

Domestic Abuse

What is domestic abuse?

Domestic abuse is defined as an incident or pattern of incidents of controlling, coercive, threatening, degrading and violent behaviour, including sexual violence, by a partner or ex-partner. It is very common and both women and men can experience it.

Domestic abuse can include, although it is not limited to, the following:

- Coercive control (a pattern of intimidation, degradation, isolation and control with the use or threat of physical or sexual violence)
- Psychological and/or emotional abuse
- Physical abuse
- Sexual abuse
- Financial abuse
- Harassment
- Stalking
- Online or digital abuse



Recognising Domestic Abuse

Although every situation is unique, there are common factors that link the experience of an abusive relationship. Acknowledging these factors is an important step in preventing and stopping the abuse. This list can help you to recognise if you, or someone you know, are in an abusive relationship. They include:

- **Destructive criticism and verbal abuse:** shouting, name calling, verbally threatening.
- **Pressure tactics:** sulking, threatening to withhold money, taking away or destroying your mobile, threatening self-harm and suicide
- **Disrespect:** persistently putting you down in front of other people; not listening or responding when you talk; interrupting your telephone calls; taking money from your purse without asking; refusing to help with childcare or housework.
- **Breaking trust:** lying to you; withholding information from you; being jealous; having other relationships; breaking promises and shared agreements.
- **Isolation:** monitoring or blocking your phone calls, e-mails and social media accounts, telling you where you can and cannot go; preventing you from seeing friends and relatives; shutting you in the house.
- **Harassment:** following you, checking up on you, not allowing you any privacy, repeatedly checking to see who has phoned you, embarrassing you in public, accompanying you everywhere you go.
- **Threats:** making angry gestures, using physical size to intimidate, shouting you down, breaking things; punching walls, wielding a knife or a gun, threatening to kill or harm you and the children, threatening to kill or harm family pets, threats of suicide.

- **Sexual violence:** using force, threats or intimidation to make you perform sexual acts, having sex with you when you don't want it, forcing you to look at pornographic material, constant pressure and harassment into having sex when you don't want to, forcing you to have sex with other people
- **Physical violence:** punching, slapping, hitting, biting, kicking, burning, strangling, pinning you down, holding you by the neck, restraining you.
- **Denial:** saying the abuse doesn't happen, saying you caused the abuse, saying you wind him/her up, saying he can't control his anger, being publicly gentle and patient, crying and begging for forgiveness, saying it will never happen again.

Support Services Contact

Name of Organisation	Who they can help	Contact details
National Domestic Violence Helpline	Run in partnership between Women's Aid and Refuge, the National Domestic Violence Helpline is a national service for women experiencing domestic violence.	Tel: 0808 2000 247 Website: www.nationaldomesticviolencehelpline.org.uk
New Era	24-hours a day, 7-days a week, specialised help is available for all victims when they need it most.	Tel: 0300 303 3778 Website: https://www.victimsupport.org.uk/
Cohort4	A peer support organisation for women who have or who are suffering from Domestic Abuse	0300 302 0484 Website: www.cohort4.org.uk
Broken Rainbow	Telephone Helpline for Lesbian, Gay Bisexual and Transgender victims of Domestic Violence	Tel: 0300 999 5428 Website: www.brokenrainbow.org.uk
Galop	Provides support to lesbian, gay, bisexual and transgender people experiencing domestic violence	Tel: 0808 802 4040 Website: http://www.galop.org.uk/domesticabuse/
Karma Nirvana	Telephone helpline for victims of honour based violence or forced marriage	Tel: 0800 599 9247 Website: www.karmanirvana.org.uk

The Hideout	Website for Children and young people dealing with domestic violence	Website: www.thehideout.org.uk
Men's Advice Line	Support for Male victims of domestic abuse.	Tel: 0808 801 0327 Website: www.mensadvice.org.uk

The Pathway Project, a local service supporting victims of domestic violence, has a 24 hour helpline – 01543 676800. You can also find them online at www.pathway-project.co.uk

What will happen if I approach Tamworth Borough Council for help?

- **Step 1:** You will need to provide identification if you are applying as homeless or for housing.
- **Step 2:** Once we have assessed if you are eligible we will then assess if you are threatened with homelessness or homeless immediately.
- **Step 3:** After a full assessment, Tamworth Borough Council will establish whether emergency temporary accommodation will be provided to you. This decision will be based on the information you have provided to us and it may be required for you to consider a refuge out of the area for your own safety.
- **Step 4:** We will work closely with you to find and secure accommodation for you which will be done by completing a Personal Housing Plan. This plan will look further at your housing needs, wishes and will list actions for you and us to complete. It is important that you are honest with us during this assessment and provide us with all the information you can, so support can be tailored to you.

Additional support available

The council offers a range of Target Hardening measures, which aim to prevent homelessness across all tenures by the addition of appropriate security measures. Through this range of security measures, survivors of domestic abuse hate, race and other violent crimes are able to remain in their homes and feel safer and more secure in doing so.

The scheme is available to any person living in Tamworth Borough who is threatened with homelessness due to domestic abuse, hate crime, racial harassment or other violence. This will be confirmed by the Housing Solutions Officer who will liaise with Police and other partners to establish the details of the crime.

Tamworth Borough Council work within the Community Safety Partnership and can signpost applicants to a wide range of support services and charitable organisations.

Refuge

If you are fleeing domestic abuse, emergency accommodation may be required. Based on your personal circumstances, accommodation within the borough may not be suitable for your safety. A refuge is a safe place to live if you need to escape immediate domestic abuse. You will also get support to help you move on. Finding a place in a women's refuge Call the free 24-hour **National Domestic Violence (NDV) helpline** on **0808 2000 247** to find a place in a refuge. Refuge addresses and phone numbers are confidential and you must not give them to anyone else. Refuge staff will tell you how to get there and what you can bring with you.

Contact us

The Housing Solutions team are based at Tamworth Borough Council, they are available to give full advice on your housing needs and explain what options are available to you should you find yourself Homeless or threatened with homelessness.

Contact: Email: Housingsolutions@tamworth.gov.uk

Tel: 01827 709709

Office opening hours:

Monday, Tuesday and Thursday 08:45am – 17:10pm

Wednesday 10:00am – 17:10pm

Friday 08:45am – 17:05pm

If you are homeless due to Domestic Abuse and the council offices are closed, then you can contact the homelessness out of hours service on 01827 709709 and choose option 1. You should only use this service if you have nowhere to stay immediately.