



## **Derby Women's Centre: supporting local women since 1978**

### **Who we are and what we do:**

Derby Women's Centre was founded in 1978 when a group of local women began to hold meetings in their homes to discuss the needs of women. From this came a free pregnancy testing service, an advice helpline and **Derby Rape Crisis**. The centre was funded by donations and income generated by volunteers.

### **Our main objectives are:**

- Improving physical and mental wellbeing; boosting confidence and self-esteem; facilitating self-development, reducing poverty and economic inequalities.
- We do this through a range of services, including counselling, support groups, support services and courses and workshops.
- Trust and confidentiality is hugely important to us, especially given the vulnerability of some of the women who seek our support.

### **Derby Women's Centre offers survivors of abuse support in a number of ways:**

#### **Freedom programme:**

- This is a rolling programme that runs and women may join at any time.
- It is open to any woman who wishes to learn more about the realities of domestic abuse.
- Its aims are to help women understand beliefs held by abusive men, to illustrate the effects of domestic abuse on children
- To help women gain self-esteem and the confidence to improve the quality of their lives.

#### **Counselling:**

- We provide affordable counselling to women in a female only environment.
- During counselling, women can work through issues such as low confidence and poor self-esteem, relationship difficulties, depression and distress following physical, emotional or sexual abuse.

**Courses/workshops:**

- To raise self-esteem and confidence.
- Regularly available throughout the year.
- Please check with DWC for confirmation of current workshops.

**One to One Support:**

- We also ensure a safe and non-judgemental environment in which women feel comfortable, safe and secure.
- If we cannot offer adequate support for particular queries and issues, we will direct women to more appropriate organisations.

**Contact Derby Womens Centre:**

- Call us on : 01332 341 633
- Website: [www.derby-womenscentre.org.uk](http://www.derby-womenscentre.org.uk).
- Tweet us: @Derby\_Women
- Facebook: [www.facebook.com/DerbyWomensCentre/](http://www.facebook.com/DerbyWomensCentre/)
- Live chat: <http://www.derby-womenscentre.org.uk/derby-womens-centre-introduces-live-chat-to-our-website/>

## Domestic Violence

### What is Domestic Violence?

- The new definition was implemented in March 2013.
- The new definition of domestic violence and abuse implemented in March 2013 now states:

'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

**'Controlling behaviour is:** a range of acts designed to make a person subordinate and/or dependent by isolating them from sources of support, exploiting their resources and capacities for personal gain, depriving them of the means needed for independence, resistance and escape and regulating their everyday behaviour.

**'Coercive behaviour is:** an act or a pattern of acts of assault, threats, humiliation and intimidation or other abuse that is used to harm, punish, or frighten their victim." \*

\* **This definition**, which is not a legal definition, includes so called 'honour' based violence, female genital mutilation (FGM) and forced marriage, and is clear that victims are not confined to one gender or ethnic group.

## **What to do next: Organisations that can help and support you**

You may feel scared or worried about what to do next. In this leaflet, we have provided details of the many organisations that can help and support you

### **The First 3 steps to help you are:**

- 1) Recognising the abuse that is happening to you is the first step to getting help
- 2) Remember that you are not to blame
- 3) Get help and support. Below are a few organisations that could help:

- Derby Women's Centre: 01332 341633
- Derbyshire Domestic Abuse Helpline: 0800 019 8668
- Derby City Council 0800 085 3481
- NCDV run by Refuge 0808 2000 247
- South Derbyshire Care line - 01283 225810 (in emergencies)
- Next Step – [www.next-step.org](http://www.next-step.org) 01283 229 854
- 24 hour Freedom Programme help line 01942 262 270
- Escape 01773 765899

### **TIPS for leaving an unsafe situation or environment:**

Leaving an abusive situation can be one of the most dangerous times for victims of domestic abuse. Whether you are getting ready to leave or you are preparing to do so in the future, it is therefore vital to try to make sure that you can leave as safely as possible.

