



Domestic abuse during coronavirus

Help for yourself or for someone you know



Easy Read version

What is in this paper

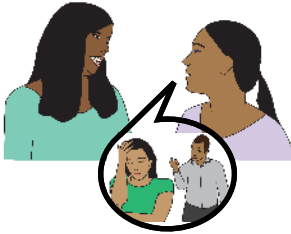
Page



- | | |
|---------------------|---|
| 1. About this paper | 1 |
|---------------------|---|



- | | |
|----------------------------|---|
| 2. What is domestic abuse? | 3 |
|----------------------------|---|



- | | |
|-----------------------------|----|
| 3. Reporting domestic abuse | 11 |
|-----------------------------|----|



- | | |
|----------------------|----|
| 4. Where to get help | 15 |
|----------------------|----|



- | | |
|-----------------------------------|----|
| 5. Help with benefits and housing | 22 |
|-----------------------------------|----|



- | | |
|-----------------------------------|----|
| 6. Help if you might be an abuser | 24 |
|-----------------------------------|----|



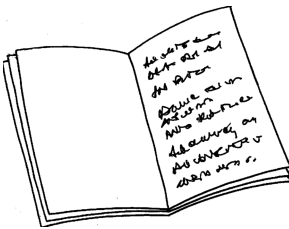
7. Help for employers and workers 26



8. Legal help 28



9. If you do not have settled status in UK 32



10. What the words mean 34

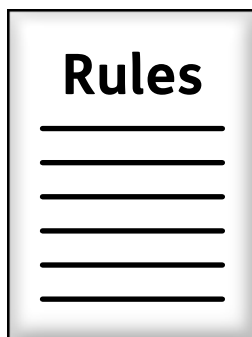
Some new or difficult words are in **bold**.

We explain what they mean at the end of this paper.

1. About this paper



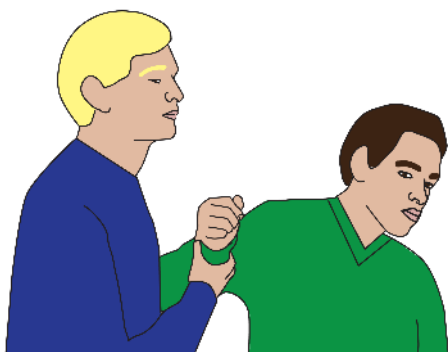
Coronavirus (or COVID-19) is a serious illness caused by a new virus. It can pass from person to person very quickly.



The government has lots of new rules to try to stop the spread of **coronavirus**. These have changed everyone's lives.



Rules about having to stay home can be really difficult if you are worried about **domestic abuse**.



Domestic abuse is when your boyfriend, girlfriend, husband, wife or someone in your family hurts or tries to control you.



Domestic abuse is always wrong.
It affects men as well as women.



You do not have to stick to rules about staying at home if you need to get away from **domestic abuse**.



If you or someone else is in immediate danger, phone 999 and ask for the police.



For women and children.
Against domestic violence.

If you need information or advice, you can talk to the **National Domestic Abuse Helpline** any time of day or night.
Telephone: **0808 2000 247**.

2. What is domestic abuse?



Domestic abuse can affect anyone.



It includes hitting or hurting you but also:

- making you do things you do not want to do



- making you lose confidence in yourself



- controlling your money or things you own



- online **abuse** through messages, Facebook or other social media



- threatening or frightening you



- picking on you, teasing or making you feel stupid in front of other people



- forcing you to do something sexual you do not want to do.

These are some signs of **domestic abuse**:



