



Domestic Abuse

How to get Help!

Domestic Abuse...
...NO EXCUSE

Dumfries &

Galloway

Together is
Better

Domestic abuse

is very common

Research tells us that 1 in 5 (more than 500,000) women in Scotland will experience some form of abuse in their lifetime.

WHAT IS DOMESTIC ABUSE?

Domestic Abuse can be carried out by partners, ex-partners and sometimes by other family members.

Anyone can experience domestic abuse regardless of:

- Age
- Financial status
- Sexual orientation
- Gender or sex
- Social class
- Faith
- Cultural background
- Race
- Nationality
- Marital status
- Where they live
- Any disability

Domestic abuse may happen in any kind of relationship e.g. heterosexual (straight), same sex (lesbian, gay, bi-sexual), teenage, adult and senior relationships; people affected can have a range of gender identities (e.g. male, female, transgender, polygender, non-binary, or androgyne).

Domestic abuse can take many forms:

Physical Abuse

- Any form of harm to your body
- Pushing/kicking/punching/slapping/burning/pulling your hair/etc.

Sexual Abuse

- Demanding/expecting sex i.e. putting pressure on you to have sex when you might not want it
- Sex against your will (rape)
- Making you have sex with other people
- Types of sex you are not comfortable with
- Making you watch or re-enact pornography
- Refusing to or not allowing you to use contraception
- Sabotaging contraception
- Making you have an abortion or not allowing you to have one.
- Making you 'sext'
- Using 'revenge porn' against you

Financial Abuse

- Taking control of finances
- Stopping you from getting or keeping a job
- Taking money from you
- Not giving you money or giving you an allowance
- Not allowing you to have a bank account or to keep savings
- Making you pay his bills or cancel his debts or loans
- Taking loans in your name

Mental and Emotional Abuse

- Putting you down
- Calling you names
- Jealous behaviour
- Using threats
- Not allowing you to go out/socialise
- Not allowing you to see/talk to family or friends (or making it uncomfortable when you do)
- Interfering with your Internet use (Facebook, Twitter, e-mails, the sites you go to, your online shopping)
- Constantly checking up on you (mobile, Facebook, Snapchat, etc.)

- Making negative comments on your on-line posts or updates
- Not allowing you to do things you want or making you change your behaviour
- Not allowing you to get an education
- Taking away your choices
- Making light of the abuse or pretending the abuse never happened
- Making you frightened e.g. by smashing things or destroying your belongings
- Abusing or threatening to harm your pet
- Showing rage
- Threatening to take the children away or stopping you see them
- Using your children and/or child contact to abuse you
- Stalking you – physically and on line
- Making you believe that their hurtful behaviour means “they love you”

These examples are not exhaustive.

Someone living with domestic abuse can experience it in any or in several of these forms combined.

Domestic abuse

**is never your fault; it's
always the abuser's
responsibility.**

Who can I turn to?

If you have experienced or are experiencing any form of abuse, there are a number of organisations that will believe you and that are willing to help you.

How can the Police help?

If you are the victim of Domestic Abuse, consideration should be given at the earliest opportunity to contacting the Police. While the primary role of the Police is to prevent and investigate crimes, their overriding concern is to keep people safe. They:

- Will arrest a person who is in breach of a civil interdict or court bail conditions restricting them from contacting you or breaching any other specific conditions. (They will only arrest under an Interdict if the order has a power of arrest attached to it)
- Will provide you with information and advice, including support mechanisms available from other agencies. They will also provide contact details for a Police Service of Scotland Advocacy worker.

- Will thoroughly investigate all complaints of domestic abuse and, (if evidence is obtained) arrest the person responsible for the abuse.
- Will ensure that regular updates are relayed to you.
- Will arrange for security surveys of your home and provide personal safety advice to you.

You can also talk to Police Officers at the Domestic Abuse Investigation Unit on 101.

They will be able to offer additional support and advice. In an emergency situation you should always use the 999 number to contact the Police.

Right To Ask

Disclosure Scheme for Domestic Abuse (Scotland)

The scheme aims to prevent domestic abuse by empowering people with the right to ask about the background of their partner, potential partner or someone who is in a relationship with someone they know, and there is a concern that the individual may be abusive.

For more information, please go to:

www.scotland.police.uk/righttoask

Or phone **101**

How can Women's Aid help?

