

Worcestershire Services - Support for Recovery

Updated 31 July 2018

West Mercia Women's Aid (Worcestershire Domestic Abuse Helpline)

Tel: 0800 980 3331 (Male & Female)

Independent Domestic Violence Advisors (IDVA's) – supporting High Risk victims

Delivering Support & Empowerment Groups / Programmes:

- Freedom (12 weeks)
- Power to change (12 weeks)
- Recovery Toolkit (12 weeks)
- Parenting (12 weeks)
- Helping Hands (5-11 yrs)
- 1:1 supporting children in refuge
- Survivor Network
- All programmes can be accessed via the helpline

Worcestershire Male Domestic Abuse Helpline

Tel: 0800 014 9082

Operating: Tuesday's 11am-3pm

Referral email: male.support@rooftopgroup.org

The helpline deals with any queries from men who have or are experiencing domestic abuse, or from those who may be worried about someone experiencing it. Outside of the above hours the voicemail service will be regularly monitored and responded to. If in need of immediate danger/ support call 999 or 101 Or if you are in need of immediate Domestic Abuse Support, please call 0800 980 3331.

Women's Aid and Rooftop Housing Group

- Refuge & Safe house provision
- 1:1 support for males and females
- Male recovery programme

Email for referrals:

male.support@rooftopgroup

- Male support worker
- Rooftop are trained to deliver WMWA programmes.

The DAWN project – Worcester

Referral to: dawn@worcestercommunitytrust.org.uk

Working in collaboration with SupportWorks Foundation, provides telephone, email and face to face support, safety planning, home security (including referrals for additional security), 1:1 emotional support, housing and benefits advocacy and support, advocacy and support at family and criminal courts and support with social care.

Delivering:

- The Freedom Programme (Group and 1:1)
- Freedom & Beyond (part 1)
- Freedom & Beyond (part 2)

JOY - Worcester

Email: joy@worcestercommunityfirst.org.uk

Web: www.worcestercommunitytrust.org.uk/wct-in-action/joy

Also delivering:

- Accredited and non-accredited courses
- Mentoring
- Support into volunteering

A women only community project providing support, enabling new skills, empowerment, confidence and resilience in a safe environment.

- Peer group support networks, 1:1 support

Supportworks Foundation

Working in collaboration with The Dawn Project and Sandycroft Centre.

Delivering:

- Freedom Programme
- Freedom & Beyond (part 1 & 2)
- Has a Survivor support network.



**WORCESTERSHIRE FORUM
AGAINST DOMESTIC ABUSE
& SEXUAL VIOLENCE**

Stronger Together

Sandycroft Centre – Redditch

Email: info@sandycroft.org

Providing 1:1 support, weekly groups, counselling & wellbeing services to help deal with domestic abuse.

Working collaboratively with Support Works to deliver:

- The Freedom Programme
- Freedom & Beyond (part 1 & 2)

Also delivers:

- CRUSH programme for young people
- Peer mentor Group

Home-start – Redditch

Email for referrals: homestart.new@aol.co.uk

Office number: 01527 62819

The Freedom Programme: One to One Freedom can be discussed, 1:1 On-going support and Crèche facilities may be available.

Inspire Community Training

Tel: 01527 529265

Email: karen_inspire@live.co.uk

Web: <https://inspiretraining.weebly.com>

Facebook: www.facebook.com/inspire.winyates

Address: Studio 7, Winyates Craft Centre, Fownhope Close, Redditch, B98 0LA

- Freedom Programme
- Progression courses
- Counselling

Visual Evidence for Victims (VEV)

A West Mercia project that is independent of the police that allows victims to have injuries and damage caused as part of the ongoing abuse, photographed and stored securely until they decide when to report to the police. These can be stored for up to 6 years. This project is overseen by Victim Support. Full details of the scheme and agencies part taking can be found at:

Web: <https://bit.ly/2GWW4u3>

Email: westmercia.varc@victimsupport.org.uk

Victim Support

Local: 01905 726896

National Support line: 0808 168 9111

Email: hw@victimsupport.org.uk

Providing support to victims of domestic abuse through 3.5.Independent Victim Advocates (IVA's)

- Telephone support, 1:1 support to medium / standard risks
- Information provision / signposting for victims (victims' rights / victim's code)
- Home security advice / support
- Housing support / liaison
- 1:1 Emotional support
- Visual Evidence to Victims (VEV) – Coordination and oversight of scheme

West Mercia Police

Victim and Witness Service Centre

Web: www.westmercia.police.uk/victiminformation

A dedicated unit providing point of contact for victims and witnesses from point of charge information through to case completion.