- being very quiet



- not keeping in touch with family and friends



- having bruises, burns or bite marks



- not having enough money to pay for things



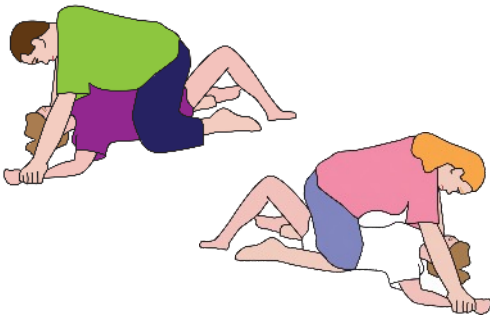
- not being able to go where you want



- someone reading all your emails, texts or letters



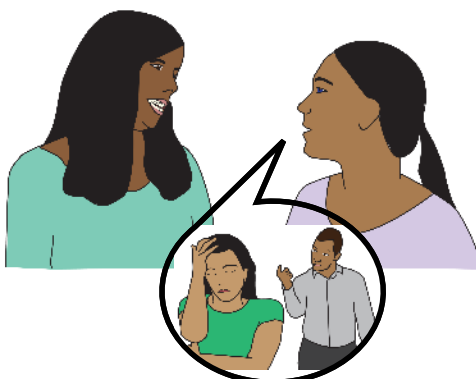
- being told often that you are wrong or stupid



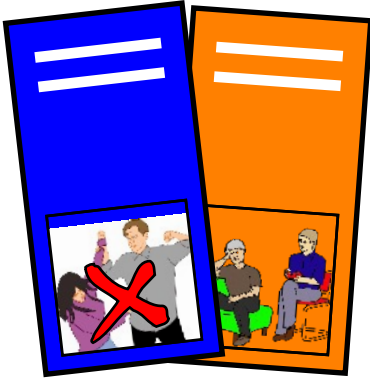
- being forced to have sex



- being told that the abuse is your fault.



If you think someone is being **abused**, say you are worried about them.

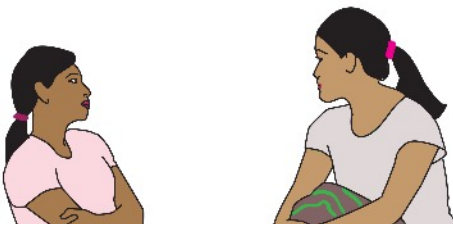


If someone tells you they are being abused you can help by:

- giving them information about organisations that can help



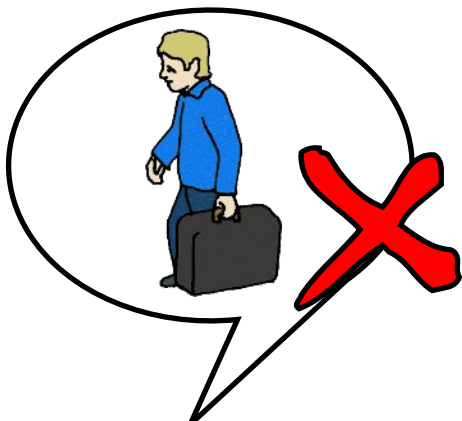
- listening and saying it is not their fault



- giving them time to talk when they want to



- supporting them to make their own decisions



- not telling them to leave the person if they are not ready to



- offering to go with them to a hospital or GP if they have been hurt



- helping them tell the police if they want to.



For women and children.
Against domestic violence.

If you are worried that someone is a **victim of domestic abuse**, phone the **National Domestic Abuse Helpline** on **0808 2000 247**.



Remember if someone is in immediate danger, you should always phone 999.

Financial abuse

Financial abuse is when someone:



- steals your money or things you own



- makes you buy something you do not want



- uses your money to pay for their own things



- will not let you choose how to spend your money



- makes you give them your money or things.



Coronavirus might change how much money you have or how you manage it. This could mean you are more at risk of financial abuse.



The Government can support businesses and workers who lose money when they cannot work.



There is more information on this website:

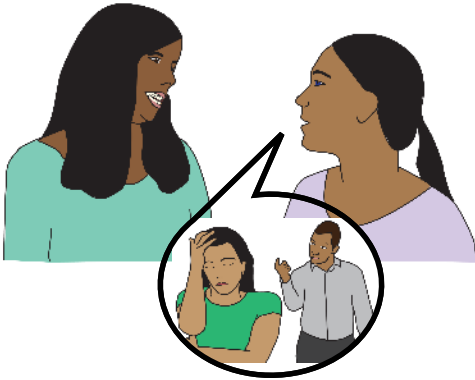
<https://tinyurl.com/govsupportcovid19>



For women and children.
Against domestic violence.

If you think you are a **victim** of **financial abuse**, phone the **National Domestic Abuse Helpline** on **0808 2000 247**.

3. Reporting domestic abuse



If you or someone you know is a **victim of domestic abuse** it is important to report it.



