

SIGNPOSTING – DOMESTIC ABUSE

Domestic abuse can affect anyone. It can be any or all of the things below:

- **Physical abuse** – *punching, pulling hair, biting, burning, hitting, choking, kicking.*
- **Financial abuse** – *being kept without money, having wages, benefits or pension taken from you, having to account for all your spending.*
- **Emotional abuse** – *being verbally abused and humiliated, being constantly blamed, being put down in front of other people, being kept away from family and friends.*
- **Sexual abuse** – *rape, sexual assault, being forced to watch or act out pornography, being talked to in sexually degrading ways, indecent phone calls.*
- **Threatening behaviour** – *verbal threats, physical threats, being watched, being followed, being pestered.*

In an emergency dial 999.

LOCAL SUPPORT - SOUTHAMPTON

The MASH (Multi Agency Safeguarding Hub)

mash@southampton.gov.uk

Southampton City Council, Southampton MASH, Civic Centre, Southampton SO14 7LY

Tel: 023 80 832300 (Professionals Number)

Tel: 023 80 833336 (Public Number)

Tel: 02380 233344 (Out of hours Emergency Duty Team)

If a child is in immediate danger, please call 999.

The MASH is the single point of contact for all safeguarding concerns regarding children and young people in Southampton. It brings together expert professionals, called 'navigators', from services that have contact with children, young people and families, and makes the best possible use of their combined knowledge to keep children safe from harm.

The MASH:

- is a 'front door' to manage all safeguarding referrals
- researches information held on professional databases
- provides a secure and confidential environment for professionals to share information
- identifies low-level repeat referrals which taken in isolation may not appear concerning
- prioritises referrals using a BRAG (Blue/Red/Amber/Green) rating
- refers cases to other agencies
- activates child protection social work services to provide immediate protection for a child.

IDVA - Independent Domestic Violence Advisors

023 8083 2329

idva@southampton.gov.uk

PIPPA - Prevention, Intervention and Public Protection Alliance

Tel: 02380 917917

pippa@southampton.org.uk

PIPPA is an alliance of specialist sexual and domestic violence services in Southampton.

The services have come together to provide a point of contact for workers to offer advice, information and support on domestic and sexual violence issues.

The point of contact is also a place to make referrals for clients who need specialist support on these issues. It is not a public facing help line.

Community Support Team Southampton Police: 023 8067 4198

IRIS – Identification and Referral to Improve Safety

023 8033 2669

The IRIS programme provides training, support and a referral programme to primary healthcare staff to ensure that victims and survivors can find their way out of violence and abuse.

IRIS is provided by Aurora New Dawn which is a Hampshire based voluntary sector organisation that offers safety, support, advocacy and empowerment to survivors of domestic abuse and sexual violence.

MARAC Co-ordinator 023 8053 3291

Multi-Agency Risk Assessment Conference

Yellow Door (formerly Southampton Rape Crisis) 023 8063 6312 / www.yellowdoor.org.uk

Yellow Door provides a range of integrated, specialist services to those who are at risk of or who have been affected by an unwanted sexual experience. This may include anything from rape, childhood sexual abuse and sexual assault to harassment or coercion.

There is also a Young People's service which can see clients from age 11+ 023 8063 6312.

Stonham Southampton Domestic Abuse Service

Telephone: 023 8067 1626 (Refuge Service)

Telephone: 023 8033 1593 (Outreach Service)

www.homegroup.org.uk

Stonham accept any individual into their services regardless of race, religion, ethnicity or background.

They have workers who speak Punjabi, Hindi and Urdu. Two of the three refuges have partial wheelchair access with one downstairs bedroom is specially adapted and another with wheelchair accessible shower.

The outreach service provides support for both men and women who experience domestic abuse.

Signposting to other appropriate services is also offered.

Southampton Women's Aid: 023 8033 8881 / info@southamptonwomensaid.org.uk

PO Box 20, Southampton SO14 6BA

Helpline: 08088 01 03 34 Open: Mon 10-4pm, Weds 6-9pm, Thurs and Fri 10am-1pm

Works with women, young people and children affected by domestic abuse (outreach work, advice and support; group work in schools and one-to-one sessions for children and young people; weekly support group, workshops and individual counselling for mothers/primary carers).

Telephone helpline provides support and information to women experiencing domestic abuse and to people seeking help on their behalf.

