refuge

t **01642 861 788**

National Domestic Abuse Helpline

t **0808 2000 247**

Men's Advice Line

t **0808 801 0327**

National Stalking Helpline

t **0808 802 0300**

UK Forced Marriage Unit

t **020 7008 01**

Respect

t **0808 8024040**

National LGBT

Domestic Abuse Helpline

t **0300 999 5428**

Revenge Porn Helpline

t **0345 6000 459**

Paladin

t **020 3866 4107**

By and For services

We work in partnership with local and national By and For services.

Halo Project

Support for women from black and migrant communities who are at risk of and / or experiencing domestic abuse and sexual violence or abuse.

t **01642 683 045**

Hart Gables

Work with LGBTQ+ people to ensure they have equal access to services.

t **01642 675 509**

Mankind

Supporting male victims of domestic abuse.

t **01823 334 244**

Respect

A helpline for male victims of domestic abuse.

t **0808 801 032**

SignHealth

Support for Deaf adults and young people experiencing domestic abuse or sexual violence.

text **07800 003 421**

e **da@signhealth.org.uk**

Housing at risk due to domestic abuse

If it is deemed unsafe for you to remain in your home, you can approach Middlesbrough Council for homelessness assistance. There are dedicated Domestic Abuse Housing Solutions Officers that can help you.

t **01642 726 800**

If you need emergency accommodation out of hours call

t **0800 130 3667**

Housing benefit

There is special provision if you are temporarily absent from your home through fear of domestic abuse. If you intend to return to your home, you can receive Housing Benefit for both a former permanent home and temporary accommodation.

w **www.middlesbrough.gov.uk/benefitclaim**

Community Support Scheme

The scheme is divided into Crisis Awards and Community Support Awards. If you are eligible for help you will get vouchers or access to items and products.

w **www.middlesbrough.gov.uk/community-support-scheme**

Discretionary Housing Payments (DHP)

A DHP is short term financial support from Middlesbrough Council to help you if you are fleeing domestic abuse and your Housing Benefit or Universal Credit does not cover your full rent.

You must demonstrate that you are unable to cover the shortfall in your rent. DHPs may also be given if you have remained in your home, which has been adapted under a sanctuary scheme. A DHP is looked at on a case-by-case basis so you will need to provide as much evidence as possible when you apply, including income details, expenditure and any personal circumstances.

Domestic Violence Disclosure Scheme (Clare's Law)

If you are concerned that a partner has an abusive past you can ask the police to check under the domestic violence disclosure scheme (also known as 'Clare's Law'). If records show you may be at risk of domestic abuse, the police will consider disclosing the information. Request information under Clare's Law:

w **www.middlesbrough.gov.uk/clares-law**

Multi-Agency Risk Assessment Conference

This is a meeting between support services where information is shared, as the services consider how to keep you and your children safe.

Court order - you can apply for a court order or injunction to protect you or your child from domestic abuse. You should seek advice from a local solicitor or domestic abuse service.

Hollie Guard Personal Safety App

can track your location. If you are feeling unsafe, you just need to shake your phone to send an alert to a group of your contacts, to warn them that you may be in danger.

Bright Sky App is a mobile app for anyone being abused or who is worried about someone else. Only download the app if it is safe for you to do so and if you are sure that your phone isn't being checked by your abuser.

Migrant victim concession

- if you have come to the UK on a family visa as a spouse, civil partner or unmarried partner and need to leave home due to domestic abuse, you can apply for a migrant victim concession. This will allow you to claim benefits for up to 3 months while UK Visas and Immigration considers your application to settle in the UK.

It is essential that you access legal advice from an approved immigration adviser before making an application for migrant victim concession.

w **www.gov.uk/find-an-immigration-adviser**

Survivors

We welcome you to share your stories and feedback with us. This is invaluable in helping us to understand your issues and concerns and also if the support we provide is meeting the needs of you and your children.

If you live in Middlesbrough and want to become involved or share your experiences please contact Survivor Panel via

survivorpanel@middlesbrough.gov.uk