This means telling someone like the police what happened.



Remember if **you** are in immediate danger, phone 999 and ask for the police.

If it is dangerous to speak

From a landline:



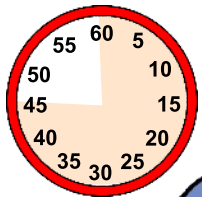
- phone 999 and stay quiet when they ask you questions



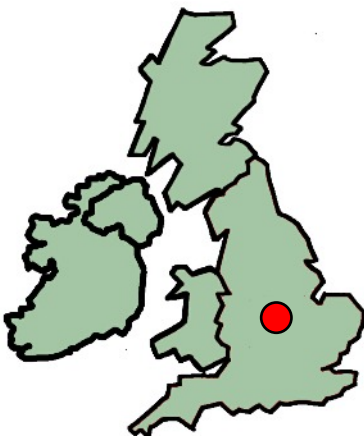
- cough or tap the phone if you can so the operator knows there is someone there



- the operator will pass your call to the police



- if you put the phone down the call will stay connected for 45 seconds in case you can pick it up again



- the police should be able to tell where you are.

From a mobile phone:



- phone 999 and stay quiet when they ask you questions



- cough or tap the phone if you can so the operator knows there is someone there



- press 55 when you hear a message asking you to do this



- your call will be passed to the police



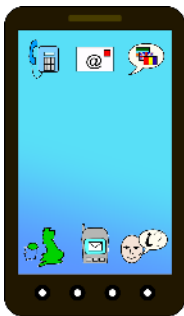
- they will ask you questions. If you cannot talk to them, listen carefully to what they ask you to do



- the police might not be able to tell where you are.

If you are deaf or cannot communicate with words

You can use the **emergency SMS service**.



This lets people in the UK send a text message to 999 for the emergency services.



You need to **register** your mobile phone before you can use this service. Text **REGISTER** to 999 and you will get a text to tell you how to set your phone up for this.

4. Where to get help



Where to start

Domestic abuse is always wrong.



Lots of organisations can give you advice, information and support.

Refuge



For women and children.
Against domestic violence.

If you need information or advice, you can talk to the **National Domestic Abuse Helpline** any time of the day or night.



Telephone:
0808 2000 247



Type Talk:
0808 2000 247

Special services



Many services support people from groups who might find it even more difficult to report **domestic abuse**.

Click here for a list of organisations that may help.

<https://www.womensaid.org.uk/information-support/useful-links/>



- people from ethnic minorities



- people who speak other languages



- people in forced marriages



- older people including grandparents



- children



- parents being abused by teenagers



- people who are deaf, blind or have other disabilities



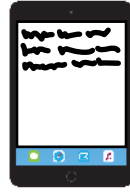
- people from the **LGBTQ+** community.

Wales Live Fear Free Helpline

This service can give help and advice about violence against women, domestic abuse and sexual violence.



Telephone:
0808 8010 800



TypeTalk:
18001 080 8801



Text:
078600 77 333

Men's Advice Line

Confidential helpline for male victims of domestic abuse.



Telephone:
0808 801 0327



Email:
info@mensadviceline.org.uk

Karma Nirvana

National helpline for victims of **honour-based** abuse, forced marriage and domestic abuse.



Telephone:
0800 5999 247



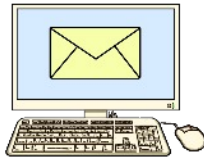
Email:
support@karmanirvana.org.uk

NSPCC helpline

Advice and support for anyone who is worried about a child.



Telephone:
0808 8005000



Email:
help@nspcc.org.uk

Stay Safe East

Information and advice for people with disabilities.



Telephone:
0208 519 7241



Text:
07587 134 122

Sign-Health

Domestic abuse support for deaf people
in British Sign Language.



Telephone:
020 3947 2601



Text, WhatsApp or Facetime:
07970 350366



Email:
da@signhealth.org.uk

Galop

National LGBTQ+ domestic abuse
helpline and webchat service



Telephone:
0800 999 5428



Email:
help@galop.org.uk

Sexual assault referral centres



These centres support any adult or child who has been raped or sexually assaulted.



They are a safe place where doctors, nurses and support workers know how to support you.



