

Other Sources of Help

Northumberland Womens Refuge

- 01670 820199

Citizens Advice Bureau

Alnwick - 01665 604135
Berwick - 01289 330222

North Northumberland Victim Support and Witness Service

- 01665 602863

Councils - all depts. (housing, benefits, etc.)

Alnwick - 01665 510505
Berwick - 01289 330044

Social Services

Alnwick - 01665 603411
Berwick - 01289 334000

Relate

- 0191 2329109

Debt Advice Within Northumberland

- 0845 1202933

Reach (rape/sexual assault counselling)

- 0191 212 1551

Berwick Youth Project

- 01289 333100

Berwick Family Centre

- 01289 308822

Berwick Surestart

- 01289 309734

Connexions Northumberland

- 01289 331823

If you have experienced domestic abuse

There are people who will believe you and will help you

You are not alone. 1 in 4 women and 1 in 6 men will experience domestic abuse sometime in their lives

It is **not** your fault

If you think about leaving you may wish to take the following:

Money, credit cards
Emergency numbers
Any ID, birth and marriage certificates, driving licence, bankbooks, rent book, court orders/injunctions
House/car/office keys
Passport/visa/work permit
Address book
Any medication
Children's favourite toy
Change of clothes and toiletries
Mobile phone and charger
You may want to leave an 'emergency bag with a trusted friend or relative'

cease24
01668 283221

IN AN EMERGENCY TELEPHONE 999
AND ASK FOR THE POLICE, AMBULANCE,
OR FIRE BRIGADE



**Supporting individuals
affected by
DOMESTIC ABUSE**



What is 'cease24'?

'cease24' is a project developed by the North Northumberland Domestic Abuse Forum, which works in partnership with other agencies to tackle to complex issues of domestic abuse. The project is the first of its kind in North Northumberland and aims to:

- empower and support people affected by domestic abuse
- enable them to make positive changes in their lives
- increase the safety of victims and indirect victims of domestic abuse
- challenge the myths and stereotypes surrounding domestic abuse within society
- assist with strategy and policy development

What is domestic abuse?

Physical - pushing, punching, slapping, restraining, shaking, kicking, attacking while pregnant, murdering

Emotional/psychological - name calling, shouting, mind games, criticising, acting like Jekyll and Hyde, isolating you from society

Financial - stealing money, running up debts in your name, not sharing money, withholding money, making you beg for money

Sexual - demanding sex, pornographic acts, degrading sexual statements, sexual insults, rape

What support do we offer?

Adult services

One-to-one support - our dedicated team offer individual emotional and practical support

Safety planning - assistance with escape plans and coping strategies

Group support - confidence building, raising self-esteem, therapeutic interventions

Practical support - training/education, housing/benefits, Criminal injuries compensation claims, accompanied visits to GPs, solicitors and other support agencies

Signposting and referral to specialist agencies within Northumberland

Children Services

In most cases children suffer in silence when domestic abuse is experienced in the family. Whether they are direct or indirect victims, it is crucial that services and support are available to assist with the affects of the abuse. 'cease24' offers emotional and practical support to parents concerned for their children. Children and Young people's packs are available as essential tools; enabling parents to develop coping strategies and guidance for their child or children. The project works with statutory and voluntary children's agencies in order to give children the vital support they need.

Abuse is not acceptable...

Reaching out for help is a brave and positive step.

You have the right to live free from fear, threats and abuse and you are not to blame for what is happening.

Domestic abuse can and does happen to anybody regardless of gender, age, race, sexuality, class, disability and occupation.

Children have the right to live in a safe environment.

Domestic abuse can isolate people, particularly in rural areas. Abusers know this.

We will not put pressure on anyone to report the incident/s to the police if they do not wish to do so.

We can offer emotional support and advice even when you are still involved in the relationship.

If you are in fear of your partner and feeling isolated we can arrange places to meet or times to talk.

Should you feel unable to contact us at this time **please** keep this leaflet and feel free to contact us in the future.....

