

Is this a confidential service?

This service is confidential. Information sharing will be with your agreement. We will inform your partner, if you have one, that you are receiving support from PODAS to challenge and change abusive

behaviours but no details of the support you receive will be shared with them. There are circumstances when confidentiality agreements can be breached e.g. when we have child protection concerns or to prevent a crime occurring. These will be discussed further with you by the worker before any information is shared.

Domestic violence affects everyone: however we have to be accountable for our own actions

- Both men and women can change their abusive behaviour.
- Everyone is responsible for their own actions
- Everyone affected by domestic violence should have access to services
- Safety of the victim and any children is paramount

Consequences of Abuse

- People that you care about feel afraid of you.
- Child protection issues may arise and your children may not want to spend time with you.
- Your loved ones may lack confidence and self esteem, feel alone, depressed and anxious and may start to use a number of negative coping strategies.
- Even one act of abuse can cause permanent physical or psychological harm
- Your actions could result in police action and criminal and family law proceedings.
- People affected by, or know about your behaviour could reject you

Our work actively promotes positive and constructive relationships.



Prevention Of Domestic Abuse Service

What is Domestic Violence & Abuse?

Abuse is something that is said or done that hurts your partner/family member physically, emotionally, sexually, or psychologically.

Domestic violence is a number of abusive behaviours, both physical and non-physical, that may occur frequently or infrequently. You don't have to use all of these behaviours to be abusive: some people use a wider range of behaviours than others and with varying frequency.

It can happen in any relationship regardless of race, gender, class, age, ability or sexuality.

Did you know?

- 1 in 4 women and 1 in 6 men will experience domestic abuse
- UK police attend a domestic abuse incident every minute of every hour of every day
- Children are in the same or next room during 90% of domestic abuse incidents

So if you know you have been abusive and you don't know what to do or how to stop, contact the PODAS team for help

How can I gain access to PODAS?

We understand that making the decision to get help is a difficult step to take. It takes commitment and motivation to change.

If you would like practical and emotional support to move forward contact the PODAS team who can offer this on a one to one basis. Your experienced worker will support you to examine these issues and behaviours in a safe environment

PODAS is a non statutory service based within Safe Communities. Receiving support is based on your willingness to engage and motivation to change. You can make a referral during office hours via:-

Telephone **01482 396368**

Or visit :

<https://www.eastriding.gov.uk/living/crime-and-community-safety/domestic-violence/prevention-of-domestic-abuse-service/>

You can also be referred to PODAS at your local Customer Services Centre, by the Police, Health workers, Social Services and Solicitors etc

PODAS seek to achieve many outcomes, our main aim is to reduce abusive behaviour and the risk of offending by helping you to challenge and change behaviours and attitudes. We recognise that such behaviour stems from a variety of factors.

Core Elements of Support

If you would like to receive support to challenge and change abusive behaviours, we will work through a bespoke programme with you. The programme explores key coping strategies for managing behaviour such as

- Positive Self Talk
- Time Out Strategies
- Effective Communication
- Active Listening
- Self Awareness
- Effective Parenting
- Understanding of emotions and their link to abusive behaviours

We work with clients on a one to one basis in a safe environment such as Customer Service Centre's or other public buildings and also virtually.

If you feel you are at risk of harming someone then leave the situation immediately. Call for help for your loved one and yourself

Call the Police on 999

Call RESPECT on 0808 8024040