

**In an emergency always telephone 999**

(Police, Ambulance and Fire Service)

**Domestic Violence Outreach Team**

0161-234-341/5328/5408/5387

(Monday to Friday 9am – 4pm)

Support with housing-related matters,  
legal protection and children's support.

**Women's Domestic Violence Helpline**

0161-636-7525

(Monday to Friday 10am – 4pm)

**National Domestic Violence Helpline** 0808-2000-247

**Broken Rainbow** 08452-60-55-60

(Monday to Friday 9am – 5pm)

**National domestic violence helpline for lesbian, gay,  
bisexual and transgender community** 0161-331-2000

**Tameside Domestic Abuse Helpline** (Free, 24 hours, confidential)  
0800-328-0967

**Other leaflets available: Housing Associations, Leaving Home,  
Priority Need, Private Landlords, Property Suitability,  
Supported Accommodation, Rent Deposit Scheme. Tenancy Support**

**Tameside Housing Advice, 119/125 Old Street,  
Ashton under Lyne, OL6 7RL**

**The office is open to the public 10am to 3pm Monday to Friday.**

**Telephone calls 9.00am till 5pm Monday to Thursday  
9.00am till 4pm on Fridays.**

**0161 331 2700 or 0161 342 2222 out of hours (emergencies)**

**E-mail us at [info@tamesidehousingadvice.org](mailto:info@tamesidehousingadvice.org)**

**Web-site [www.tamesidehousingadvice.org](http://www.tamesidehousingadvice.org)**

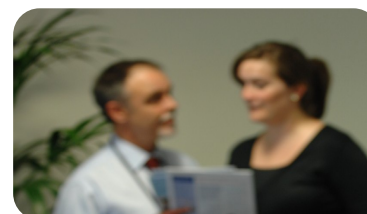
**If you need any help with translation, please see a member of  
staff.**

Jeśli potrzebujesz pomocy w tłumaczeniu, zwróć się do kogoś z personelu.  
Si vous avez besoin d'assistance avec cette traduction prière de contacter un  
membre du cadre. Se precisa de alguma ajuda com esta tradução faz favor contactat  
um membro do quadro

**Tameside  
Housing  
Advice**



**Domestic  
Abuse**



**Leaflet Two**

If you are a victim of domestic abuse, considering your housing choices is a vital way of getting protection for yourself and your family and moving on with your life. Your safety is an important aspect of the choices you make. Domestic Abuse could be from a partner or family member.

Domestic abuse can include acts that, while not physically violent, enable a person to exercise control and power over another. Domestic abuse can be shouting and rows, constantly being insulted or belittled, or being deprived of money. If your partner does anything that frightens or controls you, it could be domestic abuse.

## **Violence is a criminal offence and against the law**

### **Physical abuse**

Physical attacks are the most obvious sign of domestic abuse. They do not need to leave visible marks to be damaging.

### **Sexual abuse**

Sexual abuse can include rape or forced participation in sexual acts you are uncomfortable with.

### **Mental/emotional abuse**

Mentally abusive acts attack your personality and emotional and well-being rather than your body. Mental abuse is not as obvious as physical abuse, but it can be just as harmful.

### **Financial abuse**

Is where one partner controls all of the finance, often depriving the other partner of their financial independence or security. An example of this is where one partner does not give the other enough money to meet everyone's needs in the household.

## **Domestic Abuse**

### **If you want to stay in your own home**

If you are suffering domestic abuse, and the abusive partner or family member has left we can help by referring you to the [Sanctuary scheme](#). The Scheme helps people to remain in their home and feel safer by adding security measures to their property such as locks on windows and doors, window grilles, gates, CCTV, alarms etc.

We can also refer you to the Police Domestic Violence Unit, to report the crime and they can also help and advise you with injunctions against your partner.

The Independent Domestic Abuse Advocate Service (IDAAS) provides free and confidential support for both male and female victims of Domestic Abuse. The service is supported by an advocate who has the capacity to support those victims/survivors who need assistance to deal with the problems arising from the domestic abuse they have suffered.

Tameside Women's Project can offer support to women suffering domestic abuse but who wish to remain in their own homes. Appointments can be made around the Tameside area at a suitable location. Tel. 0161 339 8755

Referrals to the Sanctuary scheme or IDAAS can be made by any agency including the ones listed:

**Police, Domestic Violence Unit, Probation, Women's Refuge, Health Visitor, IDAAS Or Tameside Housing Advice.**

### **What if I cannot stay in my home ?**

We can refer you to a place of safety, such as a refuge, Refuges are safe houses run for women suffering domestic violence. Refuges provide somewhere safe for you to stay. Staff at refuges are specialised in dealing with domestic violence, and so can give a lot of emotional and practical support.