### **When to Leave**

Ideally, try to leave when the perpetrator is not at home so that there is no opportunity for confrontation and/or violence. This will not always be possible though, especially if a situation evolves into violence and you need to flee as a matter of urgency.

### **Find a Safe Place to Go**

Refuge run various refuges across the country and these provide a haven for women who are fleeing abusive situations. These are strictly women-only and will provide an environment in which victims can guarantee their safety and access practical and emotional support. Call the freephone National Domestic Violence

Helpline on **0808 2000 247** to find a place in a refuge. This is available 24 hours per day and is confidential.

NB: While Derby Women's Centre is not a refuge, we support women to leave domestic abuse situations. This includes liaising with other organisations to secure places in a refuge, for example.

### **What to Take**

It won't always be possible to plan your exit in advance but if you can, there are certain items that should be brought with you. These include:

Identification

Birth certificates for yourself and your children

Passports

Debit cards, credit cards, cheque books etc

Home and car keys (ideally, get a spare cut and leave them with someone trustworthy)

Driving licence and car registration documents

Prescription medication

Some clothing and toiletries

Sentimental items such as photographs

### **Useful contacts:**

**NDVC** run by Refuge 24 hour National Crisis Line: 0808 2000 247 (free from land line and phone box) [domesticviolenceuk.org/online-signpost](http://domesticviolenceuk.org/online-signpost)

Shelter: 0330 0536 083

Citizens Advice Bureau: 01283 210 107

Victim Support 0845 3030 900 - [www.victimsupport.org.uk](http://www.victimsupport.org.uk)

Police (non-emergency) 101

Women's Aid [www.womensaid.org.uk](http://www.womensaid.org.uk)

Karma Nirvana (forced marriage) 0800 5999 247

Derby City Council 0800 085 3481

End Abuse 01942 262270

Mankind 0182 3334 224

Men's Life 0808 8010 327

HDAH 08088 088 088

Aurora 023 9421 6816

Gov.uk/domestic abuse/You are not alone

Derbyshire County Council 0800 019 8668

You can also email the support line giving a number you can be contacted safely at [derbyshiredahelpline@theelmfoundation.org.uk](mailto:derbyshiredahelpline@theelmfoundation.org.uk)

**If you're deaf or hearing impaired, or unable to phone, text the Derbyshire Domestic Abuse Support Line tel: 07534 617252. Emergency SMS - text: 999.**

You can also email the support line giving a number you can be contacted safely at [derbyshiredahelpline@theelmfoundation.org.uk](mailto:derbyshiredahelpline@theelmfoundation.org.uk)

Women's Work 013322 42525

National Child Protection Helpline (NSPCC) 0800 800 500

Safe line (male) 0808 800 5005

Foreign Commonwealth Office 020 7008 0135

(forced marriage) 020 7008 0230

Karma Nirvana on 0800 5999 247 (Monday to Friday 9am to 5pm)

Safe and Sound Derby (child safety) 01332 362 120 or 0845 7678 000

Relate 01332 349177

Respect (perpetrators) 0808 802 4040

Domestic abuse in various languages:

<https://homeoffice.brandworkz.com/BMS/albums/?album=2122&lightboxAccessID=41F537D1-60E4-4845-A06E52B4110366DF>

## **KEEP YOURSELF SAFE**

Unfortunately, the danger does not always pass once you have left an abusive relationship. Keep yourself as safe as possible by following practical advice such as:

Planning your route to ensure that you can avoid dark and isolated areas. Don't be tempted to take short cuts through these type of areas to save time. Wherever possible, try to use areas in which there is also CCTV and plenty of people around. Likewise, always look to park in well lit and busy areas.

Try to avoid going to places in which the perpetrator will know to find you as they may lie in wait for you. This includes rearranging regular appointments. If it isn't practical to do this, take someone with you.

Make sure that a friend or family member knows where you are going and what time you expect to be home. If you do not arrive home at this time, they will know that something is not right.

Always be contactable via your mobile phone and be sure that it has credit.

Lock your car doors as soon as you get into the vehicle.

Don't answer the door unless you have a very good idea of who is on the other side.

