

# 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



## HOW TO MAKE A REFERRAL FOR SUPPORT

You can make a referral for support by completing a referral form on our digital platform at [www.ldass.org.uk](http://www.ldass.org.uk) or by contacting our support hub. Our Specialist Domestic Abuse Practitioners are available to complete the referral over the phone.



If you require any further help and advice, please call LDASS Support Hub on: **01522 510041 (opt 2)**  
We are open Monday to Friday, 9am - 5pm  
Email: [info@ldass.org.uk](mailto:info@ldass.org.uk)  
For more information go to [www.ldass.org.uk](http://www.ldass.org.uk) to access our universal offer of support.

If you or someone you know has been impacted by domestic abuse, please share this leaflet.

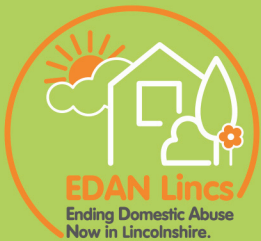
We offer confidential advice and support, and we're here to listen and help explore options.

## GET IN TOUCH

EDAN Lincs Refuge Services  
call: 01522 510041 (opt 1)  
Email: [refuge@edanlincs.org.uk](mailto:refuge@edanlincs.org.uk)

REFUGE OPENING HOURS:  
Monday to Friday, 8.30am - 7pm,  
Saturday, 10am - 5pm  
Sunday - Closed

Call for advice or in an emergency call 999 or contact Lincolnshire Police on 101



# SAY

# N



# TO DOMESTIC ABUSE



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

THIS LEAFLET CONTAINS INFORMATION ON DOMESTIC ABUSE AND HOW EDAN Lincs DOMESTIC ABUSE SERVICE CAN HELP

EDAN Lincs Registered Charity Number: 1092913



SCAN ME

## WHAT IS DOMESTIC ABUSE?

Domestic abuse refers to any instance of threatening behaviour, violence, or abuse (including psychological, physical, sexual, financial, or emotional) that occurs between individuals who are or were intimate partners or family members. It involves the misuse of power and control by one individual over another and constitutes a pattern of coercive and controlling behaviour. Typically, domestic abuse tends to escalate in both frequency and intensity over time.

## DOMESTIC ABUSE CAN INCLUDE...

- Threats of physical violence, even if physical force is not used
- Physical violence, such as shoving, hitting, kicking, head-butting, burning, suffocation, strangulation, or the use of objects/weapons
- Forced sexual activity
- Mental, emotional, and psychological cruelty, including name-calling, isolation from friends and family, deprivation of income, preventing a person from leaving the home, and damaging personal property or pets
- Harassment and stalking
- 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 by an intimate partner or within the family.

## WHO IS AFFECTED?

- 1 in 4 women will experience domestic abuse during their lifetime.
- 1 in 6 men will experience domestic abuse during their lifetime.
- 1 in 4 individuals in same-sex relationships will experience domestic abuse during their lifetime.
- On average, one 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 lead to depression, anxiety, serious injury, and in extreme cases, death.
- Approximately 750,000 children witness domestic abuse every year.
- Every week, two women in the UK die from injuries related to domestic abuse.

## REFUGE

Domestic abuse refuges provide a safe and secure environment for individuals and families fleeing abusive situations. Refuge accommodation offers a safe breathing space where you can access support to make future decisions free from pressure and fear. It is a place where you can rediscover your self-esteem and independence and begin to heal and recover from the trauma of abuse. We can assist individuals and families who need to escape domestic abuse by providing support in accessing refuge accommodation throughout the UK.



*Delivered by EDAN Lincs*

**LDASS offers specialist support and assistance to individuals and families in Lincolnshire who are experiencing domestic abuse. If you or someone you know is going through domestic abuse, we're here to help!**

### **Digitally based universal offer of support.**

Our universal offer of support is self-serve in nature and provides online access to information, advice, and guidance on domestic abuse for victims, residents and professionals in Lincolnshire.

Visit: [www.ldass.org.uk](http://www.ldass.org.uk) for further information.

### **Specialist intervention and 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 to obtain legal orders (domestic abuse related)**
- **Courses/group support designed for survivors.**

### **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.

### **Targeted children's support**

We provide a therapeutic approach to children and young people who are identified as most in need, typically through direct 1:1 support. Our focus is on helping children and young people overcome the effects, impacts, and experiences of domestic abuse.

### **Outreach Engagement team**

- Provides proactive early interventions, targeting communities and individuals who face barriers to accessing domestic abuse support services. Increasing community awareness of domestic abuse including support through training and consultancy
- Development of independently run Survivor Support Networks to support victims at a local level
- Recruitment of Domestic Abuse Champions to raise awareness and identify signs of domestic abuse within their communities and signpost victims to appropriate support