

Domestic Violence

This fact sheet will give some background information about Domestic Violence, and how to find help through local statutory and voluntary agencies, in addition to national organizations.

National 24 Hour Domestic Violence Helpline: 0808 200 0247

What is domestic violence?

Domestic violence doesn't just mean a partner being physically abusive; it covers psychological abuse, sexual, financial and emotional abuse. This can take place within a family or intimate relationship. Please remember you do not need to be covered in bruises to have experienced abuse.

Domestic violence 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 is far more common among women.

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, getting pregnant outside marriage, having 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. Some news coverage claims that honour killings primarily come from Muslim traditions. However, they span different ethnic groups, religions, classes, ages, and sexual orientations.

For anyone who believes 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 violence?

There can be numerous causes of domestic violence, 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, there are 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 violence should leave. However there can be many reasons why someone will stay with an abuser. Further the low self-esteem engendered by the abuse can make the victim feel powerless and unable to leave.

How do I find someone experienced to talk to?

If you feel the abuse is becoming too much and would like to speak to someone, there are organisations listed with helplines that you can contact, so you know you are not alone.

Local Statutory Organisations

Violence against women and girls

Does not provide a direct service to survivors of domestic violence, rather works with other agencies and departments who come into contact with survivors.

Crime Reduction Unit, Civic Centre, Station Road HA1 2XF
Harrow Violence Against Women & Girls Coordinator Tel: 0208 736 6285

Families Information Service

Provides information, advice and guidance on a wide range of services, entitlements, support and activities for families with children and young people.

Tel: 020 8901 2690
Email: fis@harrow.gov.uk

Community Safety Unit

The community safety team is responsible for the investigation of hate crimes within the Borough of Harrow. Hate crime includes racist crime, domestic violence, homophobic crime and hate mail.

Harrow Community Safety Unit: 020 8733 5409 / 5408 / 5407
Email: community.safety@harrow.gov.uk

Local Voluntary Sector Organisations

EACH (Ethnic Alcohol Counselling Hounslow/Harrow)

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.

Signal House, 16 Lyon Road HA1 2AG
Tel: 020 8861 3884
Fax: 020 8863 9400
Email: info@eachharrow.org.uk
Website: www.eachharrow.org.uk/harrow

Harrow Equalities Centre

Outreach service to advise, provide support, prevention and intervention to all women and children in Harrow.

Exchequer Building, Civic 8, Civic Centre, Station Road, Harrow HA1 2XH
Tel: 020 8427 6504
Fax: 020 8863 0005
Email: mail@harrowequalitiescentre.org.uk
Web: www.harrowequalitiescentre.org.uk

The WISH Centre

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.

Unit 4A Livingstone Court 55 Peel Road, Wealdstone, HA3 7QT
Tel: 020 8416 7277 / 078344 77979
Email: info@thewishcentre.org.uk
Web: www.thewishcentre.org.uk

If you are a young person needing support from WISH please call or text: 07834 477981 or 078344 77979
Email: safe2speak@thewishcentre.org.uk
You can also contact matilda@thewishcentre.org.uk or call or text 07527 187177.

Yakeen Counselling Services

The counselling service is available to Asian women experiencing depression, loneliness, women who have been 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.

Tel: 020 8427 6796 (24 hour answerphone)

Email: yakeen_dawn@yahoo.co.uk

Web: http://www.counselling-directory.org.uk/counsellor_2472.html

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

Hestia Women's Aid Harrow

Provides temporary, emergency accommodation, emotional support, advice and advocacy, to women and their children who have experienced or are exposed to domestic violence and or/abuse.

PO Box 863, Harrow, Middlesex HA1 4NR

Tel: 020 8357 0126, 020 8864 7575

Email: info@womensaid.org.uk

Web: www.womensaid.org.uk

Opening times: 10-6pm for Refuge, 10-5.30 for outreach.

Older Person's Placement Support: 0208 429 8791

Harrow Women's Centre

Services include free advice sessions (including legal advice), complementary therapies, low-cost counselling and support groups.

Andrew's Close, Off Bessborough Road, Harrow HA1 3GE

Tel: 020 8422 1100

Fax: 020 8422 1122

Email: thehwc@hotmail.com

Web: www.harrowwomenscentre.org

National Organisations

Asian Women's Resource Centre

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.

108 Craven Park, Harlesden, NW10 8QE

Tel: 020 8961 6549 / 5701

Email: info@asianwomenscentre.org.uk

Web: www.asianwomenscentre.org.uk

Domestic Violence Intervention Project

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.

Devonshire House, 164-168 Westminster Bridge Road, London SE1 7RW

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: info@dvip.org

Web: www.dvip.org

Everyman Project

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.

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

Refuge

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.

Tel: 0808 2000 247 (24-hour freephone)

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

Web: www.refuge.org.uk

Rights of Women

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.

52-54 Featherstone Street, London EC1Y 8RT

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

Web: www.rightsofwomen.org.uk

If you are deaf or hard of hearing 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.

Women's Aid Federation of England

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

PO BOX 3245, Bristol, BS2 2EH

Tel: 0808 2000 247 (Freephone 24 hr national domestic violence helpline)

Email: helpline@womensaid.org.uk

Web: www.womensaid.org.uk

Women's Domestic Abuse Helpline

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

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.wdchoices.org.uk

Forced Marriage Unit

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

Tel: 020 7008 0151 or 020 7008 1500 out of hours (ask for the Global Response Centre)

Email: fmunit@fco.gov.uk

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

Karma Nirvana Refuge

Supports victims of honour abuse.

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

Tel: 0800 5999 247

Web: www.karmanirvana.org.uk

The Hideout

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.

Web: www.thehideout.org.uk

Woman's Trust

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

Tel: 020 7034 0303

Email: admin@womanstrust.org.uk

Web: www.womanstrust.org.uk

Broken Rainbow

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.

Tel: 0800 999 5428

Email: mail@brokenrainbow.org.uk

Web: <http://www.brokenrainbow.org.uk/home>

ManKind Initiative

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

Tel: 01823 334244

Web: www.mankind.org.uk

Men's Advice Line

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

Tel: 0808 801 0327

Email: info@mensadvice.org.uk

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

Created by:

Mind in Harrow

First floor

132-134 College Road

Harrow

HA1 1BQ

T: 020 8426 0929

www.mindinharrow.org.uk

info@mindinharrow.org.uk

Registered charity number 1067480