

SAFETY PLANNING CHECKLIST

- Be ready to call 999 if you or your children are in danger
- Keep some money and a set of keys in a safe place
- Find out about your legal and housing rights
- Keep a copy of all important papers such as birth certificates in a safe place and ready to take with you if you leave
- Carry a list of emergency numbers with you, include police, family, solicitor and school
- Tell someone you trust about the abuse
- Make calls from a phone box or friends house
- Report injuries to your GP
- Talk to friends and family about staying in an emergency
- Think about escape routes, rehearse your plan for emergencies
- Pack an emergency bag, include children's items like small toys, money, clothing, keys and mobile phone

Be Safe, Leave Safe and Stay Safe - don't be afraid to ask for help and in an emergency dial 999.

HOW BIG IS THE PROBLEM?

Domestic Violence and Abuse can happen to anyone. It's an old problem, but now people are more able to talk about it. Every minute in the UK, the Police receive a call from the public for assistance due to domestic violence.

Domestic Violence accounts for almost a quarter of all violent crime (British Crime Survey Reports).

Everyday the DVAP team meets people who are living with or fleeing from domestic violence and abuse who are afraid to report incidents.

Many of us will know someone who has been affected by domestic violence and abuse. If you do, please pass on this information.

WHO CAN HELP?

If you want information or advice, or just to talk to someone in a confidential setting please contact DVAP on either of the telephone numbers below:

DVAP Operational Team:
(01482) 396368

Confidential Helpline:
(01482) 396330

Email:
DVAP@eastriding.gov.uk

East Riding of Yorkshire Council will, on request, provide this document in Braille, audio or large print format.

If English is not your first language and you would like a translation of this document into any other language, please telephone (01482) 393939.



DVAP

For more copies of this leaflet contact any
East Riding Customer Service Centre
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WHAT IS DOMESTIC VIOLENCE AND ABUSE?

Any incident or pattern of incidents of controlling, coercive or threatening behaviour, violence or abuse between those aged 16 or over who are or have been intimate partners or family members regardless of gender or sexuality. This can encompass, but is not limited to, the following types of abuse:

- psychological
- physical
- sexual
- financial
- emotional

Perpetrators may be family members, partners or ex-partners in an existing or previous domestic relationship.

It can happen in any relationship regardless of race, gender, class, age, ability or sexuality. The majority of victims are women and children.

Domestic violence and abuse is rarely a one-off event. It can increase in frequency and severity over time. No other type of crime has a rate of repeat victimisation as high as Domestic Violence. (British Crime Survey Reports).

WHAT IS THE DOMESTIC VIOLENCE AND ABUSE PARTNERSHIP? [DVAP]

DVAP is a unique approach for a rural area to ensure that all of the refuge services which are traditionally available in cities are also available across all of the East Riding.

We provide a comprehensive support package and in an emergency we can support you to access safe accommodation. This is designed to increase opportunities and choices for individuals, who may choose to remain in their own property, or to be relocated nearby within their own community. In special circumstances, the Project will also help individuals to be relocated further afield.

Support will be given on a one-to-one basis which will allow individuals to talk through their situation with a designated Project Worker who will help them to design a personal support plan.

LEGAL ADVICE - CITIZENLINK SERVICE

If you want to speak to a solicitor you can access 45 minutes free through the East Riding of Yorkshire Citizenlink portals at Customer Service Centres or Citizen Advice Bureau or at any of the Citizenlink sites across the county.

WHAT KIND OF HELP WILL I GET?

Support can be delivered around practical issues such as:

- Personal safety
- Housing options
- Legal options
- Welfare Benefits
- Child Protection Issues
- Access to appropriate medical assistance
- Access to local appropriate child related services

These can all be built into the Personal Support Plan.

If you are in an abusive relationship, there are three important steps you must take:

- recognise that it is happening to you
- accept that you are not to blame
- get help and support