

Are you afraid of someone you love?

Help
is out
there



Blaby District
Domestic
Abuse
Directory



the heart of Leicestershire

Domestic abuse is not just hitting or fighting or the occasional nasty argument, it is an abuse of power over another person. Domestic abuse is any intimidating behaviour, violence or abuse between adults who are or have been in a relationship, or between family members. Domestic Abuse has many forms including physical aggression, sexual abuse, financial abuse, emotional abuse. What ever form domestic abuse takes it is rarely a one-off incident and is frequently a behaviour that has repeatedly happened over many months or years. It can affect anybody, regardless of their gender or sexuality.

If YOU feel:

Unsafe, abused, threatened, isolated, confused, worthless, trapped, scared, intimidated or vulnerable because of things someone who lives with you, or has lived with you, says or does....

These are forms of **DOMESTIC ABUSE**

REMEMBER

- You have the right to feel safe and happy
- You have the right to make your own choices
- You have the right to live abuse free
- You are not alone; it can happen to anyone, anytime, anyplace
- We have services in the area that can help you
- We suggest you consider whose telephone you use to call these people. Each telephone has a built in redial. To disable this after you call, replace the receiver, pick up and press 1 (then if redial is used by the abuser it will dial 1 which is no number).

**IN AN EMERGENCY ALWAYS
CALL THE POLICE ON 999**

This directory includes all of the local and some of the national organisations that you can contact for help or advice on dealing with domestic abuse including counselling, health, drugs and alcohol, housing and money.

COUNSELLING

FSU Leicester

0116 254 3352

www.fsu.org.uk

Team of specialists who work with children, young people, adults and families who need assistance as a result of family breakdown or conflict, child behaviour difficulties, the effect of physical, sexual and/or emotional abuse

Relate

0116 254 3011

www.relateleicestershire.org.uk

Provides counselling for couples and individuals concerning personal relationships

Samaritans

08457 909 090 or

0116 270 0007

www.samaritans.org.uk

24 hour confidential and emotional support for anyone in crisis

HEALTH

Dept of G.U. Medicine

0116 2585 208

(Clinic 6 – sexual health)
Free, friendly, confidential service concerning sexual health

Doctors

It is important to inform your GP if you are experiencing Domestic Violence and have any injuries recorded

LAMP

0116 2556 286

www.lampdirect.org.uk

Leicester Action for Mental Health Project

Leicestershire Aids Support Services (LASS)

0116 255 9995

www.lass.org.uk

Emotional, practical and financial support in relation to HIV, Aids and sexual Health

Leicestershire Focus Line

08000 272 127

www.rethink.org

A telephone support service for anyone affected by mental health issues. Open 5pm–1am 7 days a week

**Medical Services
Leicester Royal
Infirmary**

0116 254 1414

New Futures Project

0116 251 0803

www.new-futures.org.uk

Sexual health advocacy,
counselling, advice and
support for people working
in prostitution

Quetzal Project

0116 253 9103

www.quetzal.org.uk

Quetzal works throughout
Leicester City, County and
Rutland, supporting women
recovering from the trauma
of childhood sexual abuse

**Voluntary Action
Blaby District**

0116 272 7670

[www.voluntaryaction-
blabydistrict.org.uk](http://www.voluntaryaction-blabydistrict.org.uk)

Supporting people with
mental health difficulties

**ALCOHOL,
DRUGS,
SOLVENTS &
GAMBLING**

**Alcoholics
Anonymous**

0845 769 7555

[www.alcoholics-
anonymous.org.uk](http://www.alcoholics-anonymous.org.uk)

**Council for
Involuntary
Tranquiliser
Addiction (CITA)**

0151 932 0102

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

Opens Monday - Friday
10am - 1pm
Saturday & Sunday
9am - 1pm

Gamblers Anonymous

0870 050 8880

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

**Leicestershire
Community Projects
Trust**

0116 222 9522

www.lcp-trust.org.uk

Drug and alcohol advice
centre

**REFUGE,
HOUSING &
HOMELESSNESS**

Blaby District Council

0116 272 7788

www.blaby.gov.uk

Housing Options Team

0870 238 5057

Out of hours service.

