

Useful contacts



The following organisations can also provide advice and support depending on your situation

National DA 24 hour helpline - 0808 2000 247

Greater Manchester Victim Support - 0800 876 6155

Men's Advice line - 0808 801 0327

Mankind - 01823 334 244 / 0808 800 1170

Greater Manchester DA helpline - 0800 254 0909

LGBT Foundation

0345 330 3030 (9-9 weekdays and 10-6 weekends)

Karma Nirvana

Support for victims of honour - based abuse and forced marriage - 0800 599 9247

Forced Marriage Unit - 0207 008 0151



Tameside's Domestic Abuse Service

0161 331 2552
(Mon-Fri 8am-5pm)
0800 3280967 (24 hour)

bridges@jigsawhomes.org.uk
www.bridgespartnership.org.uk



Domestic Abuse support in Tameside



If it's not safe for you to keep this leaflet, scanning the QR code will take you to our website.



What is domestic abuse?

Domestic abuse is any incident or pattern of incidents of controlling, coercive or 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. This can encompass, but is not limited to, the following types of abuse: psychological, physical, sexual, financial, emotional.

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.

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.'

Domestic abuse: The facts

In England and Wales

- **2.1 million** people experience some sort of domestic abuse annually.
- **1 in 4 women** and **1 in 7 men** experience domestic abuse in their lifetime.
- **8 women** a month are killed by a current or former partner.
- Children that see, hear or otherwise experience the effects of abuse are officially recognised as victims.

The Bridges Partnership

The Bridges Partnership is Tameside Council's commissioned Domestic Abuse service. It is led by Jigsaw Support and delivered in partnership with TLC: Talk, Listen, Change and Diversity Matters North West.

We offer support to

- Victims/survivors
- Children and young people
- Those causing harm
- Women with non-domestic abuse needs

We provide safe accommodation, outreach support and a Women's Centre, where there are a wide range of services, courses and groups. One to one support is also available.

The service is available to Tameside residents regardless of gender, ethnicity, or any other protected characteristics.

Call us on **0161 331 2552** (office hours) or **0800 328 0967** (out of hours) or email us at **bridges@jigsawhomes.org.uk**



What to do in case of an emergency

In an emergency, contact **999**. If making a sound will put you in danger then press **55** and the call will be transferred directly to the Police.

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
- Also 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