

# Fact Sheet

Domestic Abuse

Coed Pella,  
Conway Road,  
Colwyn Bay.  
LL29 7AZ  
0300 1240050



## What is Domestic Abuse?

Domestic abuse is when the behaviour of someone in a close relationship with you causes you harm. The abuse can be physical, psychological, emotional, sexual or financial. This doesn't have to be physical violence

## How do I know if I am in an abusive relationship?

### Your Inner thoughts and feelings. Do you?

- Feel afraid of your partner much of the time?
- Avoid certain topics out of fear of angering your partner?
- Believe that you deserve to be hurt or mistreated?
- Wonder if you're the one who is crazy?
- Feel emotionally numb or helpless?

### Your Partners Belittling Behaviour. Does he/she?

- Humiliate or yell at you?
- Criticise you and put you down?
- Treat you so badly that you're embarrassed for your friends or family to see?
- Ignore or put down your opinions or accomplishments?
- Blame you for their own abusive behaviour?
- See you as property or a sex object, rather than as a person?

## What are the signs of mental or emotional abuse?

### Your Partners violent behaviour or threats. Do you?

- Have a bad and unpredictable temper?
- Hurt you, or threaten to hurt or kill you?
- Threaten to take your children away or harm them?
- Threaten to commit suicide if you leave?
- Force you to have sex?
- Destroy your belongings?

### Your Partners controlling behaviour. Does he/she?

- Act excessively jealous and possessive?
- Control where you go or what you do?
- Keep you from seeing your friends or family?
- Limit your access to money, the phone, or the car?
- Constantly check up on you



Many men and women suffer from emotional abuse, which is no less destructive. Unfortunately, emotional abuse is often minimized or overlooked. Emotional abuse chips away at your feelings of self-worth and independence. If you're the victim of emotional abuse, you may feel that there is no way out of the relationship, or that without your abusive partner you have nothing. You may think that physical abuse is far worse than emotional abuse, since physical violence can send you to the hospital and leave you with scars. The scars of emotional abuse are very real, though, and they run deep. In fact, emotional abuse can be just as damaging as physical abuse—sometimes even more so.

### It is still abuse if....

The incidents of physical abuse seem minor when compared to those you have read about, seen on the TV or heard other women / men talk about - *There isn't a "better" or "worse" form of physical abuse; you can be severely injured as a result of being pushed, for example.*

The incidents of physical abuse only occurred once or twice in the relationship - *Studies indicate that if your partner has injured you once, it is likely they will continue to injure you.*

The physical assault stopped when you became passive and gave up your right to express yourself as you desire, to move about freely and see others, and to make decisions - *It is not a victory if you have to give up your rights as a person and a partner in exchanged for not being assaulted.*

There has not been any physical abuse - *Many women and men are emotionally and verbally abused. This can be as equally frightening and is often more confusing to try and understand.*

### Who can experience Abuse?

Domestic abuse and violence can happen in straight, lesbian, gay or bi-sexual relationships. You can be affected by domestic abuse from a partners or family member.

Physical attacks are the most obvious signs of domestic violence. They don't need to leave visible marks to be damaging.

### What are the signs of mental or emotional abuse?

Mental abuse attacks your personality and emotional well-being. Mental abuse is not as obvious as physical abuse but can be just as harmful. It can include:

- Humiliation or constant criticism
- Verbal abuse and name calling
- Enforced isolation from family and friends
- Threats against you or others you are close to
- The destruction of belongings
- Control over what you wear and how you look



## What are the signs of financial abuse?

When your partner deprives you of financial independence. For example where one partner is the wage earner and the other looks after children, the wage earner does not give the carer enough to meet everyone's needs.

An abuser's goal is to control you, and will frequently use money to do so.

- Controlling your finances
- Withholding money or credit cards
- Making you account for every penny you spend
- Withholding basic necessities (food, clothes, medication)
- Restricting you to an allowance
- Preventing you from working or choosing your own career
- Sabotaging your work (making you miss calls, calling work constantly)
- Stealing from you or taking your money

## Facts about Domestic Abuse

One in four women experience domestic abuse at some time in their life.

One in nine women experience physical domestic abuse where medical attention is needed.

Domestic abuse claims the lives of two women each week and 30 men each year.

According to the NSPCC, one in four children have witnessed domestic abuse

Domestic abuse accounts for a quarter of all violent crime

One in six men experience domestic abuse at some time in their lifetime.

Has more repeat victims than any other crime (on average there will be 35 assaults before a victim calls the police).

## What can Conwy Housing Solutions do to help?

Don't suffer in silence. Please speak to anyone at your local housing office at Coed Pella, Conway Road, Colwyn Bay, LL29 7AZ, 0300 1240040. We will be able to help you. We will contact you within 24 hours of receiving a complaint (immediately if it's an emergency).

