

MAKE A CRISIS PLAN

This may help you have more control:

- If you have a legal order, keep a copy for yourself and send a copy to the Police Station
- If possible, put money away to pay for bus, train or taxi fares
- Keep a set of clothes for you and your children packed in a bag that is easily reached and not too heavy, keys and money
- Always carry a list of telephone numbers to call in an emergency and a spare set of house/car keys
- Know where there is a telephone you can use quickly and easily, or if you have a mobile phone keep it with you
- Children will probably be aware of what has been going on – talk to them about the problems

If you have to leave try to do the following if possible:

Secure a safe place to go to. This may be a refuge or another safe place. Speak to CWA beforehand for advice. The children should go with you, make sure you take up to date benefit information, your NHS number, your child's health record, legal documents, your National Insurance number, tenancy information, bank statements and your mobile phone and charger. Leave when the abuser is not around. Take any personal possessions, clothes for several days, anything of sentimental value, a few of the children's favourite toys and also any medication which is needed.

Cambridge Women's Aid can help you to think about what you need to do. We can help you look at your options and help you decide what you want to happen.

CONTACT US

We are a local charity and part of a national network of services for women and children affected by domestic abuse. In the strictest confidence our independent and free service provides expert advice, practical and emotional support.

We can also help you to access safe refuge in a safe area if needed.

Refuge
01223 460947

Outreach Service
01223 361214

Emergency out of hours
07730 322098

National Helpline
0808 2000 247

Online advice, help and support

www.cambridgewa.org.uk

CWA offers free and confidential advice to women who want to regain control of their lives. In the first instance speak to a worker or to make an appointment to meet in Cambridge by calling 01223 361214

Cambridge women's aid
Supporting women & children since 1977

**SUPPORTING WOMEN AND
CHILDREN IN CAMBRIDGE CITY
AND CAMBRIDGESHIRE
SINCE 1977**

Registered Charity No: 1137602.

Member of Women's Aid Federation (England)

A company limited by guarantee registered in England No.7263026

Registered Office Lanham & Co. Ltd

9 Gt. Chesterford Court, London Road, Gt. Chesterford, CB10 1PF

WHAT IS DOMESTIC ABUSE?

Often people think that domestic abuse is only physical. However, it also includes other forms of abuse such as emotional abuse or sexual abuse.

Is your current/ex-partner threatening or bullying towards you or your children?

Has your current/ex-partner

- Stopped you from going out?
- Ridiculed your feelings & criticised you?
- Humiliated you in public or in private?
- Made you feel that no-one else would want you?
- Insulted your friends or family and made it difficult to see them?
- Complained about you having your own friends or interests or going out?
- Turned your children against you?
- Insisted you dress differently?
- Withheld money from you?
- Criticised you sexually?
- Forced you to have sex?
- Thrown things at you?
- Threatened to hurt you or punish you?
- Slapped or kicked you or pushed you around?
- Pulled your hair, spat at you, hit or punched you?
- Threatened you with Social Services if you didn't give him what he wanted?
- Blackmailed you?

If your relationship doesn't feel right, call us and talk it over. We are happy to listen.

We are experienced in providing support, information and advice to women who are experiencing a range of abuse.

WHO CAN USE THE CWA OUTREACH SERVICE?

- Women from any background can call us about past abuse, current abuse and any fears she has about future abuse.
- Women who have separated from their abusive partner but feel confused, alone, lacking in confidence or are scared
- Women who have children and those who don't.
- Women who do not know what to do or where to turn. For various reasons you may not want or are not ready to leave your relationship.
- The CWA Outreach Service mainly supports women living in Cambridge City, South or East Cambridgeshire.

You are probably aware that you cannot continue alone for much longer and need to talk to someone who will understand what is happening in your life.

If you are worried about someone you know or work with, you can also contact us for advice. We are happy to speak to concerned professionals, neighbours, friends, family members etc.

WHAT IS THE CWA OUTREACH SERVICE?

It is a free and confidential service based in the community to support women. We offer one to one support based on individual needs as well as support groups and social programmes.

We asked women using our service if they would recommend us to a friend. 100% said they would.

"You can meet and talk to women who have been through abuse. There is a great wealth of information and care given to individuals. No one is judgemental."

"All the help and understanding they have given me you could not ask for more. I got all the help I needed and more. They are always on hand if you need them. Only a phone call away."

"It changed my life for the better and got me all the support I need."

"They were the only people who understood and believed me when most others blamed me. I have been able to make so much headway. I would not be where I am without CWA. They helped me make sense of it all and I no longer blame myself."

I don't feel safe at home. What can I do?

Contact Cambridge Women's Aid to talk it through. As well as us there are many organisations willing and able to support women and their children who are living in unequal or abusive situations. Help is available to you whether or not you wish to leave your partner

A first step is to recognise what is happening to you and remember not all domestic abuse involves physical violence.

A second step is to realise that you are not to blame. There is no excuse for your partner to assault, abuse or humiliate you.

A third step is to begin seeking the advice, information, help and support that is available to you.

