

Domestic Abuse: Local and national advice & support agencies

WOMEN VICTIMS	
<p>National Domestic Violence Helpline Run in partnership with Refuge and Women's Aid. Refuge offers emergency accommodation and practical and emotional support for women and children experiencing domestic violence. Women's Aid offers support, advice and information on all aspects of domestic violence.</p>	<p>0808 2000 247 www.refuge.org.uk www.womensaid.org.uk</p>
<p>Lewisham Women Against Domestic Violence Project Domestic violence support to women and children, who live in Lewisham. Support is given through practical and emotional support; counselling; weekly support group for women; children's support; volunteering opportunities for women; and the Community Groups Programme – a recovery programme for children aged 4-21 who have been affected by domestic violence and are no longer residing with the perpetrator.</p>	<p>0207 252 8518 0207 732 9716</p>
WOMEN VICTIMS FROM ETHNIC MINORITIES	
<p>Southall Black Sisters Southall Black Sisters provides information, advice, advocacy, practical help, counselling and support to Asian, African-Caribbean and other minority women and children experiencing domestic and sexual violence (including forced marriage, dowry abuse and honour crimes). They speak English, Hindi, Punjabi, Gujarati and Urdu (and use Language Line to interpret with other languages).</p>	<p>0208 571 0800 Mon to Fri 9am - 5pm http://www.southallblacksisters.org.uk/</p>
<p>IKWRO IKWRO helps Middle Eastern women and girls (Iranian, Kurdish, Arab, Afghan and Turkish) who are living in the UK and provide confidential advice on issues including domestic violence, "honour" based violence, forced marriage, female genital mutilation, separation and divorce, child custody, housing and benefits. They speak Farsi, Arabic, Kurdish, Dari, Turkish and English.</p>	<p>0207 920 6460 Mon to Fri 9.30am - 5.30pm 24 hours out-of-hours emergencies – Farsi, Dari & Turkish 07846 310157 http://ikwro.org.uk/need-help-now/</p>

MALE VICTIMS

<p>The Men's Advice Line A helpline for male victims of domestic violence.</p>	<p>0808 801 0327 (free from landlines and most mobiles) Mon to Fri 9am - 5pm info@mensadviceline.org.uk www.mensadviceline.org.uk</p>
<p>ManKind Initiative A telephone service for male victims of domestic violence and domestic abuse. Staff will give men a chance to talk about their experience and give information to men on what their next steps could be. They can also refer men to other specialist services.</p>	<p>01823 334244 Mon to Fri 10am - 4pm & 7pm - 9pm www.mankind.org.uk/</p>

LESBIAN, GAY, BISEXUAL AND TRANSGENDER VICTIMS

<p>Broken Rainbow Broken Rainbow offers support for lesbian, gay, bisexual and transgender (LGBT) people experiencing domestic violence. Broken Rainbow runs a Helpline staffed by highly trained operators, experienced in the specifics of LGBT domestic violence.</p>	<p>0300 999 5428 Monday & Thursday 10am – 8pm Tuesday & Wednesday 10am – 5pm email help@brokenrainbow.org.uk www.broken-rainbow.org.uk</p>
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CHILDREN

<p>The Hideout A dedicated website for young people up to the age of 21 where they can find information about relationship abuse and where to get help. There is also a moderated 'messageboard' where young people can post about what's going on in their relationships and get direct information and support.</p>	<p>www.thehideout.org.uk</p>
<p>Lewisham Women Against Domestic Violence Project Run a recovery programme for children aged four to 21 who have been affected by domestic violence and are no longer residing with the perpetrator.</p>	<p>0207 252 8518 0207 732 9716</p>
<p>NSPCC: National Child Protection Helpline</p>	<p>0808 800 5000 email: help@nspcc.org.uk</p>
<p>NSPCC Asian Child Protection Help lines</p>	<p>To speak in the following languages call: 0800 096 7714 – Bengali 0800 096 7715 – Gujarati 0800 096 7716 – Hindi 0800 096 7717 – Punjabi</p>

	<p>0800 096 7718 – Urdu 0800 096 7719 – English speaking Asian advisor Open 11.00am to 7.00pm Monday to Friday. All calls are free</p>
<p>Reunite Advice for parents whose children have been abducted or for parents who fear abduction.</p>	<p>0116 255 6234</p>
OLDER PEOPLE	
<p>Victim Support Familial Abuse Service</p>	<p>0208 698 4583 ext 4</p>
<p>Action on Elder Abuse Helpline</p>	<p>0808 808 8141</p>
<p>Age Concern Lewisham</p>	<p>0208 690 9060</p>
CHANGE SUPPORT FOR PERPETRATORS	
<p>TRYangle Domestic Abuse Intervention: a violence intervention programme for men who are being abusive or violent in an intimate relationship.</p>	<p>0208 855 7564 email: mvip@tryangle2011.org.uk</p>
<p>Respect</p> <ul style="list-style-type: none"> • support services and programmes for men and women who inflict violence in relationships; and • domestic violence victims looking for help on behalf of their abusive partner - concerned friends and family of abusers. 	<p>Freephone 0808 802 4040 (Free from landlines and from mobiles using the O2, Orange, T Mobile, Three (3), Virgin, and Vodafone networks). Calls will not appear on BT landline phone bills. email: info@respectphoneline.org.uk www.respectphoneline.org.uk/</p>
CRIME	
<p>The Metropolitan Police Service</p>	<p>In emergency dial 999</p>
<p>Metropolitan Police Community Safety unit 43 Lewisham High Street Lewisham SE13 5JZ</p>	<p>0208 284 8335 or 0208 284 8406</p>
<p>Crimestoppers</p>	<p>0800 555 111</p>
<p>Victim Support: Freepost LON15120, Catford, SE6 2BR Provides practical advice and support, as well as a list of solicitors.</p>	<p>0208 698 4583 National support line: 0845 30 30 900 email: VS.Lewisham@vslondon.org</p>
<p>Linkline (Community alarms) 47 Rushey Green, Catford, SE6 4BA</p>	<p>0208 314 8866</p>
HEALTH	
<p>MOZAIC Project Guys and St. Thomas Hospital Advocacy & referral to other specialised services</p>	<p>0207 188 7710 Mon to Fri 9am - 5pm and 24 hour answer phone.</p>

Lewisham Hospital NHS Trust Lewisham High Street Lewisham SE13 6LH	0208 333 3000 Women's Health Reception 0208 333 3181
Broken Rainbow A telephone helpline for lesbians, gay men and bisexual or transgender people experiencing domestic violence	08452 60 44 60 2.00pm- 8.00pm Monday and Thursday 10.00am-1.00pm Wednesday www.broken-rainbow.org.uk
GENERAL	
Samaritans Samaritans provides confidential, non-judgmental emotional support for people experiencing feelings of distress or despair (including suicidal thoughts), 24 hours a day.	08457 90 90 90 www.samaritans.org/
The Survivors Trust The Survivors Trust has over 130 member agencies which provide support for women, men and children who are survivors of rape, sexual violence or childhood sexual abuse.	www.thesurvivorstrust.org/ Their website contains: a map of specialist support services in all areas of the UK; a list of Independent Sexual Violence Advisor (ISVA) services, which provide advocacy and practical support services for survivors; and a list of Sexual Assault Referral Centres.
Citizens Advice Bureau: 120 Rushey Green, Catford SE6 4HQ	0844 826 9691
Young Women's Resource Project Mentoring scheme & group work 308 Brownhill Road, SE6 1AU	0208 698 6675