

SAY

NO



TO DOMESTIC ABUSE



DON'T SUFFER IN SILENCE
TOGETHER WE CAN STOP IT.

THIS LEAFLET CONTAINS INFORMATION ON DOMESTIC ABUSE
AND HOW EDAN LINC'S DOMESTIC ABUSE SERVICE CAN HELP

Previously known as 'West Lincolnshire Domestic Abuse Service' & 'West Lindsey Domestic Abuse Service'

WHAT IS DOMESTIC ABUSE?

Any incident of threatening behaviour, violence or abuse (psychological, physical, sexual, financial or emotional) of one individual over another who are, or have been intimate partners or family members.

Domestic Abuse is the misuse of power and control by one individual over another, conduct that forms a pattern of coercive, controlling behaviour. Typically Domestic Abuse will increase in frequency and intensity.

DOMESTIC ABUSE CAN INCLUDE...

- **Threats of physical violence** even though there's no actual physical force
- **Physical violence** such as shoving, hitting, kicking, head-butting, burning, suffocation, strangulation, etc (including use of objects/weapons)
- **Being forced to have sex**
- **Mental/Emotional/Psychological cruelty** such as name calling, isolation from family and friends, deprivation of family income, being prevented from leaving the home, damage to pets or other personal items
- **Ongoing harassment and/or stalking behaviour**
- **Using and abusing children** in various ways to frighten or force compliance
- **Forced marriage**
- **Female genital mutilation** and so-called honour-based violence
- **Coercive and controlling behaviour** when committed within the family or by an intimate partner.

WHO IS AFFECTED?

Domestic Abuse can take place in any home, in an intimate or family-type relationship, irrespective of gender, sexual orientation, race, class, age, religion, mental ability, physical ability, income, lifestyle or geographical area.

- 1 in 4 women will suffer Domestic Abuse in their life
- 1 in 6 men will suffer Domestic Abuse in their life
- 1 in 4 same sex relationships will suffer Domestic Abuse in their life
- 1 incident of Domestic Abuse is reported to the police every minute
- Domestic Abuse accounts for 17% of all violent crimes in the UK
- Domestic Abuse can cause depression, anxiety, serious injury and in extreme cases, death
- 750,000 children witness Domestic Abuse every year
- Every week 2 women die from Domestic Abuse related injuries in the UK.

EDAN Lincs DOMESTIC ABUSE SERVICE 'Ending Domestic Abuse Now in Lincolnshire'

We are a county wide domestic abuse service that operates in all districts in Lincolnshire providing support to individuals and families affected by domestic abuse. Our vision is to 'live a life free from domestic abuse'. EDAN Lincs can offer support if you have, or are experiencing domestic abuse.

FIND HELP AT EDAN Lincs...

Holistic support is tailored to the needs of the service user/family, addressing the impact of domestic abuse. Specialist support around domestic abuse can vary but may include:

- **Safety planning**
- **1:1 practical/emotional support and crisis intervention**
- **Family support and direct support for children.**
- **Support in accessing legal advice and other services**
- **Support in Court (domestic abuse related)**
- **Courses/group support designed for survivors.**



'I felt supported in many ways which gave me strength and courage whilst going through a difficult time. My children and extended family benefited from seeing me better able to cope and displaying more strength and positive attitude.'

EDAN Lincs user

FAMILY FOCUS – HOLISTIC FAMILY APPROACH

We offer family focus sessions which aim to rebuild the bonds within the family unit, and to strengthen the relationship which may have broken down due to the domestic abuse. We also explore safety planning and how the family can support each other to keep themselves safe.

TARGETED CHILDREN'S SUPPORT

We offer a therapeutic approach to children and young people identified as most in need, which is typically direct 1:1 support by a specialist child/young person worker. This work is focused on supporting children and young people in overcoming the effects, impacts and experiences of domestic abuse.



IMAGINE...:

- living with a bully and being too scared to leave.
- being punched, slapped, kicked or forced into sex.
- being pushed, burnt, strangled or bitten.
- having to get permission to go out with family or friends.
- constantly being humiliated or belittled.
- hoping every day that it might get better.
- facing the embarrassment of telling your friends.
- believing you are a bad mother, father or lover.
- permanent injuries or even death.
- **LIVING WITH DOMESTIC ABUSE.**



'It starts with screams, but must never end in silence'
Council of Europe

'I always feel included because as a service you (EDAN Lincs) always ask us how things can be improved and what we would like from the service and I feel like I am giving something back to the community'

Female EDAN Lincs user (42)

If you have been affected by Domestic Abuse, or if you know someone who has, please pass this leaflet on, we can provide confidential advice and support, explore options available, or just be a listening ear.

GET IN TOUCH

Call: **01522 510041**

Web: **www.edanlincs.org.uk**

Email: **info@edanlincs.org.uk**

Opening times:

9am till 5pm – Monday to Friday

Closed – weekends

Please call for advice

In an emergency call 999 or contact Lincolnshire Police on 101



EDAN Lincs Domestic Abuse Service encourages service users to help shape and develop our service through active involvement.
EDAN Lincs Domestic Abuse Service is a registered charity: No.1092913