Informing school that your child(ren) should only be picked up by yourself or particular people that you trust.

**Contact the police.** If you feel that your safety is compromised by your perpetrator as a matter of emergency, **ring 999**.

You can also contact the Police with a private message to the main force **Facebook @derbyshireconstabulary** and **Twitter account @Derpolcontact**.

These are monitored 24/7 and you will receive the same service as if you were calling the **non-emergency 101** number – which is still open to you if you are able to use a phone.

Silent solution **55** is the name given to the initiative that allows people to **call 999 when they** are not able to speak. ... **If** it is dangerous to make any sound at all, the **call** will be put through to an automated system which asks the caller to **press 55 if they** are in danger.

Silent solution **55** is the name given to the initiative that allows people to **call 999 when they** are not able to speak. **If** there is no answer, the operator will then ask the caller to cough, or make another audible sign that indicates the caller is in need of police assistance.

Silent **999 calls** are not automatically transferred to the **police**, as they may have been dialled accidentally. ... However please be aware that it is extremely difficult for the **police to trace** the location of mobile phone **calls**, so any indication you **can** give of your location, even if you have to whisper, is vital.

In 2015, the Trust launched **Hollie Guard**, their free app which essentially transforms your smartphone into an advanced personal safety device. All you need to do is shake your phone or tap the screen and you generate an alert, which automatically sends your location and audio/video evidence to your emergency contacts.

## **Housing and Homelessness/Financial**

People who leave their homes because of domestic violence are homeless and have certain rights under homelessness legislation.

The following organisations are useful contacts that can help you if you are experiencing homelessness or need advice on housing.

Derby City Council Housing Options	01332 888777
Homelessness Team	01332 640085 (office hours)
Homelessness Team	01332 786968 (after 5 or weekends)
Shelter	0330 0536 083
DHA : housingadvice@dhadvice.org	01332 287850
Spectrum Housing CIC	07801 294 433

[Survivingeconomicabuse.org/resources](http://Survivingeconomicabuse.org/resources)

Refuge 24hour National Crisis Line 0808 2000 247 (free from land line and phone box)

Derby City Mission 01332 460347  
[advice@derbycitymission.org.uk](mailto:advice@derbycitymission.org.uk)

## **Sexual Assault/Rape**

Sexual assault is an act of physical, psychological and emotional violation, in the form of a sexual act, which is inflicted on someone without consent. If you or someone you know have experienced sexual assault or rape, no matter how long ago it was, you can find help and support by calling some of the organizations below.

SV2	01773 746115
Sexual assault Referral Centre	01733 573840/1 (Millfield House)
Victims of recent sexual violence	0845 129 0111 (out of hours only)



Victim support helpline	08543030900
Rape Crisis helplines and chat	08088 029 999
Rape Crisis website:	rapecrisisorg..uk-get-help
SARAC helpline	01283 517185 Sexual and domestic abuse and rape advice centre
SARAC Website:	www.sarac.org.uk

## **Mental Health and Drug dependency**

Below are numbers for organisations and charities that offer confidential and non-judgmental advice and support regarding mental health and problematic substance misuse.

Women's Work	01332 242525/07947643737
The Samaritans	01332 364444/116 123 jo@samaritans.org
Mind	0300 123 3393
Alcohol Concern	020 3907 8480
Alcoholics Anonymous	0800 9177 650
Al-Anon Family Groups UK	0800 0086 811 (10.00 a.m. – 10.00 p.m.) if you are affected by someone's drinking
Rethink	01773 734989 Mon – Fri 9 – 5
Derbyshire County Council	0300 790 0596
Derby City Links	0800 032 2202
Suicide Thoughts	text SHOUT to 85258 available 24/7

## **Health Service**

A list of useful numbers for your local health services

- NHS 111
- Royal Derby Hospital Switchboard 01332 340131
- **Child Line** 0800 1111

