

Resources

Women's Aid

Provides services for women and children who have been affected by the experience of domestic violence, rape and sexual abuse.

0808 2000 247

www.womensaid.org.uk

Refuge

Refuge is the national charity which provides a wide range of specialist domestic violence services to women and children experiencing domestic violence.

0808 2000 247

www.refuge.org.uk

Equation

Equation is a Nottingham-based specialist charity that works with the whole community to reduce the impact of domestic abuse, sexual violence and gender inequality. They will provide help and support to both men and women.

Equation is an LGBT+ friendly organisation and Equation's Domestic Abuse Service for Men is aGBT+ inclusive service.

[Equation | Domestic Violence Nottinghamshire](#) Contact: info@equation.org.uk

Rape Crisis

Rape Crisis Centres offer a range of services for women and girls who have been raped or experienced another form of sexual violence.

0808 802 9999

www.rapecrisis.org.uk

National Domestic Violence Helpline

The Freephone 24 Hour National Domestic Violence Helpline run in partnership between Women's Aid and Refuge

0808 2000 247

National Centre for Domestic Violence

The National Centre for Domestic Violence (NCDV) provides a free, fast emergency injunction service to survivors of domestic violence.

24 hour helpline: 0800 970 2070

www.ncdv.org.uk

NSPCC ChildLine

Free, confidential service for young people up to the age of 19. Get help and advice about a wide range of issues, talk to a counsellor online, send ChildLine an email or post on the message boards.

0800 1111
www.childline.org.uk

NSPCC Helpline

Free helpline service for anyone with concerns about a child's safety and wellbeing, even one in their own home. You can speak to a NSPCC counsellor 24 hours a day, 365 days a year. Advice and support is provided parents and carers and consultations with professionals are offered. We will listen to your concerns, offer advice and support and can take action on your behalf if a child is in danger.

0808 800 5000
www.nspcc.org.uk/what-you-can-do/report-abuse/

Galop

Galop gives advice and support to LGBT people who have experienced hate crime, sexual violence and domestic abuse.

LGBT domestic violence helpline: 0800 999 5428
London LGBT Casework Service: 0207 704 2040
www.galop.org.uk/

Respect

The Respect phone line is a confidential helpline offering advice, information and support to help you stop being violent and abusive to your partner.

0808 802 4040
www.respectphonenumber.org.uk
www.respect.uk.net

Samaritans

A 24-hour helpline for any person in emotional distress

116 123
www.samaritans.org

SafeLives (formerly Co-ordinated Action against Domestic Abuse (CAADA))

SafeLives is a national charity supporting a strong multi-agency response to domestic abuse. It provides practical help to support professionals and organisations working with domestic abuse victims, with the aim of protecting the highest risk victims and their children – those at risk of murder or serious harm.

Unfortunately SafeLives does not provide direct support or advice to victims of domestic violence. However, if you are experiencing domestic abuse or are supporting someone who is in that situation, immediate help is available via the National Domestic Violence Helpline.

0117 403 3220 <http://www.safelives.org.uk/>

[Resources related to children and young people](#)

Home Office resources regarding adolescent to parent abuse:

The Home Office has produced an information guide on adolescent to parent abuse:
https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/420963/APVA.pdf

Holes in the Wall

A blog run by a professional social worker which provides updates on research, practice and policymaking developments – also available on Twitter (@HelenBonnick)
<http://holesinthewall.co.uk/>

RESPECT

A membership association for domestic abuse prevention programmes and integrated support services. The Young Peoples Services is a sub-site of which offers regular conferences and training for practitioners who are working with young people who use violence in close relationships (including against parents) 020 7549 0578
<http://respect.uk.net/work/respect-young-peoples-service/>

Resources regarding teenage relationship abuse

The Home Office has produced a guide to help consider how the extension to the definition of domestic abuse may impact on working with 16-17 year olds.
https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/142701/guide-on-definition-of-dv.pdf

The Home Office Teenage Relationship Abuse Campaign includes information and resources for schools.
www.homeoffice.gov.uk/crime/violence-against-women-girls/teenage-relationship-abuse/

This is Abuse site. Includes films, support information, young people's message board and FAQs.
<http://thisisabuse.direct.gov.uk/>

AVA

A national second-tier organisation providing training and consultancy on teenage relationship abuse as well as all other forms of violence against women and girls.
www.avaproject.org.uk

Barnardos

Barnardos is the largest provider of child sexual exploitation support services in the UK. Staffed by qualified professionals, these services provide a safe and confidential environment where young people can go for help, advice and support. Specialist training is also provided to professionals so they know what signs to look out for. 0208 550 8822
www.barnardos.org.uk/

[Resources for women in black and minority ethnic communities](#)

Southall Black Sisters

Southall Black Sisters is a not-for-profit organisation set up in 1979 to meet the needs of black (Asian and African-Caribbean) and minority ethnic women.

Helpline Tel: 0208 571 0800

Monday, Wednesday, Friday 9:30am – 4:30pm

<http://www.southallblacksisters.org.uk/>

Southall Black Sisters, 21 Avenue Road, Southall, Middlesex, UB1 3BL

Resources regarding Honour Based Violence

Karma Nirvana

Karma Nirvana supports that who suffer or are at risk of honour based abuse or forced marriage.

