

This fact sheet provide background information about Domestic abuse, and how to find help through local statutory and voluntary agencies, in addition to national organisations.

National 24 Hour Domestic Violence Helpline: 0808 200 0247

What is domestic abuse?

Domestic abuse covers a wide range of forms of abuse that may present differently in individual cases. Domestic abuse can include, physical, psychological, sexual, financial and emotional abuse. This can take place within a family or intimate relationship. Please remember that many forms of abuse do not leave physical marks such as bruises, but can be just as damaging.

Domestic abuse is extremely common. One-quarter of women will experience some form of abuse during their lives, regardless of ethnicity, religion, class, or age. Men can also be subjected to abuse at some point in their lives, but it appears to be more common among women according to statistics.

Honour Killings

Honour killings are rare, and usually directed at someone who is seen to be acting immorally. For example, it could be someone who is gay, pregnant outside of marriage, or has an unapproved partner. The honour killing is often planned and carried out by someone in the family, a close friend or via a contract killer. Perpetrators of honour killings can take place within different ethnic groups, religions, classes, ages, and sexual orientations.

For anyone who believes that they could be a victim of an honour killing, there are refuges and help (see the useful contacts below). In some cases, organisations have helped individuals change their identity, so they could start to build a safer life for themselves.

What are the causes of domestic abuse?

There can be numerous causes of domestic abuse, usually deep rooted and individual to each perpetrator. Stress, previous childhood abuse, abuse of alcohol or drugs, and mental health issues may be contributing factors. Underlying factors may include issues of power and control.

Why don't they leave?

It is all too easy to look from the outside in and see rationally, that that victim of domestic abuse should leave. However, there can be many reasons why someone will stay with an abuser including fear of further harm to themselves or their family. Further, the abuse often produces low self-esteem which can make the victim feel powerless and unable to leave. It is also important that you don't advise someone to leave an abusive relationship without appropriate support as the victim is at the greatest risk at the moment they leave the abuser.

How do I find someone experienced to talk to?

No level of abuse is acceptable, but if you feel the abuse is escalating and would like to speak to someone for support there are organisations listed below with helplines that you can contact to support you through this difficult time.

Local Statutory Organisations

The Police

If you are a victim of domestic abuse, or know someone who is, and there is an emergency or danger to someone's life, you should call **999**. The police's first priority is to protect you and any children. An officer will attend in cases of emergency and if it is necessary and lawful to do so, the perpetrator can be arrested.

You can also report any incidents in the safety of a local police station where a translator can also be provided.

Community Safety Unit

Harrow Community Safety Unit: 020 8733 3462 (not 24/7)

Email: community.safety@harrow.gov.uk

The community safety unit is a specialist unit based in Harrow with police officers dealing specifically with domestic violence. They are responsible for the

investigation of hate crimes within the Borough of Harrow. Hate crime includes racist crime, domestic violence, homophobic crime and hate mail.

They are not a 24 hour emergency service so you should always dial 999 in any cases of emergency.

Harrow's Safeguarding Adults Team

Civic Centre, Harrow, HA1 2XY

Tel: 020 8420 9453

Email: safeguardingadults@harrow.gov.uk

Safeguarding Adults services aim to empower and protect an "adult at risk's" right to live in safety, free from abuse, harm, neglect or exploitation. An adult at risk is someone who has specific needs for care and support, for example, they may be an older person, have a disability or mental health problem. Due to these needs they are unable to protect themselves from the risk or actual experience of abuse.

If you are a victim of abuse, harm, or exploitation or know someone who is, you can report any concerns to your local safeguarding team in order to protect those at risk and enable them to get their needs met.

CNWL – Safeguarding Team

If you are a service user under the care of Central North West London Foundation NHS Trust (CNWL) you will need to contact their internal safeguarding team. To report a Safeguarding Adults case for a client with mental health needs, you will need to complete the CNWL Safeguarding Referral form (available in and e-mail this to: cnw-tr.mentalhealthsafeguardingharrow@nhs.net). This will be reviewed by the Safeguarding Adults lead, but will require follow up within 24 hours.

Harrow's Child Safeguarding Team

If there is a child at risk of abuse or neglect in the process of a domestic abuse situation, this will need to be reported to the Child Safeguarding Team. If you have concerns regarding a child please telephone the Harrow Child Safeguarding team on Tel: 020 8901 2690.

