

Leaving home immediately

If you feel you are at risk of harm there are alternatives you can explore such as the;

- Sanctuary Scheme - Safety works can be carried out in your home, for example such as changing locks, fire proof letter boxes and fitting panic rooms. You can access this 'free' service by contacting The Hampshire Making Safe Scheme on spoc@theyoustrust.org.uk or SASS on 0207 593 1290. If you need to leave your home whilst this is completed, try to arrange temporary housing from the Council or other sources before you leave. However if it is not safe you must leave immediately even if you have not secured accommodation.
- Friends and relatives - You can stay with friends or relatives, as long as it is safe to do so, while you pursue your future options.
- Refuge accommodation - If you are fleeing domestic abuse, you may be able to access refuge accommodation. This could be anywhere in the United Kingdom, dependent upon family size and vacancies. SASS or your local ?? can help you with this.

If you are leaving immediately and it is possible to do so, try and take some essentials with you such as a change of clothes, toiletries and any medication you need to take regularly. Also, try to bring important items such as your passport, bank cards and credit cards and mobile phone.

Help for children and young people

If you or someone else in your family is being hurt at home, you may not be sure what you can do about it. Domestic abuse is not your fault and you won't get into trouble for telling someone about it.

The first thing is to tell someone else about what is happening to you. You can tell a teacher, a neighbour, a friend or a friend's parent.

You can call Childline on 0800 1111 for free. They won't tell anyone else you are calling unless you are in immediate danger. They can tell you about places where you can get help.

Test Valley Borough Council

Housing and Environmental Health Service

Beech Hurst, Weyhill Road, Andover, Hampshire, SP10 3AJ

Tel: 01264 368000

Former Magistrates Court, Church Street, Romsey, Hampshire, SO51 8AQ

Tel: 01794 527700

www.testvalley.gov.uk

General advice for victims of domestic abuse



www.testvalley.gov.uk

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Important information:

- You may not need to leave your home, you can explore other options for example, an emergency injunction, non-molestation order, occupation order and a prohibited steps order.
- Do not make a decision to give up your home permanently until you have obtained legal advice with regard to your rights and have spoken with a housing options adviser so that all your options can be considered

What is domestic abuse?

Domestic abuse includes any incident of threatening behaviour, violence or abuse. The abuse can be psychological, physical, social, financial, or emotional.

Domestic abuse can happen between two people who are or were partners, family members and regardless of their gender or sexuality.

If you are in fear of a partner, ex-partner or member of your family, you might be experiencing domestic abuse. Do they often;

- Call you names and make you feel bad about yourself?
- Make you afraid by threatening you or your children?
- Behave violently towards you?
- Stop you seeing your friends or family?
- Keep you without money?
- Harm you or make you feel you could be seriously harmed?

The list above is not exhaustive and you may experience other forms of domestic abuse, but whatever you discuss with the Housing Options service will always remain confidential. If you've answered 'yes' to any of these questions you might be experiencing domestic abuse.

What help is available?

Integrated Domestic Abuse Service for Hampshire (IDASH)

IDASH for Hampshire provides refuge, resettlement, outreach and domestic violence support. The Service is provided by the You Trust and is available to men and women over 16 years of age. The ranges of services they offer are;

- Outreach advice service
- Access and assistance in securing a Refuge
- Resettlement in a new area
- Safety planning
- Emotional support
- On-call service
- Support groups
- Children and family work
- Independent Domestic Violence Adviser (IDVA)

You may self refer to You Trust or Test Valley Borough Council can make a referral on your behalf by contacting: 03300 165 112. This is a single point of contact. To refer to 'IDASH' the email address is spoc@theyoutrust.org.uk

Andover Crisis and Support Centre

The Andover Crisis and Support Centre is a community based service that offers a wide range of services and safe accommodation for women and women with children who are in need of a supportive environment, including:

- Accommodation for single women and women with children
- Advice and Information
- Child and young persons support
- Counselling
- The 'CRUSH' program-educational programme regarding positive relationships

- Drop-In advice sessions
- Domestic abuse awareness sessions
- The Freedom Programme
- Independent Domestic Violence Advisor
- Independent Sexual Violence Advisor
- Social contact

To access all these services call: 01264 366122 or you can visit their website on <http://www.andovercrisisandsupportcentre.org.uk>

National Centre for Domestic Violence and helplines

You can contact the National Centre for Domestic Violence to explore your legal rights on: 02071868270 or 08009702070. Test Valley Borough Council Housing Options Service can also make a referral on your behalf.

You can also contact the National Domestic Violence Helpline on 0808 2000 247 if you are a woman experiencing domestic abuse. You can talk confidentially to someone about your situation and to find out what your options are.

If you are a man experiencing domestic abuse you can contact the Men's Advice Line on 0808 801 0327.

If you are in a same-sex relationship you can call the National LGBT Domestic Violence Helpline on 0800 999 5428.

Call the Samaritans on 08457 90 90 90 if you feel in despair and want someone to listen to you and provide emotional support.

Call the police on 999 if:

- your personal safety is threatened
- you are at risk of assault