No refuge or accommodation

No Limits: 023 8022 4224 / www.nolimitshelp.org.uk

No Limits is a charity which offers free and confidential information, advice, counselling, support and advocacy for children and young people under 26 who live in Southampton and Hampshire. Perpetrator Services

Services for perpetrators

Hampton Trust 02380 213520 / www.hamptontrust.org.uk

The Hampton Trust is a charity working to prevent violence, domestic abuse and social isolation.

They provide a variety of programmes and services to engage and strengthen individuals, families, organisations and communities.

Support for men who have been a victim of sexual abuse or who feel socially excluded.

Programmes are:

ADAPT, ISVA, CARA

Respect 0207 549 0578

Domestic Violence Prevention Programmes (or domestic violence perpetrator programmes, as they're otherwise known) are behaviour-change programmes for men who use violence and abuse towards their (ex) partners. They run in small groups aiming to:

- help men stop being violent and abusive
- help them learn how to relate to their partners in a respectful and equal way
- show them non-abusive ways of dealing with difficulties in their relationships and cope with their anger
- keep their partner safer

NATIONAL

Freephone 24 hour National Domestic Violence Helpline: 0808 2000 247 (run in partnership between Women's Aid and Refuge)

Refuge contact numbers

Switchboard: 020 7395 7700 / info@refuge.org.uk

General support

Samaritans: 0845 7909 090 / www.samaritans.org.uk

Inland Revenue: 0845 3020203 / www.inlandrevenue.gov.uk

Rape Crisis: www.rapecrisis.org.uk

Shelter: 0808 800 4444 / www.shelter.org.uk

Victim support: 0845 3030 900 / www.victimsupport.org.uk

Crimestoppers: 0800 555 111 / www.crimestoppers-uk.org

Legal support

Community Legal Service Direct: 0845 345 4 345 / www.clsdirect.org.uk

Rights of Women: 020 7251 6577 / www.rightsofwomen.org.uk

National Centre for Domestic Violence: 0844 8044 999 / www.ncdv.org.uk

Support for lesbian, gay, bisexual and transgender people

Broken Rainbow: 0300 999 5428 / 08452 60 44 www.brokenrainbow.org.uk

Support for children and young people

Childline: 0800 1111 / www.childline.org.uk

NSPCC: 0808 800 5000 / www.nspcc.org.uk

Get Connected (16-25 year olds): 0808 808 4994 / www.getconnected.org.uk

Support for men

Men's Advice Line (for men experiencing domestic violence): 0808 801 0327 / www.mensadviceline.org.uk

Respect (for perpetrators of domestic violence): 0845 1228 609 / www.respect.uk.net

Support for women and children from minority ethnic communities

Foreign and Commonwealth Office Forced Marriage Unit: 020 7008 0151 / <https://www.gov.uk/forced-marriage>

Refugee council: 020 7346 6777 / www.refugeecouncil.org.uk

Immigration Advice Service: 020 7357 6917 / www.iasservices.org.uk

Asylum Aid: 020 7247 8741

Southall Black Sisters: 020 8571 9595

Muslim Community Helpline: 020 8904 8193 / 020 8908 6715 / <http://muslimcommunityhelpline.org.uk>

Jewish Women's Aid Helpline: 0800 59 12 03 / www.jwa.org.uk

Somalian Women's Centre: 020 8752 1787

Newham Asian Women's Project: 020 8552 5524 / www.nawp.org

Kiran: Asian Women's Aid: 020 8558 1986 / www.rdlogo.com/cwp/kawa

Chinese Information and Advice Centre: 020 7692 3697 / www.ciac.co.uk

BAWSO: 02920 644633 / 24 hour helpline 0800 731 8147 / www.bawso.org.uk

JAN Trust: 0208 889 9433 / www.jantrust.org

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Other support

Network for Surviving Stalking: www.nss.org.uk

National Stalking Helpline: 0808 802 0300 / www.stalkinghelpline.org

Gingerbread www.gingerbread.org.uk/

Women and Girls' Network www.wgn.org.uk

Nursing Home Abuse Guide www.nursinghomeabuseguide.org

National Association for People Abused in Childhood www.napac.org.uk

Advocacy After Fatal Domestic Violence (for bereaved friends and family): www.aafda.org.uk

Mothers Apart from Their Children www.matchmothers.org

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