



DOMESTIC ABUSE SUPPORT - TUNBRIDGE WELLS

At some point in their lives, 1 in 4 women and 1 in 6 men will experience domestic abuse.

Domestic abuse includes a range of behaviours including actual or threatened physical, emotional, psychological, sexual or financial abuse. It can be perpetrated by a current or ex-partner, a family member or someone with whom there is, or has been, a close relationship.

If you need support or advice about something that is happening to you, or a friend or relative, there are several places that you can turn.

LOCAL SUPPORT

CHOICES

We provide advice and support to any person affected by domestic abuse. We run 4 refuges in North Kent providing secure temporary accommodation for women and their children who have had to leave their home as a result of domestic abuse. Our IDVA service covers Dartford, Gravesham, Medway, Maidstone, Sevenoaks, Tonbridge & Malling, Tunbridge Wells and Sevenoaks Regions. Our Young Persons Outreach Worker works in schools and youth organisations raising awareness of healthy/unhealthy relationships. Mon - Fri 9am - 4am 0800 917 9948 / 01322 384792 info@choicesdaservice.org.uk <http://www.choicesdaservice.org.uk/>

DOMESTIC ABUSE VOLUNTEER SUPPORT SERVICE

DAVSS is a local charity which provides support for people in the Tunbridge Wells and Sevenoaks area who are suffering domestic abuse. Highly trained volunteers offer advice and support to both women and men initially via the helpline, **01892 570538**. The helpline is manned from 10am - 1pm, Monday - Friday. To find out more about the service or becoming a volunteer, refer to their website www.davss.org.uk



FREEDOM

The Freedom Programme is a safe group for any woman who has experienced or is experiencing domestic abuse. There are several programmes a year and you can self-refer to the group. For more information, contact the Co-ordinator on **01892 502 075**.

NATIONAL SUPPORT

WOMAN'S AID

Women's Aid Federation of England (Women's Aid) is the national charity working to end domestic violence against women and children. The charity's mission is to advocate for abused women and children and to ensure their safety by working locally and nationally. Women's Aid offers support and a place of safety to abused women and children by providing refuges and other services. The charity also empowers women affected by domestic violence to determine their own lives and recognise and meet the needs of children affected by domestic violence. They also promote policies and practices to prevent domestic violence and help raise awareness of the extent and impact of domestic violence in society. - www.womensaid.org.uk

REFUGE

The national helpline offers advice and support to anyone experiencing domestic violence. Refuge provides safe, emergency accommodation through a network of refuges throughout the UK. It also offers a children's programme, individual and group counselling for women who have suffered abuse, help with resettlement and an outreach project for women from ethnic minority communities. - www.refuge.org.uk

HIDDEN HURT

The Hidden Hurt site has been written by a survivor of domestic violence, and provides advice and information to those who are in an abusive relationship. - www.hiddenhurt.co.uk