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WHAT IS DOMESTIC ABUSE? AM I IN AN ABUSIVE RELATIONSHIP?

Domestic abuse is abusive behaviour from a spouse, partner or family member.

Abuse is used to make the other person fear the abuser and do what they want. It usually begins with small things but gets much worse...

Safer Places is an independent charity which provides a comprehensive range of services to men, women and children affected by domestic and sexual abuse who live in Essex, Southend unitary area, north and east Hertfordshire.

The people who use our services are at the heart of our organisation and we aim to work closely with them to enable them to overcome the impact of their experience and to build a brighter and safe future.

Domestic abuse and social isolation rob people of their confidence, self-esteem and their hope for the future. We work with the survivors of domestic abuse, to help them recover, to empower them, to rebuild their lives and to go on and achieve for themselves things they might once have thought of as impossible.

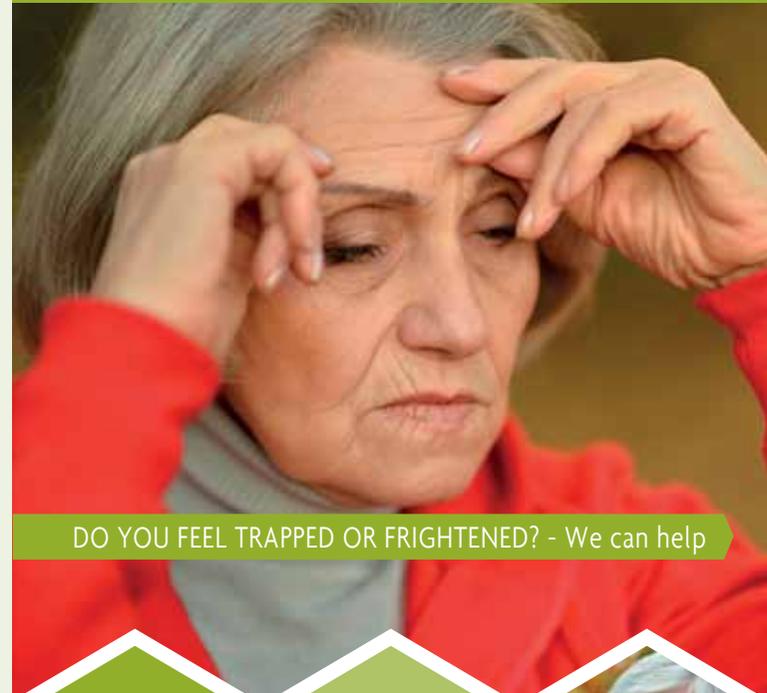


www.saferplaces.co.uk
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SaferPlaces
Domestic Abuse Support Services

Safer Places, PO Box 2489, Harlow Essex CM18 6NS
Charity Number: 1018832
Company registration number 02789572



DO YOU FEEL TRAPPED OR FRIGHTENED? - We can help



ADVICE AND HELP FOR OLDER PEOPLE



Abuse is not normal or acceptable. A caring relationship should make you feel loved, respected, safe and free to be yourself. An abusive relationship can make you feel scared, controlled and intimidated. If you think you are suffering from domestic abuse then you probably are.

There are different forms of abuse:

- Physical
- Psychological/emotional
- Financial
- Sexual
- Coercive Control

Domestic abuse does not only happen between male and female partners, it can happen to anyone in an intimate or family type relationship.

How can we help?

Safer Places offers a range of different services to support you and guide you through an abusive relationship:

- Emotional support, counselling and specialist programmes
- Drop-ins and one to one support
- Practical support, advice and signposting
- Safety planning
- Support within the community
- Safe accommodation if you need to leave your home
- Free legal advice
- Support for family members
- Opportunities for training, employment support and volunteering

Domestic abuse in later life occurs when a person uses power and control to inflict physical, sexual, emotional, or financial harm upon an older adult with whom they have or have had an ongoing relationship. Abusers can be spouses and former spouses, partners, adult children and extended family.

- Are you afraid of anyone at home?
- Does anyone try to control your finances or take money from you?
- Has anyone threatened to put you in a nursing or a care home?
- Are you being mistreated?
- Do you feel safe within your relationship?
- Do you feel safe in your home?
- Are you concerned about a partner or family member, does their behaviour ever frighten you?
- Have you ever sustained an injury as a result of a family argument?
- Does someone who is looking after you, withhold medication, personal or medical care?
- Does your partner or a family member try to isolate you from friends or activities?

If you answered yes to any of these questions you may want to speak to someone.

If you are aged 60 or over and have experienced domestic or sexual violence it may have happened over many years or started recently. Safer Places can provide specialist support, information, and options to enable you to make choices that will work for you. You should not be worried about getting in touch because our service is confidential. You may feel no-one can help, you might feel ashamed or might not want to say anything because the person has problems themselves. We understand things can be difficult. You might be surprised what we can help with and that we can often help you to get things changed with very little fuss.

If you or someone you know is in an abusive relationship please contact our 24-hour line for support and advice

03301 025811

or email us on

info@saferplaces.co.uk



USEFUL NUMBERS

- National Helpline for Domestic Violence 0808 2000 247 (Over 18)
- Age UK 0800 169 2081
- National Dementia Helpline 0300 222 11 22
- Samaritans 0845 790 9090
- Respect 0207 549 0578
- Broken Rainbow (LGBT) 0300 999 5428



USEFUL WEBSITES

- www.ageuk.org.uk
- www.alzheimers.org.uk
- www.respect.uk.net
- www.rapecrisis.org.uk
- www.brokenrainbow.org.uk

www.saferplaces.co.uk

