Domestic Abuse
What is it?

Preventing domestic abuse
Stockport
Domestic Abuse

What is it?
Domestic abuse is when your partner (or a family member) hurts you or makes you scared in your own home.

Here are some examples:

- Always blamed for things
- Made to feel stupid
- Always put down
- Humiliated

National Domestic Violence Helpline: 0808 200 0247
Greater Manchester Domestic Abuse Helpline: 0161 636 7525
Here are some examples:

- Nasty phone calls
- Insulted
- Punched
- Bitten
- Having benefits taken from you
- Kept away from family and friends
- Having to explain how you spend your money
- Forced to watch pornography.
- Being kept without money

TLC: Talk, Listen, Change: 0161 872 1100

Stockport Homes: 0161 217 6016
Is domestic abuse happening to you?

Sometimes it’s difficult to know...

- Does your loved one shout or threaten you and your children?
- Does your loved one scare you?
- Does your loved one stop you seeing your friends and family?
- Does your loved one always check where you have been, how much you spend, who you speak to?
- Is your loved one checking your phone or tracking your whereabouts?
Domestic abuse can be:

- Physical (hurting your body)
- Emotional (hurting your feelings)
- Sexual (making you do sexual things you do not want to do)
- Financial (taking your money or forcing you to spend it in a particular way)

Domestic abuse can happen within all types of relationships:

- Men abusing women
- Women abusing men
- Men abusing men (gay relationships)
- Women abusing women (lesbian relationships)
- Parent abuse - older children abusing parents

Stockport Women’s Centre: 0161 355 4455
Positive Relationship Team: 0161 474 1042
Domestic abuse can happen to all different types of people:

Rich or poor

Young or old

Disabled or not disabled

Straight or gay

Black, Asian and Minority Ethnic (BAME) Communities

- Stockport Multi - Agency Partners want to stop abuse happening.
- They work to protect victims and their children and to make the abuser stop and be accountable for their behaviour.
- Domestic abuse can have terrible and long lasting effects on children.
What can I do?

• If you are being abused it is useful to talk to someone about what has happened, even if you do not want to do anything about it.
• Often it is helpful to speak to someone and get some help for yourself.
• Getting someone to write down what happened will help you in the future if you do decide to take action.

Who should I tell?

• Remember that telling someone doesn’t mean you have to do anything.
• There are places to go where you can just talk in private [see useful contacts].
• It is important to protect yourself by ‘writing down’ the abuse that happened to you. Most agency workers will write down what has happened if you ask them.

What if I just want to leave?

• The Local Authority Housing agrees that domestic abuse may mean you need a new place to live urgently
• You should contact the Housing Options Service on 0161 217 6016

Make yourself a safety plan!

Think about your safety and ways that you can protect yourself and your children.

• Do you have a phone?
• Would a neighbour phone for you?
• Could you ask someone to phone for you if they hear anything?
• Do your children know how to phone 999?
• Do support agencies have your phone number so that they can reach you?
If you had to leave your home in an emergency or could not return, do you have...

1. A safe place to stay
2. Money for taxis or buses hidden in a secret place
3. A bag with spare clothes (hidden or kept at a friend’s house)
4. Important papers (Child Benefit book, passports, birth certificates, bank books, injunction/legal documentation)
5. Phone numbers of friends, family, emergency social services and support helplines
6. Any medicines
7. Keys
8. Address Book
9. Yours and your children’s sentimental items

Can you keep these things hidden at a friend’s or relatives?
Don’t forget to let support agencies know where you are!

Stockport Community Mental Health Team: 0161 480 7393
The Prevention Alliance: 0161 474 1042
So remember the important things are to...

Tell someone what is happening

Get someone to write down or photograph anywhere you are hurt

Create a safety plan in advance

Have your things ready
Useful contacts
Greater Manchester Police
Tel: 999 in an emergency
101 for non emergency

Adult Social Services:
0161 217 6029
Out of hours 0161 718 2118

MASSH (Multi Agency
Safeguarding and Support
Hub) 0161 217 6028

Youth Justice and Targeted
Youth Support Services (YOS)
0161 474 4744 (The Respect
Programme)

If you would like this information in braille,
audio-tape, large print, on computer disc/e-mail
or in another format, please contact 0161 477
9000 or email eds.admin@stockport.gov.uk

If you do not want to keep this
leaflet then just tear off the
telephone number below

0808 200 0247 0161 636 7525

RESPECT: 0808 802 4040
Stockport County Court and Family Court 0161 477 2020
No-one has the right to abuse you
You are not alone
www.stockport.gov.uk

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