

Help and Support for Victims of Domestic Violence and Other Forms of Violence Against Women

Are you or someone you know being threatened or abused by a partner or ex partner?

Domestic violence is common and can happen to anyone, in fact 1 in 4 women will experience domestic violence at some stage in their lives.

The phrase 'domestic violence' makes most people think of physical abuse. Domestic violence can involve behaviour such as slapping, beating and kicking which can at its worst lead to permanent injury. But there are also other ways you can be abused These can be sexual, emotional and mental. The abuse may be by your husband or partner but could also be from other family members such as your father, uncle son or by female relatives. Remember, no one has the right to hurt or abuse you. Domestic violence is wrong and is treated seriously in this borough.

Other forms of violence against women will not be tolerated. Female Genital Mutilation (FGM) and forced marriage are both illegal and there are people who can help and advise you if you or anyone you know is at risk.

This leaflet gives you information about who you can contact for advice and practical help. Advice is often available in other languages through interpreting services.

Police

If you or your children are in immediate danger then call the police emergency services on **999**

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Hammersmith and Fulham Police

Hammersmith

020 8563 1212

Shepherds Bush

020 7371 1212

Fulham

020 7385 1212

Community Safety Unit (CSU) 020 8246 2880

The CSU investigates crimes of domestic violence. If you have called the police out to a domestic violence incident then they will provide you with contact details for ADVANCE, an independent service which can offer you help and advice.

National Domestic Violence Advice Lines and Websites

Domestic violence

National Domestic Violence 24 Hour Helpline

0808 2000 247

Provides advice on all aspects of domestic violence. This includes how to access emergency accommodation, local services which can help you and advice on how to keep safe. Interpreting services can be provided. All calls are free of charge.

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National Centre for Domestic Violence

08709 220 704

24 hour service providing legal advice to victims of domestic violence

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Refuge

www.refuge.org.uk

Women's Aid

Arabic

www.womensaid.org.uk

Both of these websites provide information and advice on domestic violence in Arabic. You can print off a copy of the Survivors Handbook in Arabic from the Women's Aid website which will provide you with information about domestic violence and how you can get help

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Broken Rainbow

www.lgbt-dv.org

08452 604 460

Helpline and advice for lesbian, gay, bisexual and transgender people experiencing domestic violence.

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Respect

0845 122 8609

Phone line and advice for men who want to stop their abusive behaviour towards their partners. Interpreters can be provided.

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Men's Advice Line

08450 646 800

Help line for men who are victims of domestic violence

Domestic Violence Services in Hammersmith and Fulham

Services listed below provide advice and support on domestic violence to all women living in Hammersmith and Fulham unless stated otherwise.

Westside 07771 905 306

Domestic violence advice and support for women living in Hammersmith and Fulham. Will also provide support for women suffering violence from other family members.

Hammersmith Women's Aid

07921 761 147 or 07921 760 042

Domestic violence support for women in Hammersmith and Fulham

and for women living in the North Fulham NDC area only

07921 761 143

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Advance Advocacy Project

Services available to women referred by Hammersmith and Fulham police, housing advice service, Charing Cross Accident and Emergency Department and Walk in Centre and Parsons Green Walk in Centre (operates 24 hours a day, seven days week)

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Al Aman Family Safety Project

Al Aman is a project which supports Arabic speaking women who are victims of domestic violence in West London. It also works with Arabic speaking men who wish to address their abusive behaviour.

To speak to an Arabic speaking woman worker phone 020 8563 2250.

To speak to an Arabic speaking man ring 020 8748 2577.

Hammersmith and Fulham Victim Support

020 7385 6868

Arabic

Help support and advice for victims of domestic violence and other crimes.

Legal and other advice services in Hammersmith and Fulham

Hammersmith and Fulham Law Centre

020 8741 4021

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Hammersmith and Fulham Housing Advice and Assessment Service (local authority)

020 8753 4215

Advice on emergency housing and other housing issues. Includes advice on their housing options for people fleeing domestic violence. This can include assistance on accessing refuge space or other emergency accommodation.

Hammersmith and Fulham Children's Services – Contact and Assessment Service (CAS)

020 8753 5842 or 020 8753 5269

Out of hours 020 8753 5392

E mail: cas.glenthorne@lbhf.gov.uk

Contact the service if you have any concerns about a child being mistreated. This can include issues around domestic abuse, forced marriage and female genital mutilation.

Other Useful National Support Lines and Websites

Forced Marriage Unit

020 7008 0151

Confidential advice and assistance for people who fear they may be forced into marriage.

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FORWARD (Foundation for Women's Health Research and Development)

020 8960 4000

Advice to girls and women at risk of female genital mutilation (FGM) and to those who have suffered FGM.

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Immigration Advisory Service

Office hours: 020 7967 1200 Emergency out of hours: 020 7378 9191

Provides a free legal advice service to immigrants and asylum seekers

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Refugee Council

020 7346 6777

www.refugeecouncil.org.uk

Support and advice for asylum seekers and refugees

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Muslim Women's Helpline

www.mwhl.org

0800 032 7587

Support for Muslim girls and women in crisis. Offers a free, confidential listening and advice service and referral to Islamic consultants where appropriate along with practical support and advice.

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National Child Protection Helpline (NSPCC)

0808 800 5000

Arabic

www.nspcc.org.uk

Call the helpline if you are concerned that a child is being neglected or abused. Interpreters can be provided. The website provides advice in Arabic.

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Samaritans

08457 90 90 90

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Shelter 24 Hour Advice Line

0808 800 4444

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Safety Planning Checklist

Be ready to call 999 if you or your children are in danger.

Keep some money and a set of keys in a safe place.

Find out about your legal and housing rights, e.g. talk to a solicitor.

Keep copies of important papers (passports, birth certificates) safe so you can take them with you should you decide to leave.

Carry a list of emergency numbers with you e.g. police, friends etc

Tell someone you trust about the abuse.

Report any injuries to your GP so there is a record of the abuse.

Think about escape routes so you and your children can get away safely in an emergency.

Pack an emergency bag. Include clothing, medication, money, keys, important documents etc