

# Domestic abuse

we can help



## Directory of services for Maidstone

Produced by The  
Maidstone Domestic Violence Forum

[www.maidstone.gov.uk](http://www.maidstone.gov.uk)

# What this directory is about

This information pack is about domestic abuse, what you can do about it and where to get help, advice and support. If you or someone you know is experiencing domestic abuse then this pack may be of use.

This pack is for anyone who is in an abusive relationship, including men and people in gay or lesbian relationships.

Domestic abuse includes any form of physical, sexual abuse, rape, threats and intimidation. Intimidation can be mental or verbal abuse, humiliation, deprivation, regular criticism and belittling.

If you are in an abusive relationship, please remember:

- You are not the only one
- You are not to blame
- You cannot change your abuser's behaviour
- Ignoring violence is dangerous
- Break the silence – don't remain isolated
- There is life after an abusive relationship



The Maidstone Domestic Violence Forum has worked in partnership to produce this information directory.

Third Edition: November 2011

# Introduction

Welcome to the first edition of the Maidstone Domestic Abuse Handbook, produced by the Maidstone Domestic Violence Forum. It is mainly intended for victims of domestic abuse, as well as a useful reference guide for agencies working with survivors of domestic violence.

**Domestic Abuse is not acceptable within any society.** Domestic abuse is under-reported, but research shows that in the UK:

- One incident of domestic abuse is reported to the Police every minute;
- Domestic abuse accounts for 15% of all violent incidents;
- 33% of all violent incidences against women are domestic abuse;
- One in four women and one in six men will be a victim of domestic abuse in their lifetime;
- Domestic abuse has more repeat victims than any other crime;
- On average in the UK, two women a week are killed by a current or former male partner and 30 men a year are killed;
- At least 750,000 children a year witness domestic abuse;
- Nearly 1 million women experience at least one incident of domestic abuse each year.

This handbook has been written in an accessible and easy to read format. The handbook comprises short sections covering every aspect of seeking help and support. It includes understanding domestic abuse and its effects on children and contains practical advice to make yourself and your children safe, useful telephone numbers and agency details.

The guide has been compiled to ensure that all agencies have access to full and accurate information about services and resources available within Maidstone Borough Council. We have tried to include all organisations which serve the borough in relation to domestic abuse and who wishes to be included. If you are an agency working in an area of domestic abuse and would like to be included in future editions of the handbook, or you wish to amend your published details, please contact:

Ian Park, Chair, Maidstone Domestic Violence Forum  
September 2010

This leaflet is available in different formats and can be translated into other languages upon request. This leaflet is printed on recycled paper. Please recycle this leaflet.

# Domestic Abuse

## What is domestic abuse?

Domestic abuse is physical, sexual, psychological or financial abuse that takes place within an intimate or family-type relationship and that forms a pattern of forceful and controlling behaviour. This can include forced marriage and so-called 'honour crimes'. Domestic abuse may include a range of abusive behaviours, not all of which are in themselves inherently 'violent'.

Violence and abuse can be actual or threatened and may include:

- **Physical, sexual or psychological abuse** for example; slapping, pushing, kicking, punching, stabbing, rape, verbal abuse, humiliation, stalking, intimidation.
- **Financial or emotional deprivation** for example; withholding money, not allowing friends to visit or phone calls, keeping a partner from contacting their family or friends, stopping a partner from getting or keeping a job, social isolation.
- **The use or threat of using legal sanctions** against a partner, for example; threats about the custody of the children, threats of deportation.
- **Denial of rights** for example; denial of medical care, physical freedom.

### **ANYONE CAN BE A VICTIM.**

People suffer domestic abuse regardless of their social group, class, age, race, disability, sexuality or lifestyle and in all kinds of relationships – heterosexual, lesbian, gay, bisexual and transgender (LGBT).

The abuse can begin at any time – in new relationships or after many years spent together and can happen once every so often or on a regular basis.

All forms of abuse – psychological, economic, emotional and physical – come from the abuser's desire for **power and control** of another.

# Domestic Abuse

## The Structure of Abuse

Abuse can involve:

- Isolation
- Disability and exhaustion
- Degradation
- Threats
- Enforced trivial demands
- Displays of total power
- Occasional indulgences
- Distorted perspectives

Remember, you are not to blame.

Admitting to yourself and others that you are experiencing domestic abuse may seem difficult but it is an important step towards getting protection for yourself and your children.