Women's Aid provides a free and confidential service to women and children who have suffered physical, emotional or sexual abuse.

Wigtownshire Women's Aid provides:

- 24 hour on-call service
- Safe refuge accommodation and support for women and children, if any, experiencing domestic abuse
- Support at meetings with other agencies
- Advocacy for women
- Outreach service to support women and their children, if any, in the community
- Assistance with completing necessary forms in order to receive appropriate housing benefits, etc.
- Information on options available to women so that they can make their own decisions and determine their own future.

Dumfriesshire and Stewartry Women's

Aid provides:

- A safe place to stay (if needed)
- Specialised accommodation for mature ladies, also women and children with disabilities
- 24 hour on-call service (7 days a week)
- Outreach support
- Drop-in facilities
- Practical and emotional support to help women sustain their tenancies
- Support for Children and Young People

How can South West Rape Crisis and Sexual Abuse Centre Help?

The centre offers region-wide confidential support and counselling to survivors of rape, sexual assault and child sexual abuse. It also supports people in their own homes, with daily tasks, through the outreach service. It also has a small refuge, The Cosy House, available to survivors needing intensive support.

How can Social Work Services help?

Social Work have a responsibility to protect all individuals from all forms of abuse; physical psychological emotional or financial.

Whatever your age, gender, ethnicity, or sexual orientation we can provide help and advice or if required directly intervene to protect the vulnerable.

Anyone can contact Social Services about their own or another person's situation .

Local Offices are open Monday to Friday 9.00 till 5.00 and a 24 hour 365 days a year service can be accessed via

030 33 33 3001

Social Work Services may contact you to:

- Provide advice, assistance and guidance about what services are available to all family members.
- Help parents understand the potential effects of domestic abuse on their children's development and well being.
- And in conjunction with the family and possibly other agencies, assess what is needed to promote family members' safety.

Social Work may need to conduct a Child Protection Investigation or an Adult Support and Protection Investigation following a competent referral by an individual or agency.

How can Homeless Services help?

If you are made homeless through domestic abuse and require temporary accommodation, Dumfries and Galloway Council's Homeless Services will provide you and your children with somewhere to stay until either your case has been assessed, you have found your own accommodation or you have been offered permanent accommodation by one of the local Registered Social Landlords. Support may also be provided if required. Telephone the Council on

030 33 33 3000

How can Health Services help?

If you have previously or are currently experiencing domestic abuse, whether it is of a physical, sexual, mental or emotional nature, you can contact a range of Health Services staff for confidential advice, support and guidance.

Health Service Staff:

- Can provide a quiet and confidential place to allow you the opportunity to talk privately
- Will take your concerns seriously
- Will offer support, advice and information on other sources of help
- Can provide a professional interpreter, where required, who is not a family member or connected to your partner
- Can refer to appropriate agencies
- The most useful contact for you may be your General Practitioner or Health Visitor. However, if you do not feel able to speak to either of these people, you could speak to any of the following staff:
 - District Nurses, Community Psychiatric Nurses, Maternity Services, Department of Family Planning and Sexual Health D&G, Psychology Department, Community Mental Health Teams or any other member of the Health Service staff that you feel able to speak to.

How can Victim Support help?

Victim Support is a national organisation with local offices in Dumfries and Stranraer that offers support to people affected by crime.

It can offer:

- Emotional and practical support
- Information about the criminal justice system
- Assistance with official procedures and compensation claims
- Information about other agencies
- Support available for unreported crime
- Access to dedicated Witness Service available in both Dumfries and Stranraer courts.

How can the Law help?

The law can help you in several ways but it is important to get legal advice at the earliest available opportunity. If you decide that you want to stay in your home but want your abusive partner to go, a solicitor may be able to help you get protective orders such as an interdict or an exclusion order, which if granted, could result in the abusive partner having to leave the property (even if he / she does not wish to do so). If, however, you decide that you want to leave, a solicitor will be able to advise you about your legal rights.

