

## Other useful numbers:

### Rape Crisis

[www.rapecrisis.org.uk](http://www.rapecrisis.org.uk)

Tel: 0115 941 0440

### Samaritans

Tel: 0845 790 9090

### Social Services

Tel: 0115 909 8585

### Victim Support

Tel: 0845 30 30 900

### Shelter - free housing advice helpline

Tel: 0808 800 4444

### Hostels, advice and support services

[www.homelessuk.org](http://www.homelessuk.org)

For further information or advice, please contact Erewash Borough Council on

0845 907 2244 or

[www.erewash.gov.uk](http://www.erewash.gov.uk)



Updated May 2008



**Large print, taped or other language versions of all or any part of this leaflet can be made available on request**

**Please telephone: 0115 907 2244**

# Domestic Abuse

If you need this information in your language, please contact us using one of the methods below.

“जे तमारे आ माहितीची तमाची पोतानी भाषांमं जरूरे छेप, तो नीचेनी पद्धतिसोमांथी अकनी उपयोग करीने काउन्सिलनी संपर्क साधी.”

如果您需要您自己语言的此信息，请通过以下方法之一与委员会联系。

“ਜੇ ਇਹ ਜਾਣਕਾਰੀ ਤੁਹਾਨੂੰ ਆਪਣੀ ਭਾਸ਼ਾ ਵਿਚ ਚਾਹੀਦੀ ਹੋਵੇ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਹੇਠ ਲਿਖਿਆਂ ਵਿਚੋਂ ਕਿਸੇ ਇੱਕ ਤਰੀਕੇ ਦੀ ਵਰਤੋਂ ਕਰਦੇ ਹੋਏ ਕੌਂਸਲ ਨਾਲ ਸੰਪਰਕ ਕਰੋ।”

اگر آپ یہ معلومات اپنی زبان میں چاہتے ہیں تو براہ مہربانی نیچے دیے گئے طریقوں میں سے کسی ایک کا استعمال کرتے ہوئے ہم سے رابطہ کریں۔



**0845 907 2244**



[communications@erewash.gov.uk](mailto:communications@erewash.gov.uk)



Ilkeston Town Hall, Wharnccliffe Road, Ilkeston, Derbyshire DE7 5RP

Long Eaton Town Hall, Derby Road, Long Eaton, Derbyshire NG10 1HU



Domestic abuse is best described as the use of physical and/or emotional abuse, or violence including:

- Undermining self-confidence
- Sexual abuse, or
- The threat of violence

by a person who is, or has been in a close relationship with you.

### **Q: What form could this take?**

#### **A:**

- Actual physical violence
- Emotional abuse
- Destruction of your or your partner's property
- Isolating you from family, friends or other potential sources of support
- Threats to others, including children or family
- Control over access to money, personal items, food, transportation and the telephone
- Stalking

Although many victims are women, victims can also be men or same sex partners.

Any abuse can also affect children, even if they are not directly involved.

### **What aid and support is available?**

How you will wish to deal with the abuse will depend on your personal circumstances of what is happening to you including

- The severity and/or nature of the violence or harassment
- The relationship between you and the abuser
- Your wishes about the protection you require from the law

It is important to know that you are not alone. Help and support is available through Amber Valley & Erewash Domestic Abuse Support Service (AVEDASS) by calling: 01773 530043 (local rate).

Alternatively, pop down to one of the AVEDASS's drop in sessions at:

- The Arena, Ilkeston  
Monday 1pm - 3pm
- Family Support Centre, Lime Terrace, Long Eaton  
Thursday 1pm - 3pm

If you need help to secure a temporary safe place to stay please contact the Housing Options Team at Erewash Borough Council on 0845 907 2244 ext 3590.

### **Police Response to Domestic Violence**

- Domestic Violence Units and Domestic Violence Liaison Officers are attached to local police stations
- Community Safety Units can also provide information and advice

### **What you can do in an emergency**

In an emergency dial 999 or telephone Derbyshire Police on 0845 123 3333

During office hours contact:

Housing Options Team  
Tel: 0845 907 2244 Ext 3590  
(local rate number)

Outside office hours, you may wish to contact:

The Local Domestic Violence  
24 Hour Freephone: 0800 0198 668

The Rapid Response Team  
Out of Hours Service  
Tel: 01773 728222

The National Domestic Violence  
24 Hour Freephone: 0808 2000 247

**Please remember  
you are not alone,  
help is available to  
stop the abuse  
now!**