

What can a solicitor do for me?



Try and talk to a solicitor before you leave s/he will advise on

- Child access
- Divorce
- Financial arrangements
- Housing Rights
- Injunctions and Occupation orders.

Leaving safely



- Have some money saved in case you have to use a taxi or a bus
- If you don't have a mobile find somewhere you can quickly and safely use a phone should you need to.
- Change existing mobile number
- Take important documents such as your Marriage and Birth certificates, and court orders Passport, benefit and bank books and health records.
- Have a small bag packed with an extra set of Keys for the house and car should you need to leave in an emergency.
- If you choose to leave try and take your children with you.
- Take essential medicines that you and your children may need.
- Leave when it is safe to do so.



Useful Websites

- www.reducingtherisk.org.uk
- www.womensaid.org.uk
- www.forcedmarriage.nhs.uk
- www.mankind.org.uk (for male victims)
- www.saferoxford.org.uk
- www.righsofwomen.org.uk

Contact Us

Housing Needs Team
109–113 St Aldate's
Oxford OX1 1DS

T: freephone 01865 252858
E: housingneeds@oxford.gov.uk
www.oxford.gov.uk

If you need a translation, a larger print version or a copy of this publication in another format please contact us

You can download a copy of this leaflet from www.oxford.gov.uk

অনুবাদের ব্যবস্থা আছে
 提供有翻譯本
 तर्जमे उपलब्ध हैं
 उबरने मल सबदे वरु
 ترجمہ دستیاب ہے

Domestic Abuse

পারিবারিক হিংস্রতা
 घरेलू हिन्सा
 ਘਰੇਲੂ ਹਿੰਸਾ
 گھریلو تشدد
 家庭暴力



We all have the right to live without fear of violence and abuse

What can I do?

Who can I talk to?

We all have the right to live without fear of violence and abuse



You don't have to live in fear of:

- Threats
- Harassment
- Physical attacks
- Emotional abuse

This leaflet gives you guidance to where you can get information about what you can do and who you can talk to.

Anyone can experience domestic abuse – it can happen in all types of relationships and for any reason.

Heterosexual, same sex, bi-sexual and transgender relationships regardless of their ethnicity, religion, class, age, disability or lifestyle. It is rarely a one off event, sometimes (rarely) only ending when one person actually kills the other.

The chain of events needs to be broken and there are a range of organisations who can work with you to do this, examples of which are in this leaflet.

If your partner or someone close to you is abusing you, there are three main steps you can take.

- Recognise that it is happening
- Accept that you are not to blame
- Get help and support.

Recognising domestic abuse



Disagreements develop from time to time in relationships. Domestic abuse is not a disagreement. It is a whole pattern of behaviours used by one partner to establish and maintain power and control over the other. These behaviours can become more frequent and intense over time.

The abusive person is responsible for this behaviour. Listed below are warning signs of domestic abuse.

- Using physical and sexual abuse
- Using emotional abuse
- Using coercion and threats
- Using intimidation
- Using children
- Using isolation
- Using jealousy and blame to justify actions
- Hidden abuse – your child's behaviour may be an indication of sexual/violent abuse

Where to get help



Oxford City Council

Homeless Enquiry Line

T: 01865 **252828**

Mon– Fri 9 am to 5 pm

Out of hours T: **0800 833 408**

Housing Advice & Assistance

Visit the Duty Officer at St Aldate's Chambers

Mon to Wed 9 am to 4.30pm, Thurs 10am to

4.30pm, Fri 9am to 4pm No appointment necessary



Help Agencies

National Domestic Violence Helpline

T: **0808 2000 247**

Domestic abuse Refuge Provision in Oxfordshire Helpline T: **0800 731 0055**

- Women only aged from 16
- Children including boys up to the age of 16
- All clients are risk assessed
- Support up to one month prior to entering refuge.
- Support whilst in the refuge
- Resettlement support up to three months after leaving the refuge
- Childrens support worker
- Support groups across the County
- Access to language line
- Women with disabilities
- Women with mental health issues
- Women with substance abuse

Male Advice & Enquiry Line Tuesday and

Thursday evening 7pm to 9pm

T: **001823 334244**

Victim Support T: 01865 **751511**

Immigration Problems No recourse to public funds: Turpin & Miller Solicitors T: 01865 **770111**

Rights for women helpline

T: **020 7251 6577**