

THE TRUST TIMES

18+ Care Leavers Newsletter

Special Issue #2

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DOMESTIC ABUSE AWARENESS ISSUE

Due to COVID-19 more people are spending time at home and less time with others. Linked to that there have been reports of an increase of domestic abuse.

Domestic abuse can include, but is not limited to, the following:

- Coercive control (a pattern of intimidation, degradation isolation and control with the use or threat of physical or sexual violence).
- Psychological and/or emotional abuse
- Physical or sexual abuse
- Financial or economic abuse
- Harassment and stalking
- Online or digital abuse

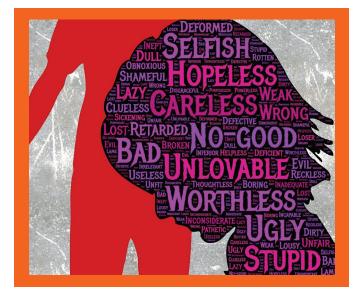
If you have any worries that you would like to discuss please speak to your Personal Advisor or alternatively you can access the resources below.

Remember There is No Excuse for Abuse.

CONTACT US

If you have any ideas for special editions or artices in future editions of The Trust Times then contact us.

 ${\bf Email: juliette.walton@birminghamchildrenstrust.co.uk}$



This may have been said to you?

In this edition:

- Roshni support for South Asian women
- National Centre for Dom Violence
- Women's Aid Survivors Forum
- Housing Options Hub
- Galop
- Refuge 24hr DA helpline
- Respect men's advice line

SUPPORT FOR SOUTH ASIAN WOMEN

Roshni is a registered charity, which has been operating for 30 years and is devoted to providing support for South Asian women and their children who have suffered from domestic violence, forced marriage and honour based crimes.

They support South Asian women from the following countries: Afghanistan, Bangladesh, Bhutan, India, Maldives, Pakistan, Nepal, Sri Lanka and other South Asian countries. Tibet, Mauritius, Myanmar, Iran and Burma will be assessed on case-by-case basis.

You can contact Roshni using details below.

Phone: 0800 953 9666

or visit their website here: roshnibirmingham.org.uk

You can view the website in different languages.

NCDV HERE TO SUPPORT YOU

The National Centre for Domestic Violence (NCDV) will support ANYBODY who has experienced domestic abuse with a variety of services.

They will help you to seek other accommodation, go through court with you if required and help you to cope with the lasting impact of the situation.

For information on making a referral or to find out more about what support you can get, please visit: **www.ncdv.org.uk**

You can also give them a call on: **0800 970 2070**

SURVIVORS FORUM

Women's Aid have a Survivors Forum. This is a safe space where people with experience of domestic violence can talk to and support each other. You can view the forum without signing up but you will need to register to take part and engage with others.

You can find the registration form here: survivorsforum.womensaid.org.uk/register/

REFUGE HELPLINE 🕿

As a woman fleeing domestic abuse, you may want to access specialist refuge accommodation. They can also support you to find other specialist services in your community, which can provide support whether you have left your partner or not.

The Helpline can help you find a refuge vacancy for you and your children. Give them a call for more information on **0808 2000 247** or visit **www.refuge.org.uk** for more information

HOUSING HELP

Women at risk of homelessness as a result of Domestic Abuse can receive support with their housing needs. Call the Housing Options Hub: 0808 169 9604 The mission of NCDV is to help people identify the early signs of domestic abuse, make decisions for a better life and to make domestic abuse socially unacceptable.



Domestic Violence

LGBT HELP FROM GALOP

The national LGBT Domestic Violence Helpline is run by Galop, the leading LGBT anti-violence and abuse charity. Galop has been working for 33 years to support LGBT victims of abuse, violence and discrimination through a variety of services, including a helpline and as the lead partner of The Domestic Abuse Partnership which is the only specialist multi-agency community response to LGBT Domestic abuse- call them on **0800 999 5428** or visit their website **Igbtdap.org.uk** If you can't get a quiet place to talk, you can also email **help@galop.org.uk**

DA SUPPORT FOR MEN

It can be a lot harder for a man to admit he is being abused or even to notice but it can be just as life altering.

Domestic abuse comes in many different forms but each one is just as damaging. It is therefore important that you reach out even If you aren't too sure that it is abuse. The Respect helpline will assist you in figuring that out.

You can call the Respect helpline and find friendly and helpful people who will be able to support you **0808 8010 327** or visit the website: **mensadviceline.org.uk**