

OTHER HELPFUL NUMBERS

William Harvey Hospital	01233 633331
East Kent Rape Line	0800 458 2818
Kent SARC (Sexual Assault Referral Centre)	01622 726461
Victim Support Kent	0845 389 9527
Relate (can offer individual counselling for people who have experienced domestic abuse)	0300 100 1234
Ashford Counselling Service	01233 610083
CXK	01233 224244
Respect Phone line (Information and advice on domestic abuse perpetrator issues)	08088024040
CDAP (Community Domestic Abuse Programme for perpetrators of abuse)	07995039703
Alcoholics Anonymous	0845 769 7555
East Kent community (provider of substance)	01233655360
RSPCA	0300 1234 555
Pet Fostering (Women fleeing domestic abuse by going into refuge who live in either Sussex or Kent can access the pet fostering service at Raystede Centre for Animal Welfare)	01825 840252
Parentline (24hr service offering help and support to anyone caring for children)	0808 800 2222

LEAVING SAFELY

- Try to always have a mobile phone on you, but if you don't have a mobile, find somewhere you can quickly and safely use the phone should you need to.
- Consider opening a separate bank account in your own name.
- Consider buying a separate SIM card for your mobile phone.
- Have some money saved in case you need to use a taxi or a bus.
- Consider having a packed bag ready away from the house, somewhere safe i.e. neighbour, friend you can trust.
- Take important documents such as your marriage and birth certificate, any court orders, passport, benefit and bank books and health records.
- Take toys for children along with comforters, nappies, dummies etc.
- Take a list of phone numbers for emergencies, including friends, relatives and local police
- Take sentimental personal possessions i.e. photos, jewellery
- If you have pets and are worried they may not be looked after if left behind, try to arrange for someone to care for them

IF YOU DO NOT WISH TO LEAVE YOUR PARTNER, ALL OF THE SERVICES WITHIN THIS LEAFLET ARE STILL AVAILABLE TO SUPPORT YOU

Prepared by Ashford Domestic Abuse Forum
updated July 2017

CAN WE HELP?



DOMESTIC ABUSE

Ashford Domestic Abuse Forum

Don't suffer in silence

- Are you scared of the things your partner says or does?
- Are you feeling isolated?
- Does your partner try to control what you do or who you see?
- Do you want advice and to know what your options are?

Local information about support services in the Ashford area

www.domesticabuseservices.org.uk

Domestic Abuse is not just physical, it can also include emotional, sexual, financial and verbal abuse. It keeps you isolated and afraid and makes you feel trapped and powerless.

Domestic Abuse can happen to anyone regardless of gender, sexuality and between adult family members.

Your partner may:

- Stop you having friends
- Not let you out alone
- Time you and question your movements
- Accuse you of having affairs
- Control what you wear, who you see or contact and what money you have
- Stop you seeing your family and prevent you from responding to your children in a way that you would like to
- Call you names, belittle you, make you feel bad about yourself or make you think you are crazy push, punch, bite, kick or strangle you

Domestic abuse is not just affecting you, for children it can:

- Create emotional turmoil
- Make children aggressive or withdrawn disrupt education
- Prevent them from bringing friends home create fear
- Cause bed-wetting
- Cause physical injury (they get caught in the cross-fire)
- Have long-term consequences

IMMEDIATE HELP

CALL THE POLICE - 999

NON-EMERGENCY

Kent Police 101

National Domestic Violence Helpline 24hrs 0808 2000 247

www.womensaid.org.uk

National Centre for Domestic Violence 0844 8044 999
Free 24 hr advice & help getting an injunction
TEXT "NCDV" to **60777**

Men's Advice Line 0808 801 0327
(advice and support for men in abusive relationships)

Galop 0300 999 5428
(information and support for lesbian, gay, bi-sexual or transgender victims of domestic abuse)

Elder Abuse Response Helpline 0808 808 8141

Karma Nirvana 0800 5999 247
(support for victims and survivors of forced marriage and honour-based violence)

Childline 0800 1111
Child exploitation helpline "Say Something" 116 000

NSPCC 0808 800 5000
(National Child Protection Helpline)

Samaritans 08457 909090
Ashford and Tenterden **(01233) 610000**
(confidential, non-judgmental, emotional support, 24 hours a day for people who are experiencing feelings of distress or despair)

Shelter 0808 800 4444
Kent **0344 515 1444**
(Information regarding housing and homelessness issues)

Porchlight 24-hour Helpline 0800 567 76 99
From a mobile **0300 365 76 99**

LOCAL INFORMATION AND SUPPORT

Ashford One Stop Shop
Every Tuesday Morning 9.30am-12.30pm at The Willow Centre, Brookfield Road, Ashford, TN23 4EY

Freedom Programme 01233 330344
coordinator@ashford.gov.uk

A 12 week programme for women who have or who are experiencing domestic abuse

Civil Legal Advice (CLA) 0845 345 4345
You can also text 'legalaid' and your name to 80010 to get a call back. www.gov.uk/civil-legal-advice

Citizens Advice 01233 626185

Children Social Services 03000411111

Adult social services 03000416161

Ashford Borough Council
Civic Centre, Tannery Lane, Ashford, TN23 1PL
Housing Services Team **01233 330688**
Homeless Team (out of hours) **01233 629911**

Ashford Gateway - 03000 416666

Benefits Advice 01233 330832
or **01233 330822**

Home-start 01233 647209
(Support for families with one child under 5 years)



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