There will be solicitors in your area who specialise in family law, and can give you support when you need it. You can search the Law Society of Scotland for a local solicitor who specialises in family law at www.lawscot.org.uk If you are disabled, have a mental disorder, illness or physical or mental infirmity and are being subjected to abuse then you should contact your Local Authority who may be able to apply for a Banning Order on your behalf. If you are a foreign national and can no longer stay in your relationship because of domestic abuse, you may apply to UK Visas and Immigration (www.gov.uk) for a temporary extension of your leave under the Destitution Domestic Violence Concession or for settled status (indefinite leave to remain) under the Domestic Violence Rule. Depending on your circumstances, you may be automatically financially eligible for Legal Advice & Assistance/Legal Aid.

The income of an abusive partner will not be taken into account when deciding whether you qualify for legal aid.

How can the Citizens Advice Service help?

If you leave home you may be entitled to claim welfare benefits for yourself and your children (if any). Dumfries and Galloway Citizens Advice Service will be happy to assist you with both your claim and filling in forms. The local bureaux offices are located in Annan, Castle Douglas, Dumfries and Stranraer.

All offices can be contacted on 0300 303 4321.

Useful telephone numbers

Police (Domestic Abuse Unit) 101



www.scotland.police.uk/righttoask

Women's Aid

Dumfriesshire & Stewartry

01387 263052 or 07710 152772 (24hr)

Wigtownshire

01776 703104 (24hr)

South West Rape Crisis & Sexual Abuse Centre

01387 253113 or 01776 889331 (9am to 9pm)

Social Work Services

030 33 33 3001

Homeless Services

General Enquiries **03 03 333 3000**

Out of Hours **0800 811 505**

Health

Dumfries & Galloway Royal Infirmary

01387 246 246

The Galloway Community Hospital, Stranraer
01776 707 707

Cresswell Maternity Wing
01387 246 246

NHS Specialist Drug & Alcohol Services
01387 244 555

Doctor's Surgery - to speak to your
own Doctor, Health Visitor or District
Nurse contact your Doctor's Surgery

Sexual Health D&G
0345 702 3687

www.sexualhealthdg.co.uk

Alcohol & Drugs Support South West Scotland
01556 503 550

Victim Support Dumfries and Galloway

- Dumfries **01387 250 883**
- Stranraer **01776 707 229** (includes Witness Service Stranraer)
- Witness Service Dumfries **01387 264 804**
- National Helpline **0345 603 9213**

Citizens Advice Service

Annan/Castle Douglas/Dumfries/
Stranraer **0300 303 4321**

Children's Information Service

0845 601 0191

National Domestic Abuse Helpline

0800 027 1234 (24hr)

Amina - MWRC (Muslim Women's
Resource Centre) **0808 801 0301**

Karma Nirvana - Honour Network
Helpline **0800 5999 247**

Shakti Women's Aid

0131 475 2399 (Office Hours)
info@shaktiedinburgh.co.uk

Hemat Gryffe Women's Aid

0141 353 0859 (24hr)

Rape Crisis Scotland National Helpline

Freephone **0808 801 0302**
(6pm - midnight)

LGBT Youth Scotland

For young people 13-25 years
01387 255 058 Text: **07786202 370**

LGBT Plus

0800 020 9653 Text: **07547157718**

lgbtplus.org.uk

Broken Rainbow – Lesbian, Gay, Bisexual and Trans* (LGBT) Domestic Violence Helpline

0300 999 5428 or **0800 999 5428**

10am - 8pm Monday

10am - 5pm Tuesday

10am - 5pm Wednesday

10am - 8pm Thursday

1pm - 5pm Friday

1pm - 5pm Tuesday is a Trans* specific service

Respect Phonenumber (for people worried
about their abusive behaviour)

0808 802 4040 (Mon - Fri 9am - 5pm)

info@respectphonenumber.org.uk

Scotland CrimeStoppers (to report
crime, including domestic abuse anonymously)

0800 555 111

IN AN EMERGENCY PHONE THE POLICE ON 999

The help described in this booklet is available to you regardless of your age, nationality, disability, race, gender, gender reassignment, religion or belief, sexual orientation, and whether or not you are married or in a civil partnership, or whether you are pregnant or have children. You also have equal access to all these services if you do not speak English.

A telephone translation service is available from each of the agencies listed in this booklet. If you have difficulties with English, you will be put on hold whilst you are connected to an interpreter.

For more information, please visit
www.dumgal.gov.uk/davawp

DOMESTIC ABUSE
VIOLENCE AGAINST WOMEN
PARTNERSHIP