

What if I need to leave my home?

If you feel that you have no option but to leave your home to keep yourself safe, then contact your local authority housing options team for advice at the earliest opportunity.

There are places of safety (usually refuges or safe houses) for domestic abuse victims throughout the country where you can find temporary accommodation with professional, emotional and practical support.

Contact either the local or national domestic abuse helplines for advice on accessing a place of safety.

If you are in receipt of Housing Benefit and intend to return to your property within 12 months, then call your local authority Housing Benefit office for advice on whether payments can still be made.

USEFUL CONTACTS



Somerset Domestic Abuse Helpline

0800 69 49 999

National Domestic Violence Helpline

0808 2000 247

NCDV (Injunctions)

0800 970 2070

RSPCA Pet Retreat

0300 123 8278

Local Authority Housing Options Teams

Mendip: 0300 303 8588

Sedgemoor: 0300 303 7800

South Somerset: 01935 462462

Taunton Deane: 01823 356581

West Somerset: 01643 703704

Police

101

(Non-emergency)

999

(Emergency)

www.somersetsurvivors.org.uk

helping to
keep you safe



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keep you safe

Staying safe in your home

Advice for people
experiencing domestic
abuse in Somerset



Experiencing Domestic Abuse and Want to Stay in Your Own Home?

First of all, Get Support!

If you're feeling frightened by a family member or ex-partner, there are many things that can be done to enable you to be safer in your home, and you can get support to help you do this.

Contact the local domestic abuse help-line for advice, this confidential helpline is operated by

Somerset Integrated Domestic Abuse Service (SIDAS)
0800 69 49 999

Or you can call the
National Domestic Abuse Helpline
anytime on **0808 2000 247**

Remember if it's an emergency,
then telephone the
Police on 999



So What Can Be Done to Help Me Feel Safer at Home?

1 Get a Safety Plan

The domestic abuse helplines/SIDAS can advise you on making a safety plan, so if you feel in danger, you can take control of the situation.

2 Secure Your Home

There are various ways to make your home safer by having good window locks, doors, fitting spyholes to doors, changing garden fencing/hedging, installing CCTV or having sensor lights for your outside areas.

If you've reported a domestic abuse incident to the Police, or are in receipt of support from SIDAS, then the specialist Police "Bobby Van" service maybe able to help with some basic home security.

Or if you're in a social housing property, your landlord maybe able to help too.

3 Legal Protection

There are various legal remedies to help you be safer - these include:

- Non-Molestation Orders
- Domestic Violence Protection Orders
- Prohibited Steps Order
- Occupation Orders
- Restraining Orders

For more advice on your legal options, please telephone either of the local or national domestic abuse helplines or the National Centre for Domestic Violence (NCDV) on 0800 970 2070. (the NCDV specialise in domestic abuse injunctions)

4 Be Safe Online

Be careful what information you share online - via email, social networks or forums. For example, try to avoid telling people online when you are and aren't at home, or if any windows, door catches or lighting are broken at your property.

Install anti-virus and anti-spyware software on your computer and mobile devices. Turn off your locations settings on your devices.

5 Be Safe Out and About

- Make sure your mobile phone is always charged, has credit and that you **have it** with you at all times.
- Have a personal safety alarm.
- Tell a trusted friend or relative where you are going, and also if you separate from your abuser, so they know not to share any information about you.
- Keep to well-lit areas if you have to go out after dark and vary your routes and routine.
- Always know how you intend to get home, and have a backup plan.