Harrow Domestic Abuse Intervention Project for Complex Needs

This project provides support for women and men with complex needs aged 16+, particularly from BAME communities. Clients with complex needs are often unable to access services because their needs may be too high or the service may not be sufficiently specialist. Referrals are accepted from professionals only, if you feel you will be suitable for this project please contact your mental health professional

or an advice provider for referral. For queries and referrals to this service please email: DA.Intervention@hestia.org

Families Information Service – Harrow Council

Tel: 020 8901 2690, between 9.00 am – 5.00 pm Mon-Fri (excluding bank holidays)

Email: fis@harrow.gov.uk

Provides information, advice and guidance on a wide range of services, entitlements, support and activities for families with children and young people. Also signposting to appropriate services based on the individual needs of families.

Local Voluntary Sector Organisations

Hestia Women's Aid Harrow

PO Box 853, Harrow, Middlesex HA1 4NR

Tel: 0208 907 8148

Email: da.intervention@hestia.org | Web: www.womensaid.org.uk

Provides temporary, emergency accommodation, refuge, emotional support, floating support, advice and advocacy, to women and their children who have experienced or are exposed to domestic violence and or/abuse (IDVA's). Offering children and family worker, along with community support. Additionally, there is a walk in service in police stations with an advisor, they also provide help for domestic violence complex needs.

The WISH Centre

Unit 4A Livingstone Court 55 Peel Road, Wealdstone, HA3 7QT

Tel: 020 8416 7277 / 078344 77979 | Web: www.thewishcentre.org.uk

The WISH Centre (WISH) is a charity supporting young people into recovery from self harm, violence, abuse and neglect. They can provide counselling, online and text support, peer support programmes, advice for keeping safe and an Independent Sexual Violence Advocacy Service.

If you are a young person (must be in a Harrow school) needing support from WISH please call or text Shanice Grant on 0753499131.

Email: safe2speak@thewishcentre.org.uk

You can also contact matilda@thewishcentre.org.uk or call or text 07527 187177

EACH (Ethnic Alcohol Counselling Hounslow/Harrow)

Tel: 0208 427 5188 | Email: harrowfs@eachcounselling.org.uk

Website: <http://www.eachcounselling.org.uk/>

Free one to one counselling and support to Black, Asian, Minority Ethnic and Refugee (BAMER) women experiencing domestic violence and abuse. Available to women aged 18 and over. Support groups for women also available.

Yakeen Counselling Services

DAWN Diwa Asian Women's Network- 1 St Kilda's Road, Harrow, HA1 1QD

Tel: 020 8427 6796 (24 hour answerphone)

Email: yakeen_dawn@yahoo.co.uk

Web: <http://www.dawncharitabletrust.com/yakeen/>

Opening Times: Mon, Tue, Thu & Fri 10.00am-4.00pm Wed 5.00 – 10.00

The counselling service is available to Asian women experiencing depression, loneliness, who are affected by bereavement, relationship problems, cultural alienation, domestic violence, rape, childhood abuse or any other difficult circumstance. Counselling is offered in several Asian languages, and interpreters may also be used. Male support services and counselling are also provided, every Tuesday from 5-7pm.

National Organisations

Refuge

Tel: 0800 2000 247 (24-hour freephone)

Email: helpline@refuge.org.uk for administrative enquiries only

Web: www.refuge.org.uk

Runs the Freephone 24-hour National Domestic Violence Helpline, which is available every day, as well as a network of refuges across the country. Also offer independent domestic violence advocacy, child support workers, outreach services and culturally specific services.

Women's Domestic Abuse Helpline

Tel: 0161 636 7525 (open Monday-Friday 10am-4 pm excluding bank holidays; also offers help in Urdu and Punjabi Monday and Tuesday 10am-1pm, Wednesday 1pm-4pm)

Email: helpline@independentchoices.org.uk (non-urgent Email Advice Service)

Web: www.domesticabusehelpline.co.uk

Telephone counselling, information on welfare rights, legal services, accommodation. Referrals to refuges/safe houses.

Violence against women and girls (VAWG)

Website: <https://thelondonvawgconsortium.org.uk/>

A consortium of 24 organisations providing a range of services for women and girls experiencing any form of violence. For a full list of their services and contact details for individual projects, please visit their webpage.

Asian Women's Resource Centre

108 Craven Park, Harlesden, NW10 8QE

Tel: 020 8961 6549 / 5701

Email: info@asianwomenscentre.org.uk | Web: www.asianwomenscentre.org.uk

A women-only organisation offering a range of services for Asian women, particularly those who have experienced domestic abuse. These include support groups, drop-in sessions and advice, information and advocacy services. All services are free and confidential and are provided in five community languages: Bengali, Gujarati, Punjabi, Hindi and Urdu.

