



South Yorkshire Police	01142 20 20 20
Womens Aid 24 Hr Helpline	0808 2000 247
Barnsley Sexual Abuse & Rape Crisis	01226 298 560
Barnsley Credit Union	01226 734 945
Benefits Advice (linked to jobcentre)	0800 055 66 88
Citizens Advice Bureau	08444 111 444
Community Legal Advice	0845 345 4345
Housing Benefit	01226 774 631
Victim Support	01226 243 761
Welfare Rights (Benefits Advice)	01226 775 656

#### **Family Law Solicitors**

Bury & Walkers	01226 733 533
Howard & Co	01226 211 888
Howells	01226 805 190
Mills, Kemp & Brown	01226 210 000
Peace Legal	01226 341 111

**Pathways Family Support Centre (BDVG)**

---



**Pathways Family Support Centre (BDVG)**

---

## **Safety Plan**

---

**Your Routes to Safety**



**Pathways Family Support Centre (BDVG)**

**33-35 Peel Parade**

**Barnsley**

**S70 2RN**

**Tel/Fax: 01226 731812**

**Helpline: 01226 249800**

**Website: [www.barnsleydvg.org.uk](http://www.barnsleydvg.org.uk)**

## What is Domestic Abuse / Violence?

Any incident of threatening behaviour, violence or abuse (psychological, physical, sexual, financial or emotional).

### When are you most at risk?

- \* Separation or child contact issues
- \* Trying to end a relationship
- \* Pregnancy or new birth (30% of domestic violence starts or can escalate at this time)
- \* Escalation—increases in frequency and severity indicate greater risk. The severity of violence tends to escalate after each incident.
- \* Cultural issues—these may lead to reduced access to services and social isolation
- \* Stalking—behaviour such as watching, following and constantly calling indicates a heightened risk.
- \* Sexual Assault—those who are sexually assaulted are subject to more serious injury and perpetrators may be more dangerous.

## What can you do?

If you are being abused by your partner or someone close to you there are three important steps you can take:

- 1. Recognise that is happening to you**
- 2. Accept that you are not to blame**
- 3. Get Help**

The most important thing you can do is tell someone you trust. Never be afraid to ask for help and in an emergency ring 999 (minicom 080 112 99). Barnsley Police have specialist officers experienced in dealing with domestic violence/abuse who will be able to help you.

More sources of support at back of the booklet.

## Pathways Free Services

**Crisis Intervention**—Place of Safety/Refuge referrals

### Support & Information Session

1 to 1 sessions to look at your choices and options. We can help with access to legal advice, signpost to other suitable agencies. Sessions are tailored to your individual needs.

**IDVA Service**—Independent Domestic Violence Advisor to assist those at highest risk

### Counselling Service

1 to 1 counselling, day and evening appointments available. You will have a dedicated counsellor and see him/her at the same time every week.

#### Name of

### NLP (Neuro Linguistic Programming)

NLP is a cognitive behavioural technique. It is designed to produce positive changes in thinking, beliefs and attitudes.

### Holistic Therapies

A range of therapies to reduce your stress and anxiety. This service may only be accessed in conjunction with another service.

### Women's Freedom Programme / Recovery Toolkit

Programmes to raise awareness of the impacts of domestic abuse and you and your children and help you to move on in your life.

### Get it Right Perpetrator Programme

Male perpetrator programme—ring Glen or Karina on 01226 731812 for further details.

## Improve your Security

You may need to consult your Landlord or your Solicitor if the property is jointly owned or is a joint tenancy.

### Consider:

- \* Changing the locks, installing a security system, smoke alarms, fire extinguishers and/or outside security lighting.
- \* Changing your routes and routines
- \* Changing your telephone number, go ex-directory, screen your calls.
- \* Keep away from social networks on the internet eg Facebook
- \* Change your mobile's sim card

## Safety & Staying at home with your Partner

- \* Seek support from professional organisations such as those listed on the back page
- \* Pathways can put you in touch with local and national agencies and groups who can help you
- \* Let those people who know how they can contact you safely so they can keep in touch, eg through a work number or at a friend's address
- \* Make sure that you remove all traces of contact with those agencies from your computer / mobile and phone bills
- \* You can use the internet at libraries and internet cafes if you need to look something up away from your home address
- \* Receive medical help for any injuries ensuring they are recorded and, if possible, photographed. These may be used at a later date to support court cases or re-housing applications.

## Leaving Safely

- \* Have a small bag already packed with spare clothes, keys, phone numbers and money in case you need to leave quickly
- \* You may prefer to keep this bag with a trusted friend or at work.
- \* Make sure it is somewhere the offender does not have access to.
- \* Talk to the children beforehand about the possibility of leaving in an emergency if it is appropriate to do so. Agree a codeword or a plan with them
- \* Take the children with you when you leave whatever the long-term arrangements will be
- \* Leave when it is safe to do so
- \* If you discover that you have left something essential behind, arrange to go back with a Police Officer present. DO NOT RETURN UNACCOMPANIED
- \* Consider who you can trust and tell them you are leaving
- \* Take identification that might help other protect you from the abuser, such as a recent photo of them and details of their car.

## Identify Safe People & Places

- \* Think about telling trusted neighbours, friends or work colleagues about your situation.
- \* Identify safe places nearest to your home which are staffed 24 hours, such as Police, supermarkets, garages, hospitals and fire stations. Don't be embarrassed or ashamed to ask for help in an emergency.
- \* Locate your nearest working phone box
- \* Buy a mobile if you can afford one (Pathways occasionally have an old phone to give out)
- \* If you have a car try to keep it topped up with fuel
- \* Keep a spare car key somewhere else

## Keeping Safe during a violent incident

- \* Ring 999 (Minicom 0800 112 999). If you can, leave the phone off the hook so the operator can still hear you.
- \* If you are unable to ring 999, telephone or text a friend, relative or neighbor with a pre-arranged code-word indicating you need help so they can call the Police for you.
- \* During an incident, try to stay away from rooms with no exit or with potential weapons in them, such as kitchens.
- \* Plan escape routes before you need to use them.
- \* If your partner injures you and you have not been able to call the Police, see your GP or attend A&E as soon as possible. Contact the Police as soon as you can safely do so.

## What to take with you when you leave

- \* Identification / Passport / Driving Licence
- \* Benefit details/ income support, child benefit
- \* Birth certificates
- \* Custody papers
- \* School/medical records
- \* Essential medication and prescriptions
- \* Phone and charger
- \* Money, bank cards and bank details
- \* Keys—house, car and work
- \* Divorce papers
- \* Lease / agreements
- \* Mortgage/house deeds / Insurance papers
- \* Address & telephone book
- \* Items of sentimental value / Photos / valuables
- \* Child's favourite toy, book, blanket
- \* Toiletries, nappies, essential baby equipment
- \* Clothes
- \* Any proof of abuse, i.e. notes, tapes, crime numbers
- \* Photo of abuser and their car registration
- \* Home Office papers and Immigration documents

## Staying Safe after the Separation

- \* Seek legal advice on child contact and residency applications and options for injunctions
- \* Notify neighbours, employers and schools about any injunctions and ask them to call the Police immediately if they see the offender nearby
- \* Make sure the school and those who care for any children know who has authorization to collect them
- \* Avoid places frequented by your ex partner
- \* Make up a code word to give to people to indicate you need help