We can arrange for a male or female member of staff to talk to you in private at a convenient location and with an interpreter if needed.

We will listen to you and advise you of your options and never take action without your consent unless you or your children are at serious risk of harm.

We can put you in touch with specialist agencies that can help you.

We can complete a risk assessment with you to check what you need

We can work with our partner agencies to arrange to fit extra security measures to your home if you wish to remain.

We can advise you on rent, housing benefits and debt.





## Should I tell my children about my plans?

Younger children may not be good at keeping secrets whereas older children may cope better with the information. You will not lose your rights as a parent if you have to leave your children, but you must see a solicitor as soon as possible so you can take steps to get them back.

## What if I want to stay in my home?

You can take legal action to allow you to stay in your home and keep out the person abusing you. The courts can do this by way of an 'Occupation Order' which says who has the right to live in your home. They may also grant a 'Non Molestation Order' which sets out the way your partner must behave in the future and stops them threatening and harassing you.

Please note that you must seek independent legal advice as Conwy Housing Solutions cannot do this for you. Details of all available support services can be found on [www.dasunorthwales.co.uk](http://www.dasunorthwales.co.uk)

You can phone Shelter Cymru on 0845 075 5005, impartial advice. For further information contact:

## Sources of Help

**In an emergency call the Police on 999 (non emergencies on 101)**

**Support available to individuals suffering domestic abuse or sexual violence and their families**

### Conwy Citizen Advice Bureau

☞ Eryl Place, Llandudno

☞ The Basement, 7 South Parade. Llandudno LL30 2LN

☞ Penrhyn Road, Colwyn Bay. LL29 8LG

☎ 0844 477 2020

☎ 0844 477 2020

☎ 0845 120 3716

### Safer Wales –Women's Safety Unit

☎ 029 2022 2022

Please note offices are staffed Monday-Friday 9.00am to 5.00pm.

☞ <http://www.saferwales.com>

### North Wales RASA (Rape & Sexual Assault Service)

☞ PO Box 87, Caernarfon, Gwynedd, LL55 9AA

☎ 01286 669266

Rape and sexual support centre provides services for males and females aged 14+ who have experienced any of the following: - domestic abuse including physical, emotional and sexual, rape and ritual abuse.

### North Wales Sexual Assault Referral Centre ☎ 01492 805384

☞ 1 Bryn Eirias Close, Colwyn Bay

Open to police referrals for any child or adult victim or rape and/or sexual abuse.

## Victim Support North Wales

☎ 0845 2412410

Free and confidential help to victims of crime, witnesses, their family, friends and anyone else affected across England and Wales.

💻 <http://www.victimsupport.org.uk/>

## Wales Victim Support

📍 Rhyl Police Station, Wellington Road, Rhyl

☎ 0845 6121900

## Wales Domestic Abuse Helpline

Wales Domestic Abuse Helpline is a confidential free support and information service for women, children and men in Wales who are experiencing or who have experienced domestic abuse and or sexual abuse and violence.

☎ 0808 8010800

💻 [www.wdah.org.uk/](http://www.wdah.org.uk/)

💻 [www.allwaleshelpline.org.uk/](http://www.allwaleshelpline.org.uk/)

## The Samaritans

Crisis Intervention - The Samaritans is available round the clock, every single day of the year, providing a safe place for anyone who is struggling to cope. ☎ 116 123 💻 <http://www.samaritans.org> to find nearest branch details or email

💻 [jo@samaritans.org](mailto:jo@samaritans.org)

## Specialist Support

The All Wales Helpline can be contacted 24/7 and operates Language Line to enable accessibility for all languages.

The following organisations offer specialist support to certain groups and can be contacted directly but the All Wales Domestic Abuse helpline will also work with these organisations to ensure your needs are accommodated.

## Refuge, Accommodation & Housing Support

### Hafan Cymru

Provides housing and support services to women, men and their children, particularly those escaping Domestic Abuse

Conwy

☎ 01492 536246

Denbighshire

☎ 01745 336524

Head Office

☎ 01267 225555

💻 [www.hafancymru.co.uk](http://www.hafancymru.co.uk)

Refuge (Information website) 💻 [www.refuge.org.uk](http://www.refuge.org.uk)

Please call the 24/7 All Wales Domestic Abuse Helpline for more information

**Support Specific to Women experiencing Domestic Abuse****North Denbighshire Domestic Abuse Service**

☎ 01745 337104

**Glyndwr Women's Aid**

☎ 01745 814494

**Aberconwy Domestic Abuse Services**

Glyn y Marl Rd, Llandudno Junction, LL31 9NS

☎ 01492 872992

**Domestic Abuse Safety Unit (DASU) (formerly known as Welsh Women's Aid)**

DASU offer appropriate services and support to be available to women and children for all forms of domestic abuse.

