

### **Victim Support**

Offers information and support to victims of Domestic Abuse.

30 Newmarket Street, Falkirk. Tel: 01324 633433

### **Children 1st**

Offers a specific service to children and families who are affected by separation, often involving domestic abuse.

16 Melville Terrace, Falkirk, FK1 1HZ. Tel: 01324 621811

### **Open Secret**

Offers confidential services to survivors (12+) of childhood sexual abuse and to non-abusing parents of children who have been sexually abused. Also offers services to partners, family and friends and consultation, support and training to other professionals.

98 Thornhill Road, Falkirk, FK2 7AB. Tel: 01324 630100

### **Central Scotland Rape Crisis and Sexual Abuse Centre**

Provides a service of free and confidential emotional support and practical information on legal and medical issues, to anyone who has experienced Rape, Sexual Assault or Child Sexual Abuse at any time in their lives.

Tel: 01786 471771

### **Health**

Professional staff at your local GP Practice are able to respond appropriately to those who are experiencing, or who have experience of, domestic abuse.

### **Scottish Domestic Abuse Helpline**

0800 027 1234

### **Relationships Scotland**

Offers a specific service where fully qualified counsellors offer individual appointments across Forth Valley.

Supporting victims to safety and perpetrators to change.

Telephone for initial appointment or advice on

01324 670067

### **Housing Services**

Falkirk Council Housing Services offers a priority service to women seeking temporary accommodation and rehousing due to the effects of domestic abuse.

Tel: 01324 503600

Out of hours tel: 01324 503050

Homeless Services 0800 5874440

### **Social Work Services**

Falkirk Council Social Work Services can provide general guidance and advice on what steps to take in cases of domestic abuse. This can include advice on childcare and welfare benefits.

Tel: 01324 506400

Out of Hours Tel: 01786 470500

### **Education Services**

Falkirk Council's Education Services recognises the effects domestic abuse can have on a child's attendance, behaviour and performance at school. Please contact the Headteacher of the appropriate school for advice.

### **Department of Work and Pensions** (DWP formerly the Benefits Agency)

Applicants can apply directly for benefits. Women's Aid can assist abused women who need to make a claim/change address etc.

Heron House, 10B Wellside Place, Falkirk, FK1 5SE.

Tel: 01324 505000

**This leaflet is available in other languages and formats on request to the Council.**

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# **Domestic Abuse**

**information and support contacts**



**Falkirk Council**

# YOU HAVE THE RIGHT TO A SAFE HAPPY LIFE. DOMESTIC ABUSE IS NOT YOUR FAULT. DON'T SUFFER IN SILENCE.

## What is Domestic Abuse?

Domestic Abuse is the physical, mental and/or sexual abuse of a woman or a man by someone with whom they are or have been in a relationship with. Commonly abuse is carried out by men against women, but abuse can also occur by women against men and within same sex relationships.

Domestic Abuse also affects children living in the victim's house and there are links between domestic abuse and all forms of child abuse.

Domestic Abuse is rarely a one-off event. It tends to increase in frequency and severity over time.

**Physical Abuse** – slapping, punching, kicking, strangling, burning, scalding, using weapons against...

**Mental Abuse** – humiliation and degradation, threats, name-calling, reward and punishment for behaviour or non behaviour...

**Sexual Abuse** – forced to take part in sexual acts against your will, being sexually assaulted with objects, rape...

## Who is Abused?

There is no certain type of person that suffers from Domestic Abuse. People can experience it from any background regardless of their social group, class, age, race, disability, ability, sexuality and lifestyle. Abuse can start taking place at any time in a relationship, at the start or after many years in a relationship.

It is estimated that a quarter to a third of all women in Scotland will experience domestic abuse at some point in their lives and that it affects approximately 100,000 children.

## Reasons for not leaving an abusive relationship

Denial	deny that the situation is happening, pretending that everything is alright
Hope	hope that things will change, clinging to the good memories

Shame	the feeling of letting people down and leaving is admitting defeat
Guilt	most abusers shift the blame onto the victim making them feel that the abuse is their fault
Financial	abusers may offer financial security that the victim needs to support themselves and sometimes dependants
Practical	lack of knowledge of refuge facilities and a place to go
Children	leaving may disrupt the children's routine and give rise to fears that the abuser will gain custody of the children
Fear of Reprisal	abuse can intensify when the victim leaves, threats of being tracked down
Spiritual/Religious	beliefs may be that marriage is for life, for better or worse, divorce is sinful and that the abuser should be forgiven

## What help is available

For those being abused the most important thing that they can do is to seek help. It is also one of the hardest. There is a wide range of organisations that can help. They will never tell you what to do but will advise you of the options that you have and support any decisions that you make.

## Women's Aid

Provides information, support and a safe refuge for women experiencing or who have experienced domestic abuse. Women's Aid also provides an on-call / crisis line outwith office hours.

**Clackmannanshire Women's Aid**  
Greenfield Lodge, Parkway, Alloa, 01259 721407

**Falkirk & District Women's Aid**  
4 Wellside Place, Falkirk, 01324 635661

**Stirling Women's Aid**  
57 Barnton Street, Stirling, 01786 470897

## Shakti Women's Aid

Offers information, counselling, support and safe accommodation for black and ethnic minority women and their children.  
Norton Park, 57 Albion Road, Edinburgh, EH7 5QY.  
Tel: 0131 475 2399

## Central Scotland Police

Domestic Abuse is an issue which is treated seriously by the Police. All Police Officers are trained to ensure a professional response and to ensure that reports of domestic abuse are thoroughly investigated and dealt with. The well being, safety and protection of victims of Domestic Abuse, and their children, is a major concern.

To ensure the appropriate support and specialist advice is offered, Central Scotland Police additionally has a Domestic Abuse Unit. This comprises a small team of specially trained police and support staff who offer practical and emotional support to women and men, whether within mixed or same sex relationships who are experiencing Domestic Abuse.

This support extends to offering advice to people who may be concerned about the impact the abuse has on children.

The Domestic Abuse Unit (DAU) can also offer advice and information on personal safety, home security, support to leave an abusive relationship and legal / welfare issues. Staff can arrange appointments at the DAU or people can be visited at home or elsewhere.

To report incidents of Domestic Abuse call Police Headquarters on 01786 456000 or dial 999 in an emergency.

To speak to a member of The Domestic Abuse Unit staff please contact them at Falkirk Police Office, West Bridge St, telephone 01324 678830 or E mail [dau@centralscotland.police.uk](mailto:dau@centralscotland.police.uk).

The Domestic Abuse Unit opening hours are 9am-5pm Monday - Friday, a confidential answering machine is available outwith these hours.