

## The Police

Dorset Police has specialist domestic abuse officers who help and support victims. They are highly trained and will understand what you are going through.

### The police will:

- Conduct a risk assessment with you
- Investigate all incidents which occur and take positive action against the perpetrator, where there is sufficient evidence to do so.
- Protect you, your family and your children. The Police will inform Social Services of any domestic violence incidents involving children. Social Services will be able to provide further help and support.
- Keep you informed on developments with any legal proceedings. If you are required to go to court the police and other specially trained workers will give you support, including attending court with you where necessary.
- Provide support and advice and refer you to specialist agencies who can assist you with more practical help and emotional support (these are listed in this leaflet).

### Contact Numbers

**The Dorset Police domestic abuse unit can be contacted via 101**  
**In an emergency always dial 999**

Further copies of this leaflet can be obtained from Nicola Pengelly (n.pengelly@dorsetcc.gcsx.gov.uk) or downloaded from [www.dorsetforyou.com/dvahelp](http://www.dorsetforyou.com/dvahelp)

If you feel that you need to leave home because of the violence or abuse, it is always best to plan in advance.

### It is always helpful if you have with you:

- all your important documentation e.g. passport, birth certificates (including children's) N.I. number, benefits books, bank account details, tenancy agreement driving licence and insurance
- a list of contact telephone numbers or address book
- money, credit cards and keys
- changes of clothes for you and your children, childrens toys
- any medicines or prescriptions you need
- toiletries
- any items of sentimental value

You might want to think about leaving some of these with a trusted friend or neighbour. It may also be helpful to make contact with a domestic violence and abuse specialist service as they will be able to help you plan to leave safely.

### Other Useful Contact Numbers

<b>National DV helpline (24hr)</b>	<b>0808 2000247</b>
<b>Men's Advice Line</b> (national helpline for male victims)	<b>0808 8010327</b>
<b>Childline</b>	<b>0800 1111</b>
<b>Respect National Helpline</b> (for perpetrators)	<b>0845 1228609</b>
<b>Broken Rainbow National LGBT DV helpline</b>	<b>0300 9995428</b>
<b>Dorset ARC</b> (Sexual assault referral centre)	<b>0845 5198638</b>
<b>Dorset Rape Crisis Support Centre</b>	<b>01202 308855</b>
<b>Victim Support</b>	<b>0845 3899528</b>



# Domestic Violence & Abuse



You don't need to live in fear  
**Help & advice is available**

# Domestic Violence & Abuse

## Domestic violence and abuse can take many forms.

For some people it means living with constant threats, being belittled or being constantly criticised and humiliated. For others it can involve physical and sexual abuse and being financially abused.

Domestic violence and abuse in whatever form will always be traumatic and emotionally devastating for children. Remember that abuse is likely to get more frequent over time.

If you're being hurt or frightened by anyone close to you, you're not alone. Domestic abuse can affect women, men and young people from any background.

Domestic violence and abuse is **never** acceptable. You don't have to live in fear or put up with it and you can get help to deal with it.

## Specialist Services

There are service providers such as refuges and outreach projects in Dorset which can support anyone affected by domestic violence and abuse in a confidential and non-judgemental way.

## Refuges

Refuges can offer you a safe place to stay while you decide what you want to do next. In a refuge you will be safe and supported to do what is best for you and your children.

In Dorset there are four women's refuges but you can also go to refuges in other parts of the country. You can always ring a refuge for advice even if you don't need a place to stay - all numbers are 24 hours.

<b>Bournemouth</b>	<b>01202 547755</b>
<b>North Dorset</b>	<b>01747 858555</b>
<b>Poole</b> (can also take men)	<b>01202 748488</b>
<b>West Dorset</b>	<b>01305 262444</b>

## Outreach Services

Outreach workers can support you wherever you are. Outreach workers can talk to you on the phone or meet you on a one to one basis. They also run drop-ins where you can meet other people in similar situations and receive ongoing support.

**You First**  
(Countywide outreach service) **0800 0325204**

## Other sources of help:

**Citizens Advice Bureaux, Relate, Victim Support, Social Services and Children's Centres may be able to support you.**

[www.womensaid.org.uk](http://www.womensaid.org.uk)  
[www.mensadvice.org.uk](http://www.mensadvice.org.uk)

## Housing Information

Dorset's Councils undertake work to prevent homelessness due to domestic violence and abuse. If you need advice on your housing options or want to know what can be done to enable you to stay in your own home, please contact your Housing Department or Housing Advice Centre. [www.dorsetforyou.com/dvahousing](http://www.dorsetforyou.com/dvahousing)

**First Point** is a Dorsetwide homeless prevention service which can also support victims of domestic violence and abuse **0845 3106 843**

## Health Services

Don't forget that you can talk to your GP, health visitor, midwife or any other health practitioner about the abuse you are suffering in complete confidence. All can be contacted through your health centre.

## Solicitors and Legal Advice

Civil laws, including injunctions, exist to protect victims of domestic violence and abuse. A family law solicitor will be able to help you with advice and support to enable you to decide on the best course of action.

**The National Centre for Domestic Violence** can provide free legal advice and assistance with civil injunctions **0844 8044999**