

HOUSING

If you are homeless and need emergency housing (or more permanent housing) but do not wish to contact BWA, phone your local housing office.

Tell them that you are homeless because of domestic abuse and they will find you safe accommodation. They also provide a range of advice and assistance about housing.

VICTIM SUPPORT SCOTTISH BORDERS

Victim Support offers information and support to victims of crime, including domestic abuse. They provide free, independent and confidential support to victims of domestic abuse, reported or otherwise. They can also provide information on the criminal justice system including pre-court visits and assistance with compensation claims. Contact them by email: Victimsupport.sb@lineone.net

INTEGRATED CHILDRENS SERVICES

If you are concerned about a child that you know or who is a member of your family, advice and support is available from the Integrated Children's Services which is based in five local offices where Social Work, Education, Police and Health staff all work together to help children and young people.

6 Newtown Street, Duns TD11 3DT

Tel: 01361 886115

Rose Lane, Kelso TD5 7AP

Tel: 01573 223501

10-12 Galapark, Galashiels TD1 1EU

Tel: 01896 661880

Town Hall, High Street, Hawick TD9 9EF

Tel: 01450 364777

Memorial Hall, Innerleithen EH44 6HX

Tel: 01896 833489

LETSBSAFE2

LetSBsafe2 is a domestic abuse outreach project specifically for children and young people who are, or have experienced domestic abuse. Contact them by email: ettrick@children1st.org.uk

SOLICITORS

You may be eligible for Legal Aid to cover the costs of a solicitor who can:

- provide advice on your legal rights
- apply for an exclusion order, interdict or non-harassment order which can provide protection for you and your children.

It is best to contact a solicitor who specialises in family law.

HEALTH SERVICES

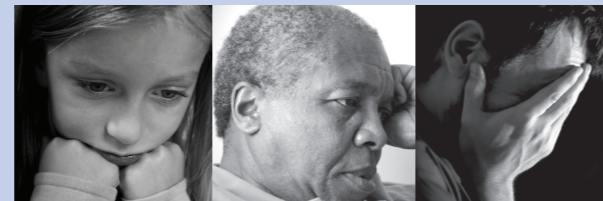
You can talk to a wide range of health service staff about the abuse who will be able to help you:

- your GP, health visitor or practice nurse,
- doctors and nurses in the Accident & Emergency Department and Maternity Unit,
- doctors, nurses or midwives,
- psychiatrists, community psychiatric nurses, psychologists.

You can get this document on tape, in large print, and various other formats by contacting us at the address below. In addition, contact the address below for information on language translations, additional copies, or to arrange for an officer to meet with you to explain any areas of the publication that you would like clarified.

BUSINESS CONSULTANCY UNIT

Scottish Borders Council | Newtown St Boswells TD6 0SA
tel: 01835 824000 | www.scotborders.gov.uk



USEFUL NUMBERS

National Domestic Abuse Helpline	0800 027 1234
Police (in an emergency)	999
Police (ask for the Domestic Abuse Liaison officer)	01450 375051
Border Women's Aid	01835 863514
Childline	0800 1111
Respect Helpline	0845 122 8609
Male Victim Helpline	0808 801 0327
The Samaritans	01750 2000
Victim Support	01896 751212
LetSBsafe (based at Border Women's Aid)	01835 863878
LetSBsafe2 (based at Children 1st)	01750 22892
Citizens Advice Bureau	01896 753889
Borderline	0800 027 4466
Homelessness Service	0800 376 1138 01835 865180
NHS24	0845 424 2424
Emergency Duty Social Work	01896 752111
Rape Crisis Scotland helpline	08088 01 03 02
Scottish Borders Rape Crisis Centre (Office)	0800 054 2445 01896 661070
SBHA	01750 724444
Eildon Housing	01750 725900
Waverley Housing	01450 364237
Berwickshire Housing	01361 883115

Consult the telephone directory for your local Health Centre or GP.

All contact numbers valid until 1 April 2012.

This leaflet was produced by the Violence Against Women Partnership and funded by the Safer Communities Partnership.



Our Scottish Borders
Your community



DOMESTIC ABUSE

is this about me?

YES ...

If you or a friend is experiencing

- PHYSICAL
- SEXUAL
- EMOTIONAL
- MENTAL ABUSE

by a partner/ex-partner

WHAT IS DOMESTIC ABUSE?

PHYSICAL ABUSE

includes:

- hitting, slapping, burning, kicking, strangulation, using a weapon such as knife, all types of physical attacks, starvation.