## Effects on Children

Domestic abuse can affect children physically, psychologically, emotionally and socially.

Every child is different and may show some or none of the behaviours listed below:

- Bedwetting, stomach aches, headaches
- Sleep disturbances, nightmares
- Depression, feelings of helplessness and powerlessness
- Poor personal hygiene
- Tired and lethargic
- Desensitisation to pain
- Regression in development tasks e.g. thumb sucking
- Aggression – out of control behaviour
- Difficulties in trusting others
- Overachiever or underachiever
- Holding themselves responsible for the abuse and feeling guilty.

# Domestic Abuse

## Safety Planning

It is not your fault. You are not alone. You have the right to live free from fear.

Sometimes victims of domestic abuse have to leave home in a hurry. It can help if you make some plans. Making a safety plan is a way of feeling more in control, more positive and confident. This is a suggested plan of action that you can add to or change to suit you:

- Find somewhere you can quickly and easily use a phone (a neighbour, relative or other contact).
- Make a list of numbers for an emergency to include friends, relatives and local police (even well known numbers can be forgotten in a panic). Always carry these with you.
- Try to save some money for bus, train or taxi fares.
- Have an extra set of keys for your house, flat, car.

### **If you feel it does not place you in danger:**

- Keep a set of keys, money and a set of clothes packed and ready in bag that you can quickly take.
- Explain to your children (if they are old enough to understand) that you might have to leave in a hurry.
- Explain that you will take them with you or arrange for them to join you as soon as possible. Discuss the safety plan with them.

### **If you have more time to plan leaving, do as much of the following as possible:**

- Leave when your abuser is not around.
- Take all your children with you.
- Take your legal and financial papers, marriage and birth certificates, court orders, national health cards, passports, driving licence, child benefit books, address book, bank books, chequebooks, credit cards and so on.
- Take any of your personal possessions, which have sentimental value – photographs or jewellery for example.
- Take favourite toys for the children.
- Take clothing for at least several days.
- Take any medicine you or your children might need.
- If you have pets and are worried they may not be looked after if left behind, try to arrange for someone to care for them. An animal charity might be able to help.
- If you do leave and realise that you have forgotten something, you can always arrange for the protection of a police escort so you can return home to collect it safely.

# Domestic Abuse

## Why Leave? Why Stay?

People stay in abusive relationships for many reasons. Not everyone recognises what is happening to them as domestic abuse and may believe that the abuse is normal and acceptable.

Many victims of abuse may find it very difficult to leave. Contributing factors that may cause an abused person to remain with, or return to, their abusive partner include:

- Fear of retaliation
- Economic and emotional dependency
- Feelings for their partner
- Isolation
- Low self esteem
- Social stigma
- Beliefs about marriage
- Children
- Pets and personal items
- Fear of homelessness
- Transport difficulties
- Guilt

Many of these fears will be eased by talking to someone in confidence.

## National Helpline Numbers

National Domestic Abuse Helpline	0808 2000 247
Men's Advice Line	0808 8010 327
Victim Support	0845 3030 900
The Samaritans	08457 909 090
Childline	0800 11 11
Broken Rainbow (support for lesbian, gay, bisexual and transgender people)	07812 644 914
Foreign and Commonwealth Office (advice on forced marriage and 'honour' based violence)	020 7008 0135/0151

# Domestic Abuse

## Directory of services for Maidstone

Name of organisation	Beacon Church
Address	10 -11 Northumberland Court, Maidstone ME15 7LN
Telephone	01622 661560 / 07780 505793
Email	cas.sinclair@thebeaconchurch.org
Website	www.thebeaconchurch.org
Outline of service	<p>Emotional and practical support to victims of abuse and their families.</p> <p>We are able to offer household and furniture items to assist clients to rebuild their lives and homes. Also offer a number of free activities and can signpost clients to other agencies as required.</p>

Name of organisation	Berry and Berry Solicitors
Address	3 Tonbridge Road, Maidstone ME16 8RL
Telephone	01622 690777
Email	enquiries@the-solicitors.co.uk
Website	www.the-solicitors.co.uk/index.php
Opening times	Monday – Friday: 9am-5pm
Outline of service	<p>Can offer legal advice and assistance on a range of topics including family law issues and injunctions. Public funding (legal aid) is available for those eligible.</p>

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## Directory of services for Maidstone

Name of organisation	Broken Rainbow
Address	J414, Tower Bridge Business Complex, 100 Clements Road, London SE16 4DG
Telephone	National Helpline: 0300 999 5428
Email	mail@broken-rainbow.org.uk
Website	www.broken-rainbow.org.uk
Opening times	Helpline open: Monday: 2pm-8pm Wednesday: 10am-5pm Thursday: 2pm-8pm
Outline of service	Support for lesbian, gay, bisexual and transgender (LGBT) people experiencing domestic abuse.

