

Once I am Safe

If I feel low or am thinking about going back to my abuser, I can

- Phone DASS Northumberland
- Contact one of the organisations listed
- Reflect on how well I have done to come this far
- Talk to a trusted friend or family member

Other Support

If the abuser won't leave me alone and continues to harass, threaten or assault me, I can

- Call the Police
- Get legal advice about a restraining order
- Tell people what is happening
- Keep a record of the threats or abuse
- Ask for help from someone I trust



Useful Contact Details

DASS Northumberland	01670 820199
Police (emergency)	999
Police (non-emergency)	101
National DV Helpline	0844 8044 999
Broken Rainbow	08452 604 460
Men's Advice Line	0808 801 0327
Child line	0800 1111
Victim's First	0800 011 3116
NDAS	01434 608030
Forced marriage unit	080 7008 0151
Honour network helpline	0800 5999 247
Northumberland County Council	0345 600 6400

Support Worker's name

Support Worker's contact number

Office Number

Additional Numbers – write any other useful numbers here:

DOMESTIC ABUSE SAFETY PLAN

A personal safety plan is a way of helping to protect yourself and your children

It helps you think about how you can increase your safety either within the relationship or if you decide to leave.

Talk through this leaflet with someone you can trust. Fill it out and keep it in a safe place

Review and update your safety plan regularly



Domestic Abuse Support Service Northumberland

Tel: 01670 820199

DASSNorthumberland@placesforpeople.co.uk

Livingplus.placesforpeople.co.uk/DASSN

Always dial 999 in an emergency

Staying in the Relationship

- I will have important telephone numbers handy for myself and my children
- I can tell _____ and _____ about the possibility of violence and ask them to phone the Police if they hear noise of an attack coming from my home
- If I suspect an attack or argument is coming, I will try to move to a room where the risk is lower and avoid the kitchen, bathroom, garage or other rooms without outside access
- If I am afraid for my safety or the safety of my children and need to leave home quickly I can go to _____ or the Police station to seek help
- I will trust my instincts and judgement about the situation

Feeling Safer

To feel safer, I can try to:

- Keep my mobile charged
- Open my own savings account
- Rehearse an escape plan with my children so we can all get out quickly and safely
- Have a bag packed for me and the children and keep it at a friend's house
- Look into securing my house with new alarms, lights, windows locks/sanctuary scheme
- Register my name and address as a location of interest with the Police

- Create a code with my friends and family I can use while talking to them if I need help
- Keep personal information away from social networking sites e.g. Facebook
- Consider restoring my mobile to factory settings

Deciding to leave the relationship

- If I decide to leave home, I will look at the checklist on this leaflet
- If I stay at home I will inform _____ and _____ that my partner no longer lives here with me and to call the Police if they are seen near the house or the children
- If my ex does not have permission to see the children, I will inform the school that only _____ has permission to pick them up
- I can get a legal order from the court and keep a copy somewhere safe
- I can avoid shops, banks and _____ that I used to go with my ex-partner
- I can contact a solicitor to protect me and my children and sort out contact, residence and separation issues

Remember – you are not responsible for your partner's violence – only they are

Children

- I will talk with and support my children
- I will teach my children how to dial 999 and a code I will use if I need them to call
- I will teach them to never get involved in the middle of a fight
- If I leave home, I will bring with me one of child's favourite toy

Moving to a New Home

If I move, I will:

- Keep my address and telephone confidential
- Look into securing my new home with alarms, locks, bolts and/or the sanctuary scheme
- Ensure I am not on the polling list that is visible to the public
- Rehearse and escape plan with my children so they can get out quickly and safely
- Register my address as a location of interest with the Police

If you decide to leave and have the time – collect:

- Birth certificates
- Passports
- National Insurance details
- Medication and Health records
- Money/bank cards
- Benefits statements
- Tenancy agreement / mortgage statement
- Keys – home, car, work etc
- Mobile phone