

Lighten up!

LEAVE A LIGHT ON NOW THAT IT IS GETTING DARKER EARLIER

- Leave a light on (use an automatic timer)
- Draw your curtains
- Fit security lighting
- Close and lock windows
- Keep keys out of sight
- Lock your gates
- Property mark your Valuables
- Take photos of your valuables
- Think about buying an alarm
- Report any suspicious activity to the police

For crime reduction advice please contact your nearest police station on

0300 333 4444



Southend CRIME & DISORDER REDUCTION PARTNERSHIP

Domestic Abuse Awareness Week Special

communicate

Compiled and edited by Julia Pack, Chris English & Mick Holland on behalf of the Southend Crime & Disorder Reduction Partnership (CDRP)

You're not alone...

Domestic abuse can happen to anyone, and impacts on everyone in the community.

Domestic abuse includes any form of physical, sexual or emotional abuse between adults in a close relationship – partners, ex-partners and family members. It can take a number of forms such as physical assault, sexual abuse, rape, threats, intimidation, degradation, mental and verbal abuse, humiliation, deprivation, systematic criticism and belittling.

Domestic abuse is very common, with one in six people experiencing it at least once in their adult lives. Although less than half of all incidents are ever reported to the Police, they receive one call every minute about domestic abuse.

For this reason Southend's Domestic Abuse Forum is committed to making it easier to report domestic abuse, and to improving local services for anyone affected. One of the most important things the Forum does is raise awareness about domestic abuse among the communities in Southend.

Domestic Abuse Awareness Week, which happens every year at this time in November, offers us a great opportunity to raise awareness in Southend, and to try to reach as many people as possible with the message that domestic abuse can happen to anyone, but you can get support.



Southend Domestic Abuse Support Service

Advice, support and safe accommodation for women and children fleeing domestic abuse. The service also offers support to men and women who are experiencing or who have fled domestic abuse and wish to remain in their own homes.

Call: 01702 291266 (Mon-Fri 9am-5pm, and out of hours in an emergency)

Essex Police

We will deal promptly and positively with any domestic abuse incident we are called to attend. Where necessary the person responsible for the abuse will be arrested. Officers will try to take action that will protect you from further abuse. You can ask the Police to:

- Respond quickly to your call
- Talk to you separately from the abuser
- Arrest the abuser when there is sufficient evidence
- Get you immediate medical treatment if you need it
- Arrange for you to go to a refuge or other safe place
- Keep records of all incidents of domestic abuse
- Accompany you and protect you if you wish to return home to collect your belongings.

In an emergency call 999, at all other times call 0300 3334444

Essex Police Domestic Abuse & Hate Crime Unit

Domestic Abuse Liaison Officers are available to talk to you, in confidence. They can give you information relevant to your situation. If you are worried or concerned about reporting domestic abuse to the Police, the DALO will be able to advise and support you. They work closely with other local agencies in order to get the support you need.

Call: 01702 423151 to speak to your local DALO

Victim Support

Victim Support is an independent charity offering free, confidential emotional and practical support to victims of crime. We provide support in the community and for victims and witnesses attending court. Incidents do not have to have been reported to police.

Call: 0845 4565 995 (Lines are open from 8am until 8pm Monday to Friday and answer phone at other times)

Independent Domestic Violence Adviser

This is an independent, confidential service supporting very high risk survivors of domestic abuse – from an incident through to the end of a court process. The IDVA talks through safety planning, offers options, liaises between agencies, gives emotional support and attends court with the survivor. The IDVA service receives referrals through the police, weekdays only and following referral, support is available via telephone or face-to-face at safe times and places.

Sanctuary Scheme

The Sanctuary Scheme is available to all residents of the borough who are threatened with homelessness as a result of domestic abuse. The Scheme provides additional security measures and support to victims of domestic abuse, allowing them to stay in their homes should they want to.

The Sanctuary Scheme is free and voluntary to access, and is accessed via the Housing Options Team at the Council.

Call: 01702 215002 (Mon-Fri 8.45am-5.15pm)

SOS Domestic Abuse Projects Fledglings and Children and Young People's Community Services

The Fledglings Project is a supervised child and family contact centre offering help and support to families around child contact arrangements.

Offers a range of services for children and young people and their parents/carers affected by domestic abuse and family separation, including:

- Supervised contact and a range of associated contact support
- One to one and group art therapy for children
- Befriending, advice and advocacy services for children and young people
- Anger, self-esteem and healthy relationships group work for young people
- Fathers-only parenting support groups/one to one programmes
- Mothers-only parenting support groups/one to one programmes
- Mother/Child group work programme to improve parents' relationships with their children
- Drop-in surgeries at different venues in the community

Call: 01702 343868

SOS Domestic Abuse Projects

This user friendly building offers a drop in service for women experiencing past or present domestic abuse, with advice, support and free counselling if appropriate. The 24 hour SHE Helpline is based here covering East Anglia and Kent. Crèche facilities are available by appointment. A solicitor is available on the premises weekly. Specialist trained staff and volunteers run the projects.

**Drop-in: 4 West Road, Westcliff-on-Sea SS0 9DA
Call: 01702 302333**

Careline Alarms

A Careline Alarm can be made available to any resident of the borough who is assessed to be at high risk because of domestic abuse. The Scheme installs an alarm that is monitored at all times, and provides direct access to the Police. Alarms are one of a range of options considered following a reported incident to the Police.

How to get support in Southend