Police Integrated

Victim Management (IVM)

Email: IVMWorcestershire@westmercia.pnn.police.uk

Integrated Victim Management (IVM) is a response coordinated by West Mercia Police to provide enhanced support to repeat victims of crime and / or those with vulnerability needs who would benefit from a holistic multi agency partnership approach. This will include repeat victims of domestic abuse.

Citizens Advice Witness Service

Tel: 0300 3321 000

Web: www.citizensadvice.org.uk

Provides support in advance of a trial in the form of outreach visits, pre-trial visits to the court to help prepare witnesses to give evidence and what to expect. Provides a secure place for witnesses to wait and emotional support.

Going to court - a step by step guide to being a witness:
www.youtube.com/watch?v=aUOc0Sa1WMM



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Swanswell Alcohol and Drugs recovery service

Tel: 0300 303 8200

Referral: worcsref@swanswell.org

Swanswell, based across Worcestershire, provide community based alcohol, drugs and support services for both adults, young people and families.

West Mercia Rape and Sexual Abuse Support Centre (WMRSASC)

Helpline: 01905 724514

Web: www.wmrsasc.org.uk

Email: office@wmrsasc.org.uk

WMRSASC is a free, confidential and non-judgemental support service for survivors (Men, Women and Children) who have experienced rape, assault, incest, sexual abuse, sexual harassment or any form of sexual attack, whether physical, verbal or emotional from 5yrs upwards.

Providing:

- Independent Sexual Violence Advisory Service (ISVA) – Men / Women (18+)
- Family Independent Sexual Violence Advisors
- Children and Young People Service
- Children and YP Sexual Violence Advisors
- (+5 to 18yrs)
- Children's Counselling
- Pre-trial therapy / Sexual Violence counselling
- Educational / Prevention Programmes:
- Sexualisation Exploitation Love Friendship Information Empowerment - SELFIE project 11-25yrs (in groups or 1:1)
- SELFIE plus – Primary Schools / Community Groups (Adults / Professionals)

Sexual Assault Referral Centre (SARC) – The Glade

Tel: 01886 833555 (18yrs +)

Web: www.theglade.org.uk

West Midlands Paediatric Sexual Assault Service (including counselling) **0800 953 4133 (0-18)**

24hr Self-referral number **0808 178 2058**

The Glade offers a free and confidential service to men, women and children who have been victims of rape or sexual assault. Where appropriate clients will be offered

a forensic medical examination to gather evidence, advice about pregnancy and sexual health, medication and where appropriate, referral for ongoing and long term support and/or to the clients GP and counselling. Counselling is available to men, women and children who have been victims of rape or sexual assault.

QualitySolicitors Parkinson Wright - Domestic Abuse drop in centre

Contact Suzanne Oldnall: 01905 721 600

If you are suffering from Domestic Abuse and need someone to talk to for advice, QualitySolicitors Parkinson Wright has a designated Domestic Abuse Team led by Suzanne Oldnall. Suzanne and her team provide legal advice and support including emergency protection orders in relation to both adults and children in Worcester, Droitwich, Kidderminster, Redditch, Evesham and surrounding areas of Worcestershire. They also have a Domestic Abuse Drop in Centre at Haswell House, St Nicholas, Monday - Friday 9:30am -12pm You do not need to make an appointment.

Other Solicitors are available to provide legal advice and support services

RSPCA Pet Retreat

Tel: 0300 123 8278

Email: petretreat@rspca.org.uk

Website: www.rspca-petretreat.com

RSPCA PetRetreat is a vital and unique service that helps women, men and children fleeing domestic abuse, by providing temporary foster care for pets so their owners can leave their abuser and find a safe home. Family pets are often used as a tool to manipulate and control victims of domestic abuse and one of the reasons why some individuals do not leave their abusive partners and retreat to the safety of a refuge is due to the fear of leaving their family pets behind.

Paws Protect - Cat Fostering Service

Web: www.cats.org.uk/what-we-do/paws-protect

Paws Protect is a Cats Protection's pet fostering service for families fleeing domestic abuse. Through a network of cat fosterers, the service provides a retreat for pets of those going into a refuge until the owner has a safe place to live, when they can be reunited.



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Relate Worcestershire - The Relationship People

Email: reception@relate-worcestershire.org

Web: www.relate.org.uk/worcestershire

Client Line: 01905 28051

Provision of relationship counselling across the county of Worcestershire and in Hereford.