💻 [www.dasunorthwales.co.uk](http://www.dasunorthwales.co.uk)

📍 Basement Offices Penrhyn Road, Colwyn Bay, LL29 8LG

☎ 01492 534705

**North Wales Women's Centre**

Confidential crisis support around issues such as homelessness and domestic abuse.

💻 [info@northwaleswomenscentre.co.uk](mailto:info@northwaleswomenscentre.co.uk)

☎ 00745 339331

💻 [www.northwaleswomenscentre.co.uk/](http://www.northwaleswomenscentre.co.uk/)**Support for Men experiencing Domestic Abuse****Dyn Cymru**

Helpline ☎ 0808 801 0321

Monday-Friday 10am-1pm and 2pm-5pm

💻 [www.dynwales.org](http://www.dynwales.org)

The Dyn Project provides accessible support to all men who experience domestic abuse in Wales regardless of age; gender; race; religion or sexual orientation.

**Men's Advice Line**

☎ 0808 801 0327

A confidential helpline for all men experiencing domestic abuse by a current or ex-partner. If English isn't your first language you can phone and ask for an interpreter. (Mon to Fri - 10am to 1pm &amp; 2pm to 5pm) 💻

info@mensadviceline.org.uk

💻 [www.mensadviceline.org.uk/](http://www.mensadviceline.org.uk/)**MEDA**

☎ 01686 629114

Men Experiencing Domestic Abuse offering community support and safe housing.

💻 [meda@familycrisis.co.uk](mailto:meda@familycrisis.co.uk)

## **Support for Lesbian, Gay, Bisexual & Transgender (LGBT)**

### **Broken Rainbow**

☎ 0300 999 5428

✉ [mail@broken-rainbow.org.uk](mailto:mail@broken-rainbow.org.uk)

💻 [www.broken-rainbow.org.uk/](http://www.broken-rainbow.org.uk/)

Helpline for lesbian, gay, bisexual and transgender people experiencing domestic violence. Monday and Thursday 10am to 8pm, Tuesday and Wednesday. (1pm-5pm Tuesday is a Transgender specific service)

## **Support for Children and Teenagers**

### **ChildLine**

☎ 0800 11 11

💻 [www.childline.org.uk](http://www.childline.org.uk)

### **NSPCC**

☎ 0800 100 2524

💻 [www.nspcc.org.uk](http://www.nspcc.org.uk)

## **Support for Older Adults**

### **Action on Elder Abuse**

☎ 08088 088141

<http://www.elderabuse.org.uk/>

## **Support for Individuals from different cultures experiencing Domestic Abuse**

### **BAWSO**

Black Association of Women Step Out

💻 [www.bawso.org.uk/](http://www.bawso.org.uk/)

☎ 0800 7318147

BAWSO is an all Wales organization providing specialist services to black and ethnic minority women and children who are suffering domestic abuse.

## **MEWN (Minority Ethnic Women's Network) Cymru**

💻 <http://www.mewn-cymru.org.uk/>

☎ 029 20 464 445

### **Henna Foundation**

☎ 029 20 496 920

Monday- Friday 10am to 5 pm

Specialist support for Muslim Women, Children and families in Wales

### **Southall Black Sisters**

☎ 0208 571 0800

Support for black (Asian and African-Caribbean) and minority ethnic women

華人資料及諮詢中心

### **Chinese Information & Advice Centre**

☎ 08453 131 868

💻 <http://www.ciac.co.uk/>





## Jewish Women's Aid

 <http://www.jwa.org.uk/>

 0808 801 0500

## Refuge (Information website)

Offers culturally specific refuges to meet the needs of women from different ethnic communities and cultures.

 [www.refuge.org.uk](http://www.refuge.org.uk)

Please call the 24/7 All Wales Domestic Abuse Helpline for more information

## Support for individuals with abusive behaviour

### Choose2change

 [www.relatecymru.org.uk/](http://www.relatecymru.org.uk/)

 [choose2change@relatecymru.org.uk](mailto:choose2change@relatecymru.org.uk)

 01745 345929

### RESPECT helpline

 [www.respectphoneline.org.uk](http://www.respectphoneline.org.uk)

 0808 802 4040

## The Salvation Army

The Salvation Army runs residential shelters for men.

 [www2.salvationarmy.org.uk](http://www2.salvationarmy.org.uk)



Dewis Cymru is a place for information about well-being in Wales.

If you would like information that can help you think what matters to you, along with information about local organisations and services that can help, you can visit the Dewis Cymru website at [www.dewis.wales](http://www.dewis.wales)

This website will help you access local support services and find information and advice. It is a single, clear and reliable point of access

Mae'r ddogfen hon ar gael yn Gymraeg hefyd.