## **LGBT Domestic Abuse and Support services**

### **Local and national services for people within the LGBT community**

Broken Rainbow UK national helpline	0300 999 5428
Derby Friend LGBT charity	01332 207704
Derbyshire positive support (HIV)	01332 204020
Stonewall UK	<a href="http://www.stonewall.org.uk">www.stonewall.org.uk</a>
Galup	0800 999 5428

### **Women's Charities and Groups**

#### **Groups and charities for women from a minority background.**

Derby Women's Centre	01332 341633
Hadhari-Nari Project (Metropolitan)	01332 270101
Refuge	0 808 2000 247
Karma Nirvana (forced marriage)	0800 5999 247
Southall Black Sisters	020 8571 0800

### **Legal Advice**

#### **Offering free legal advice to women who need it.**

Hopkins Solicitors LLP	0115 9105555/01623 665050
The National Centre for Domestic Violence	0844 8044 99
Safe2Speak	01925 220541
<a href="http://Rightsofwomen.org.uk/get-information">Rightsofwomen.org.uk/get-information</a>	020 7251 6577 Tues and Wed 7.00 p.m. – 9.00 p.m. Fri 12.00 noon – 2.00 p.m.

### **Children - Services for children, young people and families.**

NSPCC	0808 800 5000 <a href="http://nspc.org.uk">nspc.org.uk</a>
Refuge	<a href="http://www.refuge.org.uk/get-help-now/for-teenage-girls">www.refuge.org.uk/get-help-now/for-teenage-girls</a>

Child Line	0800 1111	<a href="http://www.childline.org.uk">www.childline.org.uk</a>
CAMHS	0300 790 0264	
<a href="http://www.derbyshirehealthcareft.nhs.uk/services/childrens-mental-health-services-camha-derby-and-southern-derbyshire">www.derbyshirehealthcareft.nhs.uk/services/childrens-mental-health-services-camha-derby-and-southern-derbyshire</a>		
Relate	01332 366863	
Safespeak (Relate)	01332 349301	
Safespeak website	<a href="http://www.safespeak.org.uk">www.safespeak.org.uk</a>	
Women's Aid	<a href="http://www.womensaid.org.uk">www.womensaid.org.uk</a>	Sections on children and teenagers Their own college/school counsellor
FamilyLives (formerly Parentline)	0808 800 2222	
Papyrus (suicidal thoughts)	0800 068 4141	– teenagers/young adults
Children's First	<a href="http://www.childrenfirstderby.co.uk">01332 341516</a>	
<a href="http://www.childrenfirstderby.co.uk">www.childrenfirstderby.co.uk</a>		
Safe and Sound	01332 362120	
<a href="https://www.safeandsoundgroup.org.uk/">https://www.safeandsoundgroup.org.uk/</a>		

## **Dogs**

Foster care for dogs      [www.dogstrust.org.uk](http://www.dogstrust.org.uk) › [hope-project-freedom-project](#)

## **Immigration issues**

### **Resources for legal advice for immigrants and asylum seekers.**

Asylum Aid	0808 8010 5036
Immigration Advice	<a href="http://www.gov.uk/find-an-immigration-adviser">www.gov.uk/find-an-immigration-adviser</a>
Red Cross St Peter's Gate Derby	01332 360790 Refugees and Asylum

## **Disability**

### **Charities working for people with Disability and learning difficulties**

Mencap Helpline	0808 808 1111
Equality & Human Rights Commission	020 7832 7800
Webiste	<a href="http://www.equalityhumanrights.com">www.equalityhumanrights.com</a>
DIAL UK Disability Information and Advice Line	0808 800 3333
Disability Law Service	020 7791 9800

### **Men's Services**

Mankind (Monday to Friday, 10am to 4pm)	0182 3334 244
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Men's Life (Men's Advice Line) (Monday and Wednesday, 9am to 8pm, and Tuesday, Thursday and Friday, 9am to 5pm) for non-judgemental information and support)	0808 8010 327
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Respect (perpetrators)	0808 802 4040
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Karma Nirvana (forced marriage) (Monday to Friday 9.00 – 5.00 for forced marriage and honour crimes)	0800 5999 247
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Forced Marriages Unit	020 7008 0151
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