Delivering:

- Couple Counselling
- Individual Counselling
- Children and Young People's Counselling
- Family Counselling
- Psycho Sexual Therapy and Sex Addiction Therapy

National Centre for Domestic Violence

(NCDV) Freephone: 0800 970 2070

Website: www.ncdv.org.uk

Provides a free, fast emergency injunction service to survivors of domestic violence regardless of their financial circumstances, race, gender or sexual orientation.

Childline

Freephone: 0800 555 111

Website: www.childline.org.uk

ChildLine is the UK's free, confidential helpline dedicated to children and young people. Whenever children need us, ChildLine will be there for them - 24 hours a day, 7 days a week, 365 days per year.

Paladin (National Stalking Advocacy Service)

Tel: 0203 866 4107

Website: www.paladinservice.co.uk

Paladin assists high risk victims of stalking throughout England and Wales. A number of Independent Stalking Advocacy Caseworkers (ISACs) ensure high risk victims of stalking are supported and that a coordinated community response is developed locally to keep victims and their children safe.

National Stalking Helpline

Tel: 0808 802 0300

Website: www.stalkinghelpline.org

The Helpline provides guidance and information to anybody who is currently or has previously been affected by harassment or stalking. The Helpline can provide guidance on:

- The law in relation to stalking and harassment in the United Kingdom
- Reporting stalking or harassment
- Effective gathering of evidence
- Ensuring your personal safety and that of your friends and family
- Practical steps to reduce the risk

Men's Advice Line

Tel: 0808 801 0327

Website: www.mensadviceline.org.uk

Confidential helpline for men experiencing domestic violence from a partner or ex-partner (or from other family members). They help by: giving you time to tell your story; offering emotional support; providing practical advice; signposting you to other services for specialist help.



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Karma Nirvana

Tel: 0800 5999 247

Website: www.karmanirvana.org.uk

Providing support and advice around Forced Marriage and Honour Based Violence, including Female Genital Mutilation (FGM)

Karma Nirvana believes that cultural acceptance does not mean accepting the unacceptable and acknowledges that often there remains a lack of professional confidence. Our work equips professionals so that they do not fear offending communities when tackling forced marriages and honour related abuse as we deal with these abuses within a Child and Public Protection framework. One of our key principles is that we never talk to or engage with your family. Our commitment and loyalty is to you and as we understand the fears when family members become involved.

CEOP (Child Exploitation Online Protection centre)

Website: www.ceop.police.uk/safety-centre

Are you worried about online sexual abuse or the way someone has been communicating with you online?

Making a report : ceop.police.uk/CEOP-Reporting/

National LGBT Domestic Abuse helpline

Tel: 0300 999 5428

Email: help@galop.org.uk

Support for lesbian, gay, bisexual and transgender people experiencing domestic abuse.

Polish Domestic Violence Helpline

Tel: 0800 061 4004

Email: info@polishdvhelpline.org

Web: www.polishdvhelpline.org

Free helpline for Polish people who live in the UK and experience domestic abuse.

Muslim Women's Network

Tel: 0800 999 5786 (10am - 4pm, Mon – Fri)

Email: info@mwnhelpline.co.uk

Web: www.mwnhelpline.co.uk

Text: 07415 206 936

Cultural Barriers

Asian / Muslim women face additional cultural barriers that prevent them from seeking help such as fear of dishonouring family, shame, stigma, taboo and being rejected by the community. Also women in these communities are expected to suffer in silence.

Respect

Tel: 0808 802 4040

Email: info@respectphoneline.org.uk

Web: www.respectphoneline.org.uk/help-information/frontline-workers-and-domestic-violence-perpetrators

Information and advice to Frontline Workers. The Respect Phoneline offers information and advice to frontline workers who work with domestic violence perpetrators.

A confidential and anonymous helpline for anyone concerned about their (Male) violence and/or abuse towards a partner or ex-partner.

Combat Stress

Tel: 0800 138 1619

Web: www.combatstress.org.uk

The UK's leading charity for veterans' mental health.

Call free 24 hour helpline for veterans and serving military personnel and their families.



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Worcestershire - Education / Prevention Schemes

West Mercia Women's Aid

The GREAT Project

Good Relationships are Equal And Trusting is a healthy relationship programme for 10-11 year olds in schools

Email: sian@westmerciawomensaid.org.uk

Helping Hands 6-12yrs

Targeted group work with young people experiencing domestic abuse around protective factors

Email: sian@westmerciawomensaid.org.uk

CRUSH 13-19 years

Group work in schools. Anyone at risk of domestic abuse, anyone exhibiting abusive behaviours or who has witnessed DA.