0800 5999 247 ((9am – 9pm Weekdays & 10am – 4pm Weekends)

<http://www.karmanirvana.org.uk>

Forced Marriage Unit

The Government's Forced Marriage Unit (FMU) is dedicated both to preventing British nationals being forced into marriage overseas and to assisting anyone in the UK faced with the prospect of being forced into a marriage. If you are worried that you might be forced into a marriage or are worried about someone else who may be you should contact FMU on 020 7008 0151 (9am – 5pm) or 0207 008 1500 (if outside the office hours (ask for the Global Response Centre))

www.gov.uk/forced-marriage

Resources specifically for men

The Men's Advice Line

A confidential helpline for men experiencing domestic violence from a partner or ex-partner (or from other family members).

0808 801 0327 (Monday - Friday 9am-5pm)

www.mensadviceline.org.uk

Mankind Initiative

Support for male victims of domestic abuse and domestic violence

01823 334 244 (weekdays 10am to 4pm)

www.mankind.org.uk

Christian resources

Restored

Restored is an international Christian alliance working to end violence against women and to transform relationships.

<http://www.restoredrelationships.org/>

RAVE

RAVE is an initiative that seeks to bring knowledge and social action together to assist families of faith impacted by abuse.

<http://www.theraveproject.org>

Hidden Hurt

Hidden Hurt is designed to help understand the dynamics of relationships where abuse is taking place, the different forms abuse can take, its effect on both direct victims (i.e. person being abused) and indirect victims (i.e. children living in a house where abuse occurs), specific issues facing the Christian abuse victim, and helpful links and telephone numbers inside the UK.

<http://www.hiddenhurt.co.uk>

Faith Trust Institute

A US-based multi-faith organization working to end sexual and domestic violence.

<http://www.faithtrustinstitute.org/>

Spark

Spark works to engage communication and communities to prevent and respond to Violence Against Women and Gender Justice. It provides specialist consultancy supporting domestic abuse work.

<http://www.sparkequip.org/>

Broken Rites

Broken Rites is an international group offering mutual support and information to separated and divorced spouses/partners of clergy, ministers and Church Army Officers.

<http://www.brokenrites.org/>

Eve

[Eve \(formerly Nene Valley Christian Family Refuge\) run a family refuge in Northamptonshire and provide training on domestic abuse prevention and response](http://www.eveda.org.uk/)

<http://www.eveda.org.uk/>

Resources on Elder abuse

Action on Elder Abuse

Elder Abuse Response helpline: 0808 808 8141

<http://www.elderabuse.org.uk>

General Guidance in relation to Domestic Violence and Abuse

Home Office guidance

Information regarding domestic violence and abuse, including links to further material on the new definition of domestic abuse; coercive and controlling behaviour; domestic violence disclosure scheme; domestic violence protection notices and orders; Domestic Homicide Reviews (DHR); Independent domestic Violence Advisers (IDVAs) and MARACs.

<https://www.gov.uk/guidance/domestic-violence-and-abuse>

Violence Against Women and Girls

In 2016, the Government published its Violence Against Women and Girls (VAWG) Strategy for this Parliament. There is a lot of information contained on the website detailed below which relates to this strategy including FGM; Forced Marriage and various other policy and strategy documents.

<https://www.gov.uk/government/policies/violence-against-women-and-girls>

Controlling or coercive behaviour in an intimate or family relationship (Home Office, Dec 2015)

https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/482528/Controlling_or_coercive_behaviour_-_statutory_guidance.pdf

Resources in relation to transgender abuse

Transgender people are the most hidden of all LGBT+ identities, so you they (and even their allies) will usually not come forward to advocate for their existence and protection for fear of more humiliation. Resources must therefore be as **overtly inclusive** as possible, or else the learning environment will be deemed unsafe; LGBT+ people and allies will check sources and of course, you want those requesting training to have confidence in the materials. Looking at all of the materials, provided by the NST, they badly need updating, too.

<https://www.kssrc.co.uk/2020/04/30/research-domestic-abuse-in-lgbt-communities/>

[Transgender hate crimes recorded by police go up 81% - BBC News](#)

<https://www.nice.org.uk/guidance/ph50/evidence/report-4-broken-rainbow-uk-national-lgbt-domestic-violence-service-pdf-430408045>

[Hate Crimes Against Trans People - final version for open access.pdf \(sussex.ac.uk\)](#)

Resources for training and raising awareness

A selection of church resources:

Jennifer Beresford, *Creating Confidence in Women*, SPCK, 1998.

Domestic Abuse and the Methodist Church: Taking Action, Methodist Publishing House, 2005. Includes theology, prayer cards and draft good practice. Tel. 01733 325002.

Enduring the Silence CD-ROM resource pack produced by Diocese of Chester, Church House, Lower Lane, Aldford, Chester, CH3 6HP.

Out of the Shadows: Steps towards ending violence – a community-based approach: a Mothers' Union resource pack for use by trained facilitators for work with groups on violence including domestic abuse. <http://www.themothersunion.org>

Shattered Love . . . Broken Lives . . .: a domestic violence resource pack and CD from the Domestic Violence Task Group of Churches Together in the Merseyside Region. Tel. 0151 709 0125.

'What is this place?' Churches Together in England, 2004. Six studies that follow the journey a woman experiencing violence may make, from recognition of her situation to making a new beginning. Available from: Edith Steele, Churches Together in England, 27 Tavistock Square, London, WC1H 9HH. Tel. 020 7529 8132. Email: Edith.Steele@CTE.org.uk

Video – made by 2 survivors of abuse whose father killed their mother and sister

<https://www.youtube.com/watch?v=X6vQvF8okSM>