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## Support for families

Help is available for women, children and men who are dealing with domestic violence or abuse in Peterborough. Domestic violence or abuse can take many forms such as: physical abuse, emotional/psychological abuse, sexual abuse, harassment, financial abuse, spiritual abuse.

Domestic violence is a crime. Domestic violence or abuse can happen to anyone regardless of gender or sexual orientation. Children who witness or are aware of domestic violence/abuse in the family are affected in a number of ways. The first step is to talk to someone. Never hesitate to call the police

### How to access support

> [Women's Aid \(http://www.peterboroughwomensaid.co.uk/\)](http://www.peterboroughwomensaid.co.uk/) (also now known as SASP – Specialist Abuse Services Peterborough) is an independent charity run to help women, men and children who are experiencing, at risk of or have been affected by domestic violence/abuse. You can speak to them confidentially about your worries and they can offer practical and emotional support or help to find emergency refuge accommodation if you are escaping abuse

### People who can help

- > [Peterborough Domestic Abuse Network \(http://www.pdan.ca/\)](http://www.pdan.ca/) – a collaborative of local and regional organisations working together to promote healthy relationships and prevent domestic and relationship abuse in Peterborough. They have created a self-help website to provide information and support for anyone experiencing abuse or wishing to help others living with or at risk of domestic violence or abuse
- > There are [E-learning courses \(http://www.cambsdasv.org.uk/website/elearning\\_modules/92616\)](http://www.cambsdasv.org.uk/website/elearning_modules/92616) available on the Cambridgeshire and Peterborough Domestic Abuse and Sexual Violence website
- > Cambridgeshire Police can be contacted on 101 (non-emergencies). In case of emergency, please dial 999
- > [Peterborough Women's Aid \(http://www.peterboroughwomensaid.co.uk/\)](http://www.peterboroughwomensaid.co.uk/) - 08454 103123
- > [National Domestic Violence Helpline \(http://www.nationaldomesticviolencehelpline.org.uk/\)](http://www.nationaldomesticviolencehelpline.org.uk/) – 24 hour free phone 0808 2000 247
- > [NSPCC helpline \(https://www.nspcc.org.uk/services-and-resources/nspcc-helpline/\)](https://www.nspcc.org.uk/services-and-resources/nspcc-helpline/) - 0808 800 5000
- > [Childline \(https://www.childline.org.uk/?utm\\_source=google&utm\\_medium=cpc&utm\\_campaign=UK\\_GO\\_S\\_E\\_BND\\_Grant\\_Childline\\_Pure\\_Brand&utm\\_term=childline&qclid=CM7crYqDpNICFX\\_Yz0wodR60M7A&qclsrc=aw.ds\)](https://www.childline.org.uk/?utm_source=google&utm_medium=cpc&utm_campaign=UK_GO_S_E_BND_Grant_Childline_Pure_Brand&utm_term=childline&qclid=CM7crYqDpNICFX_Yz0wodR60M7A&qclsrc=aw.ds) - 0800 1111
- > [Family Lives \(http://www.familylives.org.uk/how-we-can-help/confidential-helpline/\)](http://www.familylives.org.uk/how-we-can-help/confidential-helpline/) - 0808 800 2222

Further information can be found on the [Peterborough Safeguarding Children Board webpage \(http://www.safeguardingpeterborough.org.uk/children-board/parents-carers/domestic-violence/\)](http://www.safeguardingpeterborough.org.uk/children-board/parents-carers/domestic-violence/) and on [Safer Peterborough Partnership](#).

## Support for perpetrators

Help is available for men and women who are perpetrators of domestic violence and want to seek support to make a positive change in their relationship.

## **How to access support**

[Peterborough Relationship Support \(http://www.peterboroughrelationshipsupport.com/\)](http://www.peterboroughrelationshipsupport.com/) specialises in relationship counselling and offers a 17 week therapeutic support programme called 'Stop The Hurt' for perpetrators of domestic abuse.

The programme aims to teach positive, non-abusive ways to handle conflict situations and promote healthy relationships.

## **People who can help**

[Respect Phonenumber \(http://respectphoneline.org.uk/\)](http://respectphoneline.org.uk/) - a confidential and anonymous helpline for anyone concerned about their violence and/or abuse towards a partner or ex-partner - 0808 802 4040