Email: sian@westmerciawomensaid.org.uk

Awareness training around the impact of domestic abuse on children for professionals

Email: sian@westmerciawomensaid.org.uk

Black and Minority Ethnic (BME) Victims of Domestic Abuse Project

Coordinated by public health and delivered by West Mercia Womens Aid and Rooftop Housing Group. Aims to increase awareness of domestic abuse and engagement with support among BME communities. Undertaking research to identify barriers to services. Delivering series of professional workshops and specialist 1-2-1 support for BME victims with housing or complex needs and male victims.

Project contact laura.rainsford@wmwa-org.uk

Referral to support via WMWA Helpline: **0800 980 3331**

A Call to Men UK

Email: info@acalltomenuk.org.uk

Web: www.acalltomenuk.org.uk

Respect 100% Healthy Relationship Programme for Boys 11+, Respect 100% Healthy Relationships Programme for young people (Girls & Boys) 11+

The mixed programme is delivered by Call to Men UK with Support Works All programmes are aimed at schools, colleges and professionals working with Young People.

Wyre Forest & Hagley Project (WHP)

Email: whp@continu.org.uk

Respectful relationships programme 5-11 yrs

A 1:1 programme for children and their parents/carers who have experienced or witnessed domestic abuse. It includes how to stay safe, accessing appropriate specialist support services, work around the impact of the abuse and strengthening positive relationships. This work is done with families who are receiving WHP service through early intervention family support in local primary schools.

Family Nurse Partnership

Email: worcestershire.fnp@nhs.net

Tel: **01905 798489**

An evidence based early intervention programme. It provides therapeutic support and parenting education through structured home visiting to vulnerable first time teenage parents. FNP is delivered by highly trained nurses from early pregnancy until their child is two years old. The service is prioritised to first time parents under 25 who have one of a number of identified needs: One being domestic abuse

Warwickshire & West Mercia Community Rehabilitation Company (CRC)

Deliver a Court mandated Perpetrator Programme called "Building Better Relationships" (BBR)

An Accredited group and 1:1 programme for male offenders (24 weeks group sessions, 6 1:1 sessions)

BBR can be a requirement of a court community order or suspended sentence order. It's always accompanied by a supervision order.

Sex Offender Disclosure Scheme (Sarah's Law)

The scheme allows members of the public - parents, carers, guardians or interested third parties - to ask the police to tell them about a person's record of child sex offences if they are concerned about that person's access to a child.

Find out more at: <http://bit.ly/2EnlSTa>



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DRIVE – (Worcestershire pilot) - Currently being developed, more detail to follow.

The Drive Project is a new response to domestic abuse that aims to reduce the number of child and adult victims of domestic abuse by deterring perpetrator behaviour. Drive provides a case manager who acts as a single point of contact for perpetrators.

Liaising closely with local police and support agencies, case workers deploy a two-pronged attack of disruption through the criminal justice system and or/ support for unresolved personal issues to stop domestic abuse.

The Drive Project pilot focuses on priority (high-risk or serial) perpetrators, as this group carries the greatest risk of serious harm and engage poorly with available services.

Domestic Violence Perpetrator Programme (DVPP) – Worcester

Web: www.richmondfellowship.org.uk

This programme is delivered by The Richmond Fellowship with referrals from CAFCASS. In addition to the DVPP for male perpetrators there is an Integrated Support Service (ISS) for female victims.

The two programmes run alongside each other. The DVPP is a 30 week programme. There are 3 means of entry.

1. Through a live CAFCASS supported case.
2. Perpetrator self-referring
3. Perpetrator referred and paid for by referring agency
i.e. Children's Services

West Mercia and Warwickshire Integrated Offender Management (IOM)

Web: <http://bit.ly/2o3WIOL>

A multi-agency approach to tackling persistent offenders who commit a lot of crime, causing damage and nuisance to communities. This includes serial domestic abuse perpetrators. The approach recognises that repeat offenders have multiple problems which contribute to their offending which cannot be addressed by a single agency.

Domestic Violence Disclosure Scheme (Clare's Law)

This gives members of the public a formal mechanism to make enquires about an individual who they are in a relationship with, or in relation to a person who is in a relationship with someone they know, where there is a concern that the individual may be violent towards their partner.

This information may be disclosed via a request from a member of the public ("right to ask") or by an agency where a proactive decision is made to consider disclosing the information in order to protect a potential victim ("right to know").

Find out more at: <http://bit.ly/2H7o1Qz>

Domestic Violence Protection Order (DVPO)

DVPOs are a civil order that can be applied for by the police and granted by a magistrate. If granted, the order will immediately ban the perpetrator from returning to a residence and from having contact with the victim for up to 14-28 days. This period of time allows the victim the opportunity to consider their options and allows agencies to provide intensive support to the victim / family. This Protection Order does NOT need the consent of the victim. A breach will result in the perpetrator being arrested. These Orders can be used proactively and you don't have to wait for the offender to commit another offence.

