



your home

Domestic Abuse

How to get help

Available in large print, Braille and on CD

Shqip ܐܪܒܝ 中文 Čeština Français كوردی Português Soomaali أردو

Are you experiencing domestic abuse?

Domestic abuse is not just about being physically or sexually abused, and it is rarely a one off incident. Emotional abuse is, for some adults and children, just as damaging – and the effects can be longer lasting. Financial abuse, social isolation and verbal abuse like name calling are also common forms.

Some examples of domestic abuse:

- Physical or sexual abuse towards you or your children
- Doing things that frighten you in any way
- Destroying your property
- Threatening or behaving badly towards your children
- Insisting on knowing where you are all the time.

If you are experiencing domestic abuse, we may be able to support you with housing-related matters, legal protection and support for children.

How we can help: the choices

There is no right or wrong way to solve domestic abuse. If you are experiencing abuse we will help

you choose the solution that suits you. You can call into any of our local service offices and we have four members of staff who have been specially trained to assist survivors of domestic abuse. We take the problem very seriously and can offer you:

Emergency legal protection

In some cases we can go to court to get the fast and immediate protection of a legal order like an injunction or an ASBO to stop the abuse. The perpetrator will not get advance warning.

Fitting a safe room: the Sanctuary Scheme

The Sanctuary Scheme is for people who could become homeless because of continuing abuse from someone who has left their home. By fitting free security measures they can stay living in their home, and feel safer.

Moving home

People experiencing domestic abuse may get emergency rehousing priority. They may still have to wait up to two years. We may be able to provide temporary accommodation for up to 28 days to give you time to consider a more permanent solution.

Removing the perpetrator

Have you left your home because of domestic abuse? Are you and the perpetrator joint-tenants? You can end the tenancy yourself. This means the perpetrator has to move out. If they refuse, we can go to court to evict them. We can then start a new tenancy for you, and you can move back in.

Domestic Violence Outreach Service

This service is provided by Manchester City Council. It's a free, confidential service providing floating support to men and women experiencing domestic abuse.

Trained staff provide housing related support to prevent homelessness. They can help get emergency protection in place and help to improve property security.

They can assist you with:

- Letting you know your housing options and how they can help
- Setting up and running your home well
- Making the most of your neighbourhood

Their aim is to help you live safely and independently, you can always go back to them if you need help in the future.

The team also includes a domestic violence legal advocacy worker and two children's workers. The legal advocacy worker can act for people involved in the legal process. An advocate is there to provide support, listen to concerns and explain proceedings.

The children's workers provide practical and emotional support to children who have experienced or witnessed domestic abuse.

Useful contacts

Northwards Housing
03000 123 123

Police, ambulance, fire 999

Domestic Abuse Helplines

Domestic violence outreach team
0161 234 5400

National Domestic Abuse Helpline
0808 2000247

Women Domestic Abuse Helpline
0161 636 7525

Beverley House
(women with learning disabilities)
020 7474 1876

Broken Rainbow
(lesbian, gay, bisexual,
transgender)
08452 604460.

Extra services for customers with reduced hearing or vision

To get this leaflet in Braille, large print or on CD:

Call: 03000 123 123 **E-mail:** info@northwardshousing.co.uk

Fax: 03000 124 123 **Text phone:** 0161 274 0899

Nëse këtë dokument e domi të përkthyer, ju lutemi telefononi numrin më poshtë, ky dokument gjendet edhe në gjuhën braille, në format me germa të mëdha ose në CD.

Albanian

إن كنت تريد ترجمة هذه الوثيقة، يرجى الاتصال بالرقم المذكور أعلاه. تتوفر هذه الوثيقة أيضاً بصيغة برايل للمكفوفين وبالحروف الطباعية الكبيرة أو على قرص مدمج – سي دي.

Arabic

如果您想要一份中文译本，请拨打下列电话。
这文件也有盲文版、大字体版和 CD 光盘备索。

Chinese

Přejete-li si překlad tohoto dokumentu zavolejte prosím na níže uvedené číslo. Tento dokument je také k dispozici ve slepeckém písmu, ve velkém formátu nebo na CD.

Czech

Si vous désirez une traduction de ce document, appelez le numéro ci-dessous. Ce document est également disponible en braille, en gros caractères ou sur CD.

French

هه گه ر بئت خوئشه نه رجومه ي. نه م به لگه نامه به وه رگريت، نكابه به يوه ندي بكه به نه و ژمنه ي خواره وه. نه م به لگه به هه ر وه ها به شيواري نوسراوي كوئران، نه چيني گه زرده و بيان نه سه ر سي دي هه به.

Kurdish

Se deseja obter este documento traduzido, por favor contacte o número abaixo, este documento também está disponível em Braille, impressão grande ou CD.

Portuguese

I faddii aad rabto 'in dukumentigan lagu turjumo fadlan soo wac lambarka hoose, waxaa dukumentigan weliba lagu heli karaa farta Braille ee dadka indhaha la', far waaweyn ama cajal (CD).

Somali

اگر آپ امن دستاویز کا ترجمہ چاہتے ہیں تو براؤ کریم نیچے دئے گئے نمبر پر کال کریں، یہ دستاویز بریل، بڑی چھپائی یا سی ڈی کی شکل میں بھی دستیاب ہے۔

Urdu

03000 123 123