Operates Monday to
Thursday from 5.15pm -
8.45am and Friday 4.45pm -
8.45am Monday morning

Refuge

0808 2000 247
www.refuge.org.uk

For emergency accommodation

Shelter

0808 800 4444
www.shelter.org.uk

24 hour National Homelessness Helpline

MONEY & LEGAL

Housing Benefit & Council Tax Benefit

0116 272 7510 or 0116 272 5758

Jobcentre Plus

www.jobcentreplus.gov.uk
Provide advice and support in finding work and claiming benefits. Contact your nearest Jobcentre Plus Office or call Jobseeker Direct on 08456 060 234

Leicester Money Advice

0800 389 1701

Rights of Women

020 7251 8887
www.rightsofwomen.org.uk

Sexual violence legal advice line: Open Monday 11-1pm and Tuesday 10-12pm
For legal advice on a range of issues: 020 7251 6577
If you require legal advice contact a solicitor;

alternatively Rights of Women offer legal advice on a range of issues, including domestic violence, child access etc.

Open Tuesday - Thursday 2-4pm and Friday 12-2pm

USEFUL CONTACTS

Action on Elder Abuse (AOEA)

0808 808 8141
www.elderabuse.org.uk

Provide guidance for the prevention of and action on abuse of older people

Broken Rainbow

08452 60 44 60
www.broken-rainbow.org.uk

A referral service for lesbians, gay men, bisexuals and transgender people experiencing domestic violence

BT Malicious Calls Bureau

0800 661 441

Childline

0800 1111
www.childline.org.uk

Citizens Advice Bureau

0844 848 9009
www.citizensadvice.org.uk

Domestic Violence Integrated Response Project

0116 255 0004

Telephone support service for anyone, over 16, whose life has been affected by domestic violence. This includes a Helpline service which is open:

Mon - Friday 10 - 3pm

Mon - Thurs 7pm - 9pm

Sat 10 - 2.30pm and

Sunday 12.00 - 3pm

Hideout

www.thehideout.org.uk

National domestic violence website for children and young people

Home-Start Blaby District Oadby & Wigston

0116 263 0270

www.home-start.org.uk

Supporting families with children under five

Juniper Lodge

0116 273 3330

www.juniperlodge.org.uk

Support for survivors of sexual abuse aged over 16

Leicester Lesbian, Gay and Bisexual Centre Helpline

0116 254 7412 or

0116 255 0667

www.llgbc.com

Leicestershire Police

0116 222 2222

www.leics-police.uk

**In an emergency please
call 999**

Each of the main police stations in our county has a 'Specialist Violent Crime Officer.' These officers provide a follow up service to give support, contact and information to all victims

The Specialist Violent Crime Officer can be contacted at:

Blaby Local Policing Unit
22-24 Leicester Road
Blaby, Leicestershire
LE8 4GQ

0116 248 6457

Leicester Rape Crisis Helpline

0116 255 8852

www.rapecrisis.org.uk

Phone and face to face counselling and support for women who have been raped, sexually assaulted or sexually abused, recently or in the past

Leicester Witness Cocoon

0116 255 5392

Practical and emotional support for victims and witnesses of crime

Men's Advice Line and Enquiries (MALE)

0800 801 0327

www.mensadvice.org.uk

Advice and support for men in abusive relationships

Blaby District Council recognises domestic abuse as a serious incident. We are committed in supporting residents and tenants who are victims of this crime.

You can access confidential advice and support on all domestic abuse issues by contacting the Domestic Abuse Outreach Worker on 0116 272 7637.

This document can be made available on request, in other languages and formats (large print, Braille or on audio tape) by contacting:

Blaby District Council
Council Offices, Desford Road
Narborough, Leicester LE19 2EP
Telephone : 0116 275 0555

www.blaby.gov.uk

E-mail : customer.services@blaby.gov.uk