Women's Aid Federation of England

PO BOX 3245, Bristol, BS2 2EH

Tel: 0800 2000 247 (Freephone 24 hr national domestic violence helpline)

Email: helpline@womensaid.org.uk | Web: www.womensaid.org.uk

Provides emergency accommodation, advice, information and support services to abused women and their children.

The Hideout

Web: www.thehideout.org.uk

Online space created by Women's Aid aimed at children and young people to understand domestic violence, and how to take positive action if it is happening to them or someone they know.

Rights of Women

52-54 Featherstone Street, London EC1Y 8RT

Web: www.rightsofwomen.org.uk

Family Law Tel: 020 7251 6577, Monday to Thursday 7:00-9:00pm, Friday 12noon-2:00pm

Criminal Law Tel: 020 7251 8887, Tuesday 11:00am-1:00pm

Immigration and Asylum Law Tel: 020 7490 7689, Monday 12.00pm-3pm, Thursday 10.00am-1.00pm

Ascent Advice in London Tel: 020 7608 1137, Monday 11:00am-1:00pm, Tuesday to Wednesday 2:00pm-4:00pm

If you experience a hearing impairment you can call Rights of Women using the RNID's TypeTalk service. You can text them on 18001 0800 500 888, call them on 0800 7311 888 or email them at helpline@rnid-typetalk.org.uk.

Provide legal advice to women via their telephone helplines as well as signposting to solicitors and other organisations who might also be able to help. There are also free legal guides and handbooks on their website.

Woman's Trust

Tel: 020 7034 0303 | Email: office@womanstrust.org.uk

Web: www.womanstrust.org.uk

A support and mental health service for women affected by domestic violence, they provide one-to-one counselling, support groups and workshops.

Forced Marriage Unit

Tel: 020 7008 0151 or 020 7008 1500 out of hours (ask for the Global Response Centre) | Email: fmufco.gov.uk

Web: www.gov.uk/forced-marriage#forced-marriage-unit

Confidential advice and assistance for those who feel they are being forced into marriage.

Karma Nirvana Refuge

Karma Nirvana, P O Box 148, Leeds LS13 9DB

Tel: 0800 5999 247 | Web: www.karmanirvana.org.uk

Supports victims of honour abuse.

Domestic Violence Intervention Project

65 Aspenlea Rd, Hammersmith, London W6 8LH

Tel: 020 7633 9181 for Violence Prevention Programme, 020 7928 4813 for Women's Support Services (other numbers can be found online or ask to be transferred)

Email: dvip.info@richmondfellowship.org.uk | Web: www.dvip.org

Offers services for men hoping to stop their domestic violence behaviours and women who have experienced domestic violence and need support. There are also services for children affected by domestic violence as well as young people who are acting abusively.

ManKind Initiative

Tel: 01823 334244 | Web: www.mankind.org.uk

Is a national charity that provides help and support for male victims of domestic abuse and domestic violence

Everyman Project

1B Waterlow Road, Archway, N19 5NJ

Tel: 0207 263 8884 (helpline and office) | Web: www.everymanproject.co.uk

Opening hours: Mon 10am-2pm, Wed 11am-6pm, Thu 11am-6pm

National helpline for violent men or anyone concerned about male violence. There is a counselling programme for both perpetrators of domestic violence and their partners.

Men's Advice Line

Tel: 0808 801 0327 | Email: info@mensadviceline.org.uk

Website: www.mensadviceline.org.uk/mens_advice.php.html

Is a confidential helpline for any man experiencing domestic violence and abuse from a partner (or ex-partner).

Broken Rainbow

Tel: 0800 999 5428 | Email: help@broken-rainbow.org.uk

Web: www.broken-rainbow.co.uk

Is the only national help-line offering support to lesbians, gay men, bisexuals and trans (LGBT) people who are experiencing domestic violence, as well as their friends and families.

Support & Wellbeing Information Service Harrow (SWiSH)

SWiSH is for anyone in Harrow aged 18 years and over – those looking for help for themselves as well as carers and staff in local organisations. It can offer information or advice about a wide range of local services, including where to keep fit and well, manage finances, join social groups, look for work, start a course, access help with housing or welfare benefits or apply for a personal budget. You can call the SWiSH helpline on 020 8426 0929, Mon-Fri, 9.30am-5pm.



This factsheet was produced by Mind in Harrow

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