

Other Helpful Numbers

- **William Harvey Hospital** - 01233 633331
- **East Kent Rape Line** - 0800 458 2818
- **Victim Support Kent** - 0845 389 9527
- **Relate** (can offer individual counselling for people who have experienced domestic abuse) - 0300 100 1234
- **Ashford Counselling Service** - 01233 610083
- **Connexions** - 01233 647862
- **Respect Phonenumber** (information and advice on domestic abuse perpetrator issues) - 0845 122 8609
- **CDAP** (Community Domestic Abuse Programme for perpetrators of abuse) - 07933 359210
- **Alcoholics Anonymous** - 0845 769 7555
- **KCA** (provider of substance misuse services) - 01795 590635
- **RSPCA** - 0300 1234 555
- **Pet Fostering** (Women fleeing domestic abuse by going into refuge who live in either Sussex or Kent can access the pet fostering service at Raystede Centre for Animal Welfare) - 01825 840252
- **Parentline** (24hr service offering help and support to anyone caring for children) - 0808 800 2222

LEAVING SAFELY

- Try to always have a mobile phone on you, but if you don't have a mobile, find somewhere you can quickly and safely use the phone should you need to.
- Consider opening a separate bank account in your own name
- Consider buying a separate SIM card for your mobile phone
- Have some money saved in case you need to use a taxi or a bus
- Consider having a packed bag ready away from the house, somewhere safe i.e. neighbour, friend you can trust
- Take important documents such as your marriage and birth certificate, any court orders, passport, benefit and bank books and health records.
- Take toys for children along with comforters, nappies, dummies etc
- Take a list of phone numbers for emergencies, including friends, relatives and local police
- Take sentimental personal possessions ie photos, jewellery
- If you have pets and are worried they may not be looked after if left behind, try to arrange for someone to care for them
- **ONLY leave if it is safe to do so**
- Tell someone you trust that you are safe

IF YOU DO NOT WISH TO LEAVE YOUR PARTNER, ALL OF THE SERVICES WITHIN THIS LEAFLET ARE STILL AVAILABLE TO SUPPORT YOU

Prepared by Ashford Domestic Abuse Forum

CAN WE HELP YOU?

DOMESTIC ABUSE

Don't suffer in silence

- Want to feel safe?
- Being hurt?
- Want to feel valued?
- Feeling isolated?



Local information about support services in the Ashford area

Domestic Abuse is not just physical, it can also include emotional, sexual, financial and verbal abuse. It keeps you isolated and afraid and makes you feel trapped and powerless.

Domestic Abuse can happen to anyone regardless of gender, sexuality and between adult family members.

Your partner may:

- Stop you having friends
- Not let you out alone
- Time you and question your movements
- Accuse you of having affairs
- Control what you wear, who you see or contact and what money you have
- Stop you seeing your family and prevent you from responding to your children in a way that you would like to
- Call you names, belittle you, make you feel bad about yourself or make you think you are crazy
- Push, punch, bite, kick or strangle you

Domestic abuse is not just affecting you, for children it can:

- Create emotional turmoil
- Make children aggressive or withdrawn
- Disrupt education
- Prevent them from bringing friends home
- Create fear
- Cause bed-wetting
- Cause physical injury (they get caught in the crossfire)
- Have long-term consequences

IMMEDIATE HELP

Police - 999

Non-emergency:

- **Kent Police** - 01622 690690 ask for Local Domestic Abuse Police Officer
- **National Domestic Violence Helpline** 24hrs (free call) - 0808 2000 247
- **www.womensaid.org.uk**
- **Dove Project** (provides information on refuge vacancies) - 01702 300006
- **National Centre for Domestic Violence** - 0844 8044 999 free 24 hr advice & help getting an injunction TEXT "NCDV" to 60777

- **Men's Advice Line** (advice and support for men in abusive relationships) - 0808 801 0327
- **Broken Rainbow** (information and support for lesbian, gay, bi-sexual or transgender victims of domestic abuse) - 0300 999 5428
- **Elder Abuse Response Helpline** - 0808 808 8141
- **Karma Nirvana** (support for victims and survivors of forced marriage and honour-based violence) - 0800 5999 247
- **Childline** - 0800 1111
- **Samaritans** (confidential, non-judgemental, emotional support, 24 hours a day for people who are experiencing feelings of distress or despair - 08457 909090
- **NSPCC** (National Child Protection Helpline) - 0808 800 5000
- **Shelterline** (Information regarding housing and homelessness issues) - 0808 800 4444

LOCAL INFORMATION AND SUPPORT

Ashford One Stop Shop

Every Tuesday Morning 9.30am-12.30pm
At The Willow Centre, Brookfield Road,
Ashford, TN23 4EY
07598 74 50 44

Freedom Programme

A 12 week programme for women who have or who are experiencing domestic abuse
0800 587 7455
www.freedomprogramme.co.uk

Community Legal Services

0845 345 4 345
www.communitylegaladvice.org
Citizens Advice - 01233 626185

Kent Social Services - 0845 3302967
Out of hours - 0845 762677

Ashford Borough Council - Civic Centre,
Tannery Lane, Ashford, TN23 1PL
Housing Services Team - 01233 330688
Homeless Team (out of hours) - 01233 629911

South Kent Police Domestic Abuse Unit -
01303 289074

Ashford Gateway (Community information) -
08458 247247

Benefits Agency - 01233 208000

Shelter - 0344 515 1444

Home-start (support for families with one child under 5 years) - 01233 647209

Supporting People (for ongoing housing & benefits advice and support) - 0845 762 6777