SEXUAL ABUSE

includes:

- rape, enforced engagement in pornography, prostitution, enforced pregnancy, sexual humiliation, enforced sexual acts, withdrawal of contraception.

EMOTIONAL OR MENTAL ABUSE

includes a wide range of behaviour, such as:

- threats
- you are made to feel worthless, called names
- being isolated from friends and family
- denied food, sleep and medical attention
- not allowed to make choices or go out etc.

THE ABUSER

can be:

- a partner or ex-partner
- male or female.

THE PEOPLE WHO EXPERIENCE DOMESTIC ABUSE

can be:

- male or female (including same sex relationships),
- not necessarily living with the abuser
- of any age, including elderly people (those aged under 16 are victims of child abuse – contact social services),
- of any race or religion
- children or young people, even if they don't witness it, they live with it.

THERE IS NO EXCUSE FOR DOMESTIC ABUSE – IT IS NOT YOUR FAULT

YOU ARE NOT TO BLAME

IF YOU ARE EXPERIENCING DOMESTIC ABUSE

It is important that you tell someone if you are thinking about leaving – even just for a break. This could be a trusted friend, family member or employer. Or you could call the National Domestic Abuse Helpline on 0800 027 1234 which is free and confidential and available 24 hours each day. In an emergency call 999.

There are people who can help if you don't want to leave but need to get the abuser removed from your home. The police will respond and may remove the abuser.

If you feel you need to get out immediately (ideally with your children) call a friend or support agency (contact details are on the back of this leaflet). At other times talk to a friend, agency staff, or call the police. If you have suffered any injuries, even if they seem slight, seek medical attention. You might feel better if you are able to take someone with you for moral support.

IF POSSIBLE, IT'S BEST TO BE PREPARED

- Share your plans of escape with a friend.
- Pack a bag with some clothes for you and the children and a few small toys – and leave it with a friend if possible.
- Try to take your Child Benefit book, rent book, marriage and birth certificates.
- Try to put some money aside for phone calls, taxis and bus fares.
- If possible, take some food and any medication you are on.
- Remember your house key – you may need to return later to get some more belongings.
- Take this leaflet so you know who to contact.

IF YOU SUSPECT THAT SOMEONE YOU KNOW IS EXPERIENCING DOMESTIC ABUSE

- Ask them gently how things are at home - but they may not be ready to tell you.
- Believe them even if the abuser seems to be highly respectable.
- Provide a listening ear – do not be judgemental.
- Tell them where to find support and help them contact these agencies if necessary.
- Contact the National Helpline for advice.

WHO CAN HELP ME?

Your friends and family may be able to help but there are also a lot of agencies that can provide practical help and emotional support. They will not tell the abuser and will treat what you say in confidence.

If you are in contact with any agency for whatever reason, tell them – if they can't help, they will tell you where to go for specialist support.

The main agencies for people experiencing domestic abuse include the following:

NATIONAL HELPLINE

You can discuss your problems in confidence with a volunteer on the Scottish Domestic Abuse Helpline. The call is free and does not appear on your phone bill. The Helpline is open 24 hours a day, 7 days a week.

BORDER WOMEN'S AID *(This is a women only service)*

Border Women's Aid (BWA) provides free and confidential information, support and a safe refuge for women and children who have experienced domestic abuse from partners or ex-partners. You will receive emotional and practical support to talk about your situation and explore the options available to you - this may be in relation to healthcare, education, benefits or housing. Our Children's Service helps children and young people understand what

they have experienced through support and guidance with fun and educational activities provided during school holidays.

The BWA refuge provides each family with their own private bedroom, plenty of storage space and a TV. The house is clean, modern and comfortable and very child friendly and is shared by women in similar circumstances. Experienced staff are on hand to support you and your children.

A drop-in service takes place between 10am-12noon Monday, Wednesday and Friday where you can come and discuss any concerns or issues you may have. You can contact us as often as you need to.

10 Exchange Street
Jedburgh TD8 6BH
Tel: 01835 863514
Email: info@borderwomensaid.co.uk

POLICE

Physical and sexual abuse and threats of violence are crimes and the police take such incidents very seriously. Their main concern is the safety and well-being of victims and their children.

The police:

- will calm down a situation
- can arrest the abuser or remove him/her from the home
- will arrange medical aid and a safe place for you to go
- will speak to you separately from the abuser – you can ask to see a woman officer
- will provide advice on your protection
- may put you in touch with the specialist Domestic Abuse Liaison Officer who may phone or visit you (not in uniform).