Name of organisation	Canterbury Rising Sun
Address	P.O. Box 123, Canterbury CT1 2TW
Telephone	01227 452852
Email	mail@rsdvp.co.uk
Website	www.rsdvp.co.uk
Contact name	Anne Lyttle
Opening times	Monday – Friday: 9am-5pm
Outline of service	The Rising Sun Domestic Violence Project works with the Canterbury Refuge to provide crisis accommodation and support services for women and children exposed to Domestic Violence.

Name of organisation	Community Legal Advice
Telephone	Helpline: 0845 345 4345
Website	www.communitylegaladvice.org.uk
Opening times	Monday – Friday: 9am-8pm Saturday: 9am-12.30pm
Outline of service	Free legal advice helpline and Community Legal Advice can supply you with the names of legal advisors and solicitors in your area that specialise in family law.

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## Directory of services for Maidstone

Name of organisation	Chapter 1
Address	2 Exton Street, London SE1 8UE
Telephone	020 7593 0470
Email	mail@ch1.org.uk
Website	www.ch1.org.uk
Contact name	Fretha Biggs
Opening times	Monday – Friday: 9am–5pm
Outline of service	Chapter 1 specialises in providing accommodation and support services to meet a wide range of needs: single homeless, women and families and men fleeing domestic violence, care leavers, mental health, alcohol or drug problems, parents and babies.

Name of organisation	Connexions Kent & Medway
Address	Woodstock House, 15 Ashford Road, Maidstone ME14 5DA
Telephone	01622 683155
Email	info@connexionskentandmedway.co.uk
Website	www.connexionskentandmedway.co.uk
Contact name	Justine Croft
Outline of service	Connexions Kent is an impartial information, advice and guidance service for 13-19 year olds. It also supports young people up to the age of 25 who have learning difficulties and/or disabilities.

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## Directory of services for Maidstone

Name of organisation	Floating Support West Kent Housing Association
Address	101 London Road, Sevenoaks TN13 1AX
Telephone	01732 749452
Website	www.westkent.org
Contact name and details	Referral via supporting People Team at Kent County Council: 0845 8247 100 Email enquires to: floatingsupport@kent.gov.uk
Opening times	Contact Centre 24hrs tel: 0845 8247 100
Outline of service	This service aims to provide housing related support to domestic abuse victims. A Floating Support Officer will draw up a support plan with you, identifying your support needs, which will include regular visits, support with legal matters, guidance on safety planning, help finding counselling for you and your children, help with identifying training and work opportunities, benefits advice, budgeting and money management and support attending appointments, such as with police or solicitors.

Name of organisation	Golding Homes
Address	Whatman House, St Leonards Road, Allington, Maidstone ME16 0LS
Telephone	0800 923 2700 or 01622 212600
Email	supportservices@goldinghomes.org.uk asbteam@goldinghomes.org.uk
Website	www.maidstonehousing.org.uk
Contact Names	Tenancy Advice Team: Lisa Smith, Tracey Boast Support Services (lifelines): Sue Kenward, Russell Cooper, Gary Bran
Opening times	Monday – Thursday: 8am-6pm Friday: 8am-5.30pm
Outline of service	Provide support, information and advice to tenants and their families who are affected by domestic abuse. Lifeline telephone service can provided via referral from Women’s Support Service and police, a silent lifeline is installed in the person’s home. They must have an outgoing BT line.

