



Helpline no. 01708-728759

Floating Support 01708-521346



Definition of domestic abuse:

“Any incident or pattern of incidents of controlling, coercive or threatening behaviour, violence or abuse between those aged 16 or over who are or have been intimate partners or family members regardless of gender or sexuality. This can encompass, but is now limited to, the following types of abuse:

- Psychological
- Physical
- Sexual
- Financial
- Emotional



Services available:

Drop-in Appointments

MENDAS (Men's Domestic Abuse Service)

Floating Support

Refuge

Support Groups

Training

Domestic abuse awareness talks

Counselling



Drop-in Appointments:

8 x 1hour sessions throughout the borough each week with a specialist domestic violence worker

DASH Risk Identification Checklist completed

Safety planning

Signposting to support services available

Access to refuge space if needed



## Floating Support Service:

Safety planning

Emotional wellbeing

Accessing support groups

Housing

Liaison with other community services

Access to specialist support services (eg substance misuse, mental health)

Advocacy

Support to build self-confidence



Support Groups:

Freedom Programme

Offers people the space and guidance to recognise 'characters' presented by perpetrators to control their victims. The intention is for women to work together to identify the tactics used by each of these characters, to explore what the perpetrator believes which allows him to behave this way, and to discuss how society reinforces these beliefs.

The aim of The Freedom Programme is to empower victims to recognise how they have been treated and to have the confidence to make change.



Support Groups (continued)

Power Course:

An 8 week empowerment course for women who have ever experienced domestic abuse.

The course covers issues such as confidence building and raising self esteem.



### Training:

Havering Women's Aid are commissioned to run training for the borough, including the Domestic Abuse (DA) Champion Training and subsequent training evolving from this.

HWA also runs in-house domestic abuse training

### DA Awareness:

HWA delivers talks to agencies across the borough, raising awareness of the issues surrounding domestic abuse





### Counselling:

Up to 20 free counselling sessions are offered to victims of abuse who have accessed our service.

All counsellors will have completed our domestic abuse awareness training and a number are also DA Champions.



Refuge:

2 refuges within Havering

Accommodating 23 families

Each woman has their own key worker, offering emotional and practical support

Playroom/crèche facilities at both refuges