



Domestic Abuse support in Tameside

What is domestic abuse?

The UK government's definition of domestic abuse is "any incident or pattern of incidents of controlling, coercive, threatening behaviour, violence or abuse between those aged 16 or over who are, or have been, intimate partners or family members regardless of gender or sexuality. The abuse can encompass, but is not limited to psychological, physical, sexual, financial, emotional."

• Coercive behaviour is an act or a pattern of acts of assault, threats, humiliation and intimidation or other abuse that is used to harm, punish, or frighten their victim

• Controlling behaviour is a range of acts designed to make a person subordinate and/or dependent by

isolating them from sources of support, exploiting their resources and capacities for personal gain, depriving them of the means needed for independence, resistance and escape and regulating their everyday behaviour.

Domestic abuse: The facts

• Each year nearly **2 million** people in the UK suffer some form of domestic abuse - **100,000** people are at high and imminent risk of being murdered or seriously injured as a result of domestic abuse

• **Seven** women a month are killed by a current or former partner*

• **130,000** children live in homes where there is high-risk domestic abuse

• **62%** of children living with domestic abuse are directly harmed by the perpetrator of the abuse

• On average, victims at high risk of serious harm or murder live with domestic abuse for **2-3 years** before getting help

*Figures relate to England and Wales only

Who are Bridges?

Bridges is Tameside Council's commissioned domestic abuse service and has been delivered by Jigsaw Support (part of the Jigsaw Group) since 2013.

The team is made up of an outreach provision, including IDVA's (Independent Domestic Violence Advisors) and Keyworkers, a refuge provision and a children's team. The outreach service is accessible to anyone living in Tameside, over the age of 16 (not applicable to children's service), regardless of gender, ethnicity or any other protected characteristic.

We also deliver a sanctuary scheme to support those being affected by abuse to be able to remain safely in their own home.

If you are at risk from, or who has been affected by domestic abuse, you can contact us via telephone on either **08003280967** or **01613312552** or via email at bridges@jigsawhomes.org.uk



Safety planning

Staying

- If you have children: agree a way to communicate urgency with them such as a 'safe word', or what they should do in case of a serious incident, for example: go to the bedroom or seek help from a neighbour-Agree a 'safe word': with a neighbour, friend or employer, so they know to alert the police if needed - If the abuse is escalating: try to keep close by to exits and stay out of rooms that might cause more harm e.g. the kitchen

Leaving

- Pack a bag with essentials: ID, birth certificate, money, medication and clothes. Keep it stored in a safe place
- Think about when the safest time to leave might be: is there a window of opportunity when the abuser is away from the property?
- Who else in the property do you need to consider: are there children? If you think it's safe to do so, tell your child/children the plan and what they need to do in order to leave safely
- Places to go: can you stay with friends or family, do you have alternative accommodation?
- Keep a note of useful numbers: key services, local refuge or homeless shelter
- Share your plan with someone you trust: alert a neighbour or family/ friend so they can assist you if needed

What to do in case of an emergency?

If you are in immediate danger, call **999**. Press **55** if you cannot speak – this will alert the police that you are in danger but are unable to say anything.

Useful contacts

Deaf Hope Support for deaf women experiencing domestic abuse
e: nationaldeafhotline@adwas.org
(Mon-Fri 9:00-17:00)

FCO Forced Marriage Unit
0207 008 0151

Karma Nirvana Support for victims of honour-based abuse and forced marriage
Freephone: 0800 599 9247
(Mon-Fri 9:00-17:00)

Citizens Advice
0300 3309 076
(Mon-Fri 9:00-17:00)
e: advice@tamesidecab.org.uk

Galop National Lesbian, Gay, Bisexual and Trans+ Domestic Abuse Helpline
08009995428

Southall Black Sisters Asian & African-Caribbean Women Help & Support
0208 5719595 (Mon-Fri 9:00-17:00)

Sharan Project South Asian Women Help & Support
0844 504 3231

Iranian & Kurdish Women's Rights Organisation
Helpline: 0207 920 6460
(Mon-Fri 9:30-17:30)
24 Hour Emergency Numbers:
Kurdish/Arabic: 07846 275246
Farsi/Dari/Turkish: 07846 310157

As well as Bridges, the following organisations can also provide help and support, depending on your situation.

Tameside 24 Hour DA Helpline
Freephone: 0800 328 0967

National Domestic Abuse 24 Hour Helpline
Freephone: 0808 2000 247

Victim Support Helpline
Freephone: 0808 168 9111

Men's Advice Line Helpline for male victims of domestic abuse
Freephone: 0808 8010327

Greater Manchester Domestic Abuse Helpline
0161 636 7525 Mon-Fri 10am-4pm,
(excluding bank holidays)