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## Directory of services for Maidstone

Name of organisation	Kent Police – Public Protection Unit
Address	Maidstone Police Station, Palace Avenue, Maidstone ME15 6NF
Telephone	General Enquiries: 01622 690690 In an emergency: 999
Email	enquiries@kent.pnn.police.uk
Website	www.kent.police.uk
Opening times	Maidstone Police Station Front Counter: Monday – Saturday: 8am-8pm Sundays: 10am-6pm Telephone Enquiries: 24hrs
Outline of service	<p>If you or someone you know is a victim of domestic abuse:</p> <ul style="list-style-type: none"><li>• Police will deal promptly and positively with any domestic abuse incident that they are called to attend.</li><li>• Police have Domestic Abuse Officers and other experts who can give advice.</li><li>• Children can be victims too – the Public Protection Unit is there to protect the welfare of children who are the victims of emotional, physical or sexual abuse.</li><li>• Where necessary, the person responsible for the abuse will be arrested.</li><li>• Officers will try to take action that will protect you from further abuse.</li></ul> <p>Police work closely with other local agencies such as Women’s Refuges, Victim Support, Local Authorities (Councils) and Housing agencies, in order to get the support you need.</p>

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## Directory of services for Maidstone

Name of organisation	Maidstone Borough Council (Housing)
Address	Maidstone House, Kings Street, Maidstone ME15 6JQ
Telephone	General Enquiries: 01622 602000 Domestic Violence Prevention Officer: 07919 493341
Email	housingoptions@maidstone.gov.uk
Website	<a href="http://www.maidstone.gov.uk/community/housing/domestic_violence.aspx">www.maidstone.gov.uk/community/housing/ domestic_violence.aspx</a>
Contact name and details	Kate Turner, Domestic Violence Prevention Officer Tel: 01622 602658 / 07919 493341
Opening times	Monday – Thursday: 8.30am-5pm Friday: 8.30am-4.30pm Monday – Friday: Housing Options Drop In available at Gateway 9am-11.30am and 2pm-4pm.
Outline of service	The Council can offer advice on non-molestation and occupancy orders and joint tenancy issues. They can assist with alternative temporary, emergency accommodation for someone fleeing domestic abuse i.e. a refuge, and offer advice on a person's housing options. Maidstone Borough Council also operates a Sanctuary Scheme, which assists with extra security measures when a person wishes to stay in their own property following domestic abuse, regardless of the type of property you live in, e.g. private rented, home-owner, council or association property.

# Domestic Abuse

## Directory of services for Maidstone

Name of organisation	Maidstone Citizens Advice Bureau
Address	2 Bower Terrace, Tonbridge Road, Maidstone ME16 8RY
Telephone	01622 752420
Email	hello@maidstonecab.org.uk
Website	www.citizensadvice.org.uk
Opening times	Monday – Friday: 10am-4pm
Outline of service	CAB offer support to those affected by domestic abuse, including legal advice for those eligible for legal aid, obtaining injunctions such as non-molestation orders and occupation orders and specialist advice on welfare benefits, debt and housing issues, as well as general advice on a variety of other issues.

Name of organisation	Maidstone Jobcentre Plus (Welfare Benefits)
Address	County Gate One, Staceys Street, Maidstone ME14 1ST
Telephone	Maidstone Jobcentre Plus: 01622 702700 Child Benefit Customer Enquiry Line: 0845 302 1444 Income Support Enquiry Line: 0845 608 8626
Website	www.direct.gov.uk
Opening times	Monday – Friday: 8.30am-5pm
Outline of service	Contact the Benefits Agency to find out if you qualify for benefits, how to claim them, how to understand the system, changes that affect your benefit, how they are paid, what to do if your benefit is overpaid and more. If you are on a low income you may be able to claim council tax benefit, housing benefit, income support, energy efficiency grants, extended payment of council tax or housing benefit, local housing allowance, mortgage interest rate on home responsibilities protection, legal aid, crisis loans, community care grants, budgeting loans, warm front scheme.

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## Directory of services for Maidstone

Name of organisation	Maidstone Mediation
Address	Community Support Centre, Marsham Street, Maidstone ME14 1HH
Telephone	01622 692843
Email	maidstonemediation@gmail.com
Website	www.maidstonemediation.co.uk
Contact name	Annette Hinton
Opening times	Monday – Friday: 10am-4pm
Outline of service	Domestic violence has an impact on children – our parent/teen mediation can help.

Name of organisation	Maidstone Specialist Domestic Violence Court
Address	Maidstone Magistrates Court, The Court House, Palace Avenue, Maidstone ME15 6LL
Telephone	01622 687832
Email	gaynor.luckett@btconnect.com
Website	www.hmcourts-service.gov.uk
Opening times	Monday – Friday: 9am-5pm
Outline of service	Specialist support is available for people who have experienced domestic abuse/violence, whilst the case against the perpetrator proceeds through the criminal justice system.

