

WHAT IS DOMESTIC ABUSE?

Domestic Abuse comes in many forms and can include threats, violence, and coercive or controlling behaviour between people who have (or had) a relationship with each other. It can happen between partners, within families or shared homes. Both men and women can be victims. Domestic Abuse can happen to anyone of any race, age, sexual orientation, religion, or gender. It's about one person having power or control over another, and it often gets worse over time.

Domestic Abuse takes many forms including (but not limited to) physical, sexual, emotional, financial, and digital abuse (using phones/social media).

A FEW FACTS

One in four women and one in six men will experience Domestic Abuse during their lives.

Victims are often made to feel that they will not be believed or are threatened with further abuse – either to them, their children or even family and pets if they tell anyone about what is happening.

Children are often present when a parent is being abused, either being directly harmed themselves or being witnesses to the abuse.

SoLDAS CAN HELP

We are a local Domestic Abuse charity offering free, confidential support to men, women and children who are or have been affected by Domestic Abuse. We will:

- Listen to you in a non-judgmental way, prioritising your safety and confidentiality.
- A Specialist Domestic Abuse Worker will offer emotional support, information and signposting. We can also guide you with housing issues, benefits and accessing legal advice.
- Give practical advice to help increase the safety of you and any children.
- Help explore options around the abuse and support you to make your own choices.
- Offer onward referrals to specialist support agencies in your local area.
- Give you time to think about your decisions and offer any continuous support you may need, regardless of the choices you make.

THE EFFECTS OF DOMESTIC ABUSE ON CHILDREN

We must never underestimate the impact of Domestic Abuse on children, who are often present when the abuse happens. Even though they may have not *seen* the abuse, it is likely that they have heard it.

We will do everything we can to help the non-abusive parent to support their children effectively.

HOW TO HELP OTHERS

If you know, or suspect, someone is affected by Domestic Abuse, you can help by:

- Listening to them and taking them seriously.
- Being there for them, whatever decisions they make.
- Helping them to find support and advice.
- Trying not to intervene or sort out the situation yourself as this can make things worse.
- Respect their need to be secretive.

They may need legal, financial, and emotional support.

Please do not put yourself in a dangerous position and be careful not to further endanger the victim.

If you are concerned for their safety, call the Police on 999.

REFUGE – A SAFE PLACE

Sometimes, the time comes when the victim needs to find a place of safety for themselves and their children; this is known as refuge.

There is a network of Domestic Abuse refuges across England for victims and their children if they need to flee Domestic Abuse.

SoLDAS offers refuge for up to 15 families at our refuge, and we can also search for appropriate refuge for victims who need to flee out of the area.

It is vital that refuge is in an area where the victim is not known and where the perpetrator has no family or contacts, so we work with the victim to find suitable safe accommodation.

To donate to our charity, please scan the QR code:





RURAL COMMUNITY HUBS

Boston Women's Aid (BWA) has been delivering Domestic Abuse services across South Lincolnshire since 1987; our staff are experienced practitioners.

BWA is an active member of Lincolnshire Domestic Abuse Delivery Group. The charity is deeply embedded within the communities where we operate; we are supported by local communities, groups and the generosity of the public who help by providing donations and gifts in-kind.

BWA supports people to make their own choices, giving them the skills to have confidence in their own ability to do so, supporting them with advice when asked, accompanying to appointments, being there as long as the victims feels they need our support.

SoLDAS Boston Women's Aid are grateful to Holbeach United Charity, The Grange Wind Farm Community Fund managed by Lincolnshire Community Foundation and The Mental Health Community Investment Fund for funding our South Holland Hubs.

THE FREEDOM PROGRAMME

SoLDAS Boston Women's Aid are funded by Reaching Communities to deliver the Freedom Programme for women who have suffered Domestic Abuse.

The Freedom Programme is delivered over 12 weeks and helps women victims understand the effects of attitudes/beliefs on the actions of the perpetrator and the responses of victims, helping them understand what has happened to them, how children are affected by this abuse, how lives improve when abuse is removed.

Women gain a greater understanding of what happened, that they shouldn't feel guilty and gain tools to work with their children to help recovery and move on to a life free from abuse.

One participant said: "It's opened my eyes up to so much; so, so much! I can't express how important you and all the others at BWA are to me and my boys."

For more information about how to participate in the Freedom Programme, call 01205 311272 or email admin@bostonwa.co.uk



RURAL COMMUNITY HUBS

FREE Support for victims of Domestic Abuse in Boston, Holbeach, Spalding and the surrounding villages

Spalding - Tuesday 10am – 2pm

Boston - Wednesday 10am – 2pm

Holbeach - Thursday 10am – 2pm

Sutton Bridge - Thursday 10am – 12pm

Long Sutton – Thursday – 12pm – 2pm

To book an appointment, please call 01205 311272 or email admin@bostonwa.co.uk

