

## WHAT ELSE CAN WE DO?

In addition we can offer support to:

- Children affected by Domestic Violence and Abuse.
- PODAS (Prevention of Domestic Abuse Service) can support anyone that is at risk of being abusive or those that have perpetrated domestic abuse to recognise and change their behaviours.
- Freedom Programme is a group programme for women to help recognise abusive behaviour in their relationships. The Rock Pool Domestic Abuse Recovery Toolkits are the UK's leading trauma informed recovery programmes for adult and children and young people that have experienced or witnessed domestic abuse.

Please contact DVAP on  (01482) 396368 for all of the above services.



SCAN TO ACCESS  
THE WEBSITE TO  
MAKE A REFERRAL

## WHO CAN HELP?

If you want information or advice, or just to talk to someone in a confidential setting please contact DVAP on either of the telephone numbers below:

DVAP Operational Team:  (01482) 396368


Confidential Helpline:  (01482) 396330

Email:  [DVAP@eastriding.gov.uk](mailto:DVAP@eastriding.gov.uk)


## USEFUL NUMBERS

### IN AN EMERGENCY DIAL 999

Domestic Violence and Abuse Partnership (DVAP)  
(office hours only):  (01482) 396368

Women's Aid (24 hours):  0808 2000 247

Men's Advice Line:  0808 8010 327

Safeguarding and Partnership Hub (SaPH)  
Monday - Thursday 9am - 5pm and Friday 9am - 4.30pm:  
 (01482) 395500

East Riding of Yorkshire Council Housing (24 hours):  
 (01482) 393939

Victim Support:  0808 1689 111

## YOUR CONTACTS

Family/Friend	
Your Solicitor	

This document can be made available in other languages or formats if required. To request another format, please contact us on  (01482) 396368.



DOMESTIC VIOLENCE  
AND ABUSE PARTNERSHIP

WHERE YOU CAN  
GET HELP, ADVICE  
AND SUPPORT



EAST RIDING  
OF YORKSHIRE COUNCIL

## WHAT IS DOMESTIC VIOLENCE AND ABUSE?

It can happen to men and women from 16 years and above, and children can be harmed because of it. It can be committed by a partner or ex-partner, or a family member, in an existing or previous relationship.

It can involve a wide range of abusive and controlling behaviour including:

- **PHYSICAL** - beating, kicking, slapping, punching, burning, strangulation, stabbing, denying sleep.
- **EMOTIONAL/PSYCHOLOGICAL** - jealousy, humiliation, degradation, put down, isolation from family and friends, threats of suicide, using your children to inform or report on you.
- **SEXUAL** - rape, enforced sex or prostitution, pornography, or any sexual behaviour or activity which you find unacceptable.
- **VERBAL ABUSE** - name calling, or threats to harm.
- **FINANCIAL CONTROL** - withholding money, always calling you to account for spending.
- **COERCIVE AND CONTROLLING BEHAVIOUR** - isolating you from friends and family, depriving you of basic needs, such as food, monitoring your time and monitoring you via online communication tools or spyware.
- **CONTROL** - a continuing act or a pattern of acts of assault, threats, humiliation and intimidation or other abuse that is used to harm, punish, or frighten their victim.

## WHAT TO DO?

If you are preparing to leave there are several things you can do to prepare:

- Keep any useful telephone numbers with you.
- Photocopy and know where important documents are stored and leave a set with someone you trust.
- Open a savings account and make sure no documents are sent to your home address.
- Get an extra set of keys.
- Organise a bag of clothes for yourself and children, including toys and medicines.
- Try to keep some spare change for taxi, bus fares, phone calls.
- Inform somebody that you trust of your plans to leave.

## IF I DECIDE TO LEAVE HOME WHAT SHOULD I TAKE WITH ME?

If you are in immediate danger, don't worry about taking anything with you; **just leave and call 999**.

If it is possible to take some possessions, bring with you a key to your home and car, any money, benefit books, legal documents, i.e. passport, birth certificates belonging to you and the bare essentials of clothing and toiletries. Remember to take some toys for the children. Other property can be collected later.

## WHO CAN HELP ME?

DVAP can provide advice and support around:

- Personal safety.
- Housing options.
- Making your home safe and secure.
- Legal options.
- Welfare benefits.
- Child Protection Issues and appropriate child related services.
- Access to appropriate medical assistance.
- We offer recovery group programmes.

These can all be built into the Personal Support Plan.

If you are in an abusive relationship, there are three important steps you can consider:

- Recognise that it is happening to you.
- Accept that you are not to blame.
- Get help and support.

## ANYONE CAN BE ABUSED...

Domestic abuse is a serious and widespread problem although it is often hidden. It happens in all kinds of relationships, regardless of race, class, religion, cultures, age, sexuality, disability or gender.

## EVERY INDIVIDUAL...

Has the right to live free from fear, intimidation and abuse, especially within their own home.

## NO ONE...

Deserves to be abused or should have to accept intolerable behaviour. Domestic abuse is any form of unacceptable personal abuse.