Name of organisation	Mankind
Address	Flook House, Belvedere Road, Taunton TA1 1BT
Telephone	National Helpline: 01823 334244
Email	admin@mankind.org.uk
Website	www.mankind.org.uk
Outline of service	The Mankind initiative is a national charity that provides help and support for male victims of domestic abuse.

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## Directory of services for Maidstone

Name of organisation	Men's Advice Line
Telephone	<p>Advice Line Open:  Monday – Friday: 10am-1pm and 2pm-5pm  Tel: 0808 801 0327</p> <p>If the line is busy or if you are calling outside of the opening hours, please leave a message with your name and a safe number and you will be called back as soon as possible.</p>
Email	info@mensadviceline.org.uk
Website	www.mensadviceline.org.uk
Outline of service	<p>The Men's Advice Line provides a range of services aimed at men experiencing domestic abuse from their partners. This is done by:</p> <ul style="list-style-type: none"> <li>• giving men a chance to talk about their experiences</li> <li>• providing emotional support</li> <li>• providing practical advice</li> <li>• focussing on safety planning and reducing risk</li> <li>• signposting to a range of services, including housing and legal options</li> <li>• exploring solutions that are focused on the needs of callers</li> <li>• using a non-judgemental approach</li> <li>• offering a confidential service.</li> </ul>

Name of organisation	Porchlight
Address	13 Romney Place, Maidstone, Kent ME15 6LE
Telephone	<p>01622 675823  Helpline: 0800 567 7699</p>
Email	outreach@porchlight.org.uk
Website	www.porchlight.org.uk
Contact name	Michael Bourne
Opening times	24/7 Helpline
Outline of service	Porchlight provides outreach and resettlement services to homeless people.

# Domestic Abuse

## Directory of services for Maidstone

Name of organisation	Refuge
Address	International House, 1 St Catherine's Way, Tower Bridge, London E1
Telephone	Head Office: 0207 395 7700 National Helpline: 0808 2000 247
Email	General Enquiries: info@refuge.org.uk
Website	www.refuge.org.uk
Opening times	National Helpline 24hrs tel. 0808 2000 247
Outline of service	A refuge is a safe house where women and children who are experiencing domestic abuse can stay safe from abuse and receive support from specialist staff. Some refuges have space for many women and children, whilst others are small houses. Some refuges are specifically for women from particular ethnic or cultural backgrounds (for example, Black, Asian or South American women). Some refuges have disabled access. A refuge provides housing with support services that enables each person to develop the confidence and skills necessary to move on to independent living. The specially trained staff can assist with filling out benefit forms, housing applications and can help women access legal services.

Name of organisation	Shelter
Address	Ashford Office: Bull Yard, High Street, Ashford TN24 8SN Chatham Office: 12-16 Ordnance Street, Chatham ME4 6SL
Telephone	Ashford Office: 0344 515 1444 Chatham Office: 0344 515 1740
Email	General Enquiries: info@shelter.org.uk
Website	www.shelter.org.uk
Opening times	Housing Advice Line 8am – 8pm daily Ashford: Mon - Fri 9am–5pm Chatham: Mon - Fri 9am–5pm

Name of organisation	Sunshine Children's Centre
Address	Stagshaw Close, Postley Road, Maidstone ME15 6TL
Telephone	01622 752285
Opening times	Monday – Friday: 8.30am-5pm
Outline of service	Universal and preventative services for 0-5 year olds and their families. Services available include: community workers and crèche.

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## Directory of services for Maidstone

Name of organisation	The Salvation Army, Maidstone Corps
Address	74-80 Union Street, Maidstone ME14 1ED
Telephone	01622 681808
Email	maidstone@salvationarmy.org.uk
Website	www.salvationarmy.org.uk/maidstone
Contact name	Majors Grayson, Janice Williams or Carole Dodd
Opening times	Open every day
Outline of service	Offers counselling and support to help parents and children recover from their experiences and start their lives afresh.

Name of organisation	Victim Support
Address	Lewes Crown Court Centre, The Law Courts, High Street, Lewes, BN7 1YB (office visits not available)
Telephone	General Enquiries Victim Care Unit: 0845 389 9528 Advice Support line: 0845 30 30 900
Email	vs.kent@victimsupport.org.uk
Website	www.victimsupport.org
Contact name and details:	Please contact either the victim care unit above or the support line.
Opening times	Victim Care Unit: Mondays – Fridays: 8am-8pm Support line: Mondays – Fridays: 9am-9pm Weekends: 9am-7pm Bank holidays: 9am-5pm Typetalk users should dial: 18001 0845 30 30 900
Outline of service	Victim Support is the national charity which helps people affected by crime in England and Wales. We give free and confidential support to help you deal with what you've been through as a victim or witness, whether or not you report the crime to the police. If you do want to talk, our trained volunteers are there to listen. Our local Victim Support branches can give you and your family and friends information and support. And if you are going to court, our Witness Service can help before, during and after the trial.

