

A Personal Safety Plan

No one deserves to be abused at home. If this is happening to you, it is not your fault and you are not alone. You have choices. Here are some suggestions for keeping safe at home.

- Find out where you can go for help. Tell someone what is happening to you.
- Ask neighbours to call the police if they hear cries for help, yelling or loud noises.
- Make arrangements with friends, relatives or employers on what to do if they are concerned about you.
- If you go to a hospital or doctor because you are hurt as a result of Domestic Abuse, tell the doctor what happened and ask him or her to document it in your medical file. Keep any evidence of abuse, such as photos of bruises and injuries, or ripped clothing. All of this may be helpful if you decide to take legal action in the future.
- If you are thinking of leaving, plan now. Hide a spare set of keys, some money and extra clothes in case of emergency. Collect important papers for both you and your children, such as Birth Certificates and Social Security Numbers.
- Consider obtaining an Injunction.

WHAT CAN YOU DO?

CALL THE POLICE

If you and/or your family are being threatened or attacked
Dial 999

DON'T KEEP THE ASSAULT SECRET

Your GP or hospital A&E will record your injuries as well as treat them

BREAK THE ISOLATION

Increase contact with others and get help. Isolation can make it harder for you to take action.

TALK TO US

DOMESTIC ABUSE DOES NOT DISCRIMINATE, NEITHER DO WE

DAVSS is a Support and Information Service for people experiencing Domestic Abuse

Your local help line is:

01892 570538

Out of hours message service available.

**The National Help line is:
0808 2000 247**

This charity is supported by Tunbridge Wells Community Safety Partnership and Borough Council, Sevenoaks District Community Safety Partnership, Tonbridge & Malling Community Safety Unit, Town & Country Housing, KCC Councillors, and local churches.

Domestic Abuse Volunteer Support Service (DAVSS) is a Company Limited by Guarantee No. 7660698 Registered Charity No. 1143001

Email: office@davss.org.uk
Web: www.davss.org.uk

Domestic Abuse Volunteer Support Services (DAVSS)

**Local Help Line
01892 570538**

**A charity based in West Kent,
supporting anyone
(male or female)
experiencing
Domestic Abuse**

- **Help Line from 10.00am to 1.00pm weekdays**
- **Providing Practical Support**
- **Giving You Choices and Options**



Talk to us

What is Domestic Abuse

Domestic Abuse can affect anyone. It knows no boundaries with regard to age, gender, race, religion, culture, sexuality, social status or geographical location.

1 in 4 women and 1 in 6 men will experience domestic abuse during their lives. It will also



affect children. Domestic abuse, is a pattern of aggressive and controlling behaviour by one individual towards another within the

context of an intimate relationship.

Domestic abuse can take many forms including :

- **Coercion & Threats** –Threatening to hurt you, leave you, commit suicide. Making you do illegal things and drop charges.
- **Intimidation** – Making you afraid by using looks, actions, gestures, displaying weapons, smashing things, abusing pets.
- **Emotional Abuse** – Putting you down, humiliating you, calling you names. Making you feel guilty or think you're crazy.
- **Isolation** – Controlling what you do, who you see, who you talk to and where you go.
- **Financial** – Preventing you from getting a job, making you ask for money, taking your money, denying access to family income.
- **Minimising, Denying & Blaming** – Making light of the abuse. Shifting responsibility for the abusive behaviour, blaming it on you.
- **Using Children** – Making you feel guilty about the children. Using visitation to harass you. Threatening to take them away.
- **Physical Assaults** – Punching, slapping, kicking, strangling and choking you. (There are many more)

How we can Support you

This service will support you, the person experiencing abuse, to explore all the options available to you, enabling you to make informed decisions.

Your safety is our highest concern, so we offer free, confidential support by:

- Listening without bias or judgement.
- Offering advice tailored to your situation.
- Suggesting choices which give you options.
- Offering to accompany you at meetings, attending court or housing/benefits advice.
- Putting you in touch with other agencies who can help you.
- Helping you to identify the risks in your situation and together, produce a safety plan enabling you to feel and be safer.



Support through a court case

You are not alone.

Even though you may feel frightened, isolated, ashamed and confused, you do not have to suffer in silence – our help is just a phone call away.

You won't be pressurised to take action, we can simply help you to explore possibilities.

Whatever your needs are, you are welcome to use our service. Our support and advice is confidential and free.

Volunteer Services

We are a local charity supporting local people in the West Kent Area, from Swanley in the north to Tunbridge Wells in the south.



This service is for anyone, male or female, who is suffering from domestic abuse.

Having time to listen

We are a team of highly trained volunteers, supported by two professionals, who between them share over 50 years of experience in supporting people suffering from domestic abuse.

Our service has the knowledge, experience and time to be able to offer advice, information and support enabling you to make informed decisions that will provide safety for you and your family.

Alternatively we'll simply listen, if that's what you need.



DAVSS

Domestic Abuse Volunteer Support Services

01892 570538

10.00am to 1.00pm Monday to Friday

“talk to someone”

If you want to talk to someone about what is happening to you, a friend of yours or a family member, call us.

• Sevenoaks District and Tunbridge Wells Borough •