Find out more at: <https://bit.ly/2GPG80i>

Hereford and Worcester Fire and Rescue Service

Tel: 0800 032 1155

If you would like to discuss any concerns around fire safety please contact us for advice.

Home Fire Safety Check:

A Home Fire Safety Check is a visit to a person's home where we will offer fire safety advice to keep the individual/ family safe. We can install smoke alarms, protective letter boxes where needed, and will discuss an escape plan specific to the home and circumstances. We are committed to safeguarding victims of abuse.



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Hollie Guard APP

Web: <http://hollieguard.com>

A free app for smartphones has been designed to protect both men and women from possible danger.

Hollie Guard turns your smartphone into an advanced personal safety device at the touch of a button. If in danger simply shake your phone to generate an alert, your location, audio and video evidence of the incident will automatically be sent to your emergency contact via text and email. Shake it again and it sends out a high pitched alarm and the flash starts to strobe, in order to attract maximum attention.

From the moment Hollie Guard is activated, your location is tracked and can be viewed in real time by your emergency contact. Evidence is not stored on the smartphone but on secure servers so that it can be used as future as evidence. Hollie Guard also contains many other features.

Bright Sky App

Web: www.hestia.org/brightsky

Bright Sky is a **free** app providing support and information for anyone who may be in an abusive relationship, or those who are concerned about someone they know.

You can download Bright Sky for free on both iOS and Android devices on the App Store and Google Play Store.

The app features: A unique UK-wide directory of specialist domestic abuse support services, where users can contact their nearest service by phone from the app, searching by area name, postcode or their current location. A secure My Journal tool, where incidents of abuse can be logged in text, audio, video or photo form, without any of the content being saved on the device itself. Questionnaires to assess the safety of a relationship, plus a section on dispelling myths around domestic and sexual abuse.



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Worcestershire - Health & Well-Being

Worcester Samaritans

Web: www.samaritans.org/branches/worcester-samaritans

Tel: 01905 21121

Worcester Samaritans offer time and space, in complete confidence, for people to express their feelings, helping them to talk through their options and find a way to face the future. We are not a religious or political organisation. We listen, we don't judge and we don't offer advice. We also visit schools and prisons to give people the chance to talk. They cover the county from Broadway to Tenbury Wells including Redditch, Bromsgrove, Droitwich, Pershore, Evesham, Malvern, Upton upon Severn, Bewdley, Stourport, Kidderminster, and all the rural villages and communities in between.

Worcestershire Healthy Minds

www.hacw.nhs.uk/our-services/healthy-minds/

Supports people, aged 16 and over, who are experiencing problems such as stress, anxiety, low mood and depression. We help people improve their mental wellbeing through a range of interventions such as short courses, online therapies, and guided self-help.

You can access the service by:

- calling the Wellbeing Hub on 01905 766124 to self-refer. Or by;
- asking your GP to refer you.

For GP and professional referrals please continue to refer patients via the Worcestershire Adult Mental Health Single Point of Access (SPA).

Survivors of Bereavement by Suicide

National Helpline: 0300 111 5065

Local: 07811 172767

Email: sobs.support@hotmail.com

Aims to provide a safe, confidential environment in which bereaved people can share their experiences and feelings, thus giving and gaining support from each other.

PAPYRUS (Prevention of young suicide)

HOPELineUK

www.papyrus-uk.org

Tel: 0800 068 41 41

Text: 07786209697

Is a confidential support and advice service for:

- Young people under the age of 35 who may be having thoughts of suicide
- Anyone concerned a young person may be having thoughts of suicide.

Silver Line

Tel: 0800 470 8090

A free confidential helpline providing information, friendship and advice to older people, open 24 hours a day, every day of the year.

Support after Suicide Partnership

<http://supportaftersuicide.org.uk/>

A network of organisations that support people who have been bereaved or affected by suicide.

Young Minds

www.youngminds.org.uk

Parents Helpline 0808 802 5544

Our Parents Helpline is available to offer advice to anyone worried about a child or young person under 25. You may have questions about a child's behaviour, emotional wellbeing, or mental health condition. You may have a child who's already been admitted to CAMHS and have questions about their treatment or want to know what to say to your GP when you visit them.

MIND – For better mental health

Tel: 0300 123 3393

Text: 86463

For local centres of support visit:

www.mind.org.uk/about-us/local-minds



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