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## Directory of services for Maidstone

Name of organisation	West Kent Substance Misuse Team
Address	17 Kings Hill Avenue, Kings Hill, West Malling ME19 4UL
Telephone	01732 525437
Opening times	Telephone line open Monday – Friday: 9am-5pm
Outline of service	Assessment of needs under the NHS and Community Care Act 1993 for adults between the ages of 18 and 65 with issues and concerns related to their drug and/or alcohol use.

Name of organisation	Women Support Service
Address	Maidstone Community Support Centre, 39-48 Marsham Street, Maidstone ME14 1HH
Telephone	01622 761146
Email	jo.farace@wsskent.org.uk
Opening times	Monday – Friday: 9am-5pm
Outline of service	Independent Domestic Abuse Advocates - to provide support, advice, information and advocacy to women and children who are experiencing, or who have experienced, domestic abuse.

# Domestic Abuse

## Useful Telephone Numbers

### In an emergency, call the Police on 999

Non emergency, call Kent Police on 01622 690690

#### **Broken Rainbow**

Tel: 0300 999 5428

Web: [www.broken-rainbow.org.uk](http://www.broken-rainbow.org.uk)

#### **Citizen's Advice Bureau**

Free, confidential, impartial and independent advice.

Tel: 01622 752420

Web: [www.citizensadvice.org.uk](http://www.citizensadvice.org.uk)

#### **Dove Project**

Refuge spaces in the South East.

Tel: 01702 300 006

#### **Legal Services Commission**

Tel: 0300 200 2020

#### **Men's Advice Line**

Tel: 0808 801 0327

Web: [www.mensadvice.org.uk](http://www.mensadvice.org.uk)

#### **National Domestic Violence Helpline**

Advice and accommodation.

Tel: 0808 2000 247 (24hrs)

#### **Samaritans**

Confidential emotional support for anyone in a crisis.

Tel: 0845 790 9090

#### **Victim Support**

Information and support to victims of crime.

Tel: 0845 303 0900

#### **Childline**

Tel: 0800 11 11 (24hrs)

Web: [www.childline.org.uk](http://www.childline.org.uk)

#### **Freedom Programme**

A 12-week programme providing information about domestic abuse.

Tel: 0808 2000 247

Web: [www.freedomprogramme.co.uk](http://www.freedomprogramme.co.uk)

#### **Foreign and Commonwealth Office**

Advice on forced marriage and 'honour' crimes.

Tel: 020 7008 0135/0151

Web: [www.fco.gov.uk/en/fco-inaction/nationals/forced-marriage-unit/](http://www.fco.gov.uk/en/fco-inaction/nationals/forced-marriage-unit/)

#### **Immigration Advisory Service**

Advice on immigration or asylum issues.

Tel: 0844 887 0111

Web: [www.iasuk.org](http://www.iasuk.org)

#### **Gingerbread**

Support organisation for lone parent families in England and Wales.

Tel: 0808 802 0925

Web: [www.gingerbread.org.uk](http://www.gingerbread.org.uk)

#### **National Survivors Helpline**

Support for adult victims of childhood sexual abuse.

Tel: 0845 122 1201

#### **Parentline Plus**

Information and support to anyone parenting a child.

Tel: 0808 800 2222

#### **Respect**

Helpline for people worried about their abusive behaviour towards their partner.

Tel: 0808 802 4040

#### **Reunite**

Support groups for parents of children who have been abducted.

Tel: 0116 255 6234

Web: [www.reunite.org](http://www.reunite.org)

#### **Rights of Women**

Works to attain justice and equality by informing, educating and empowering women on their legal rights.

Tel: 0207 251 6577

Web: [www.rightsofwomen.org.uk](http://www.rightsofwomen.org.uk)

#### **The Hideout**

Interactive site for children who have experienced domestic abuse.

Web: [www.thehideout.org.uk](http://www.thehideout.org.uk)

#### **The Tulip Project**

Support for parents who have experienced abuse at the hands of their children.

Tel: 0151 637 636