They can help you whether you want to report the attack to the police or not. It does not matter when the attack happened.

5. Help with benefits and housing

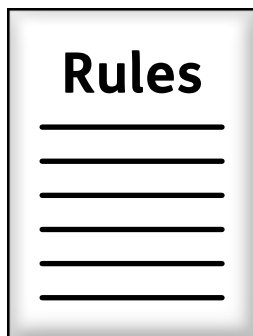


Benefits

Benefits are money the government pays you if you cannot work or earn as much as you need.



The Department of Work and Pensions manages **benefits** for the government.



They have new rules to make it easier to get benefits if you cannot work because of **coronavirus**.

TURN2US
FIGHTING UK POVERTY

Turn2us can help you get these **benefits**.
There is information on their website:
www.Turn2us.org.uk

Housing

Shelter

Shelter give free information and advice about housing and being homeless.



Website:
www.england.shelter.org.uk



Helpline:
0808 800 4444 you can ring between 8am and 8pm during the week and 9am and 5pm at weekends.

Local Jobcentres



Even if Jobcentres are closed because of **coronavirus** they can still help customers who are at risk. This includes people trying to escape **domestic abuse**.



The Job Centre is a safe space and your Job Coach will explain how they can support victims of **domestic abuse**.

6. Help if you might be an abuser



There is support for **abusers** too.

Respect

If you think you or someone else might be an **abuser**, the Respect Phonenumber can help.



The helpline is for men and women who **abuse** their partners or families.



They can also support partners, families or friends who are worried about an abuser.



Telephone:

0808 802 4042

Monday to Friday from 9.00am – 8.00pm



There is a **Webchat** service on
Wednesdays, Thursdays and Fridays.
From 10am – 11am and 3pm – 4pm.



The service is free. You do not have to tell
them your name or contact details and
they will keep your information safe.

7. Help for employers and workers



Employers should know how to help workers get support for **domestic abuse**.



If an employer is worried about someone who works for them they should:

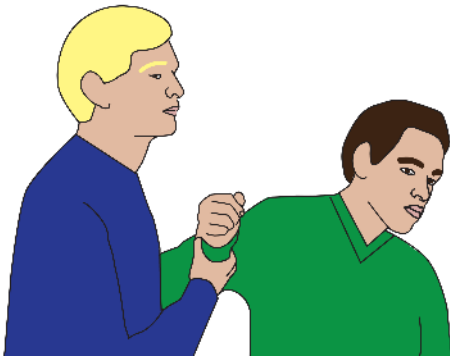
- talk to them



- phone 999 if they think they are in immediate danger.



Employers should ask all their workers to look out for anyone who needs support for **domestic abuse** and tell them where to get help.



This includes people who might be **abusing** their partner or family.



The Employers' Initiative on Domestic Abuse website has information and advice for employers at <http://www.eida.org.uk>

Archived

8. Legal help



Find out if someone has been violent before

You can ask the police to check if your partner has been violent in the past.



They can tell you if they think you might be at risk.



A friend or someone from your family can ask for you.



The police can only tell you about the person if they think they need to keep you safe.



To ask the police to check someone:

- go to a police station. You do not have to stick to rules about staying at home if you need to report or escape **domestic abuse**



- phone 101



- speak to a police officer on the street.

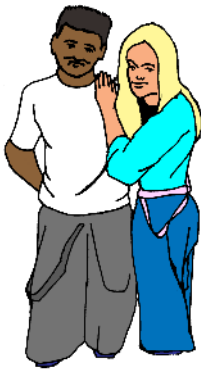


If you think you or another person are in immediate danger, phone 999.

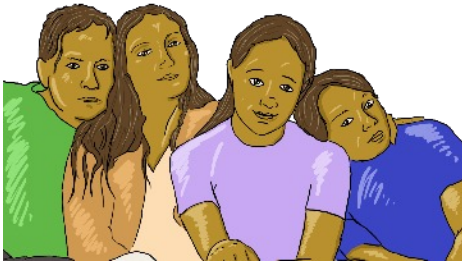


Get a court order to protect you

You can ask for a **court order** to help keep you safe. This order could stop the person who abused you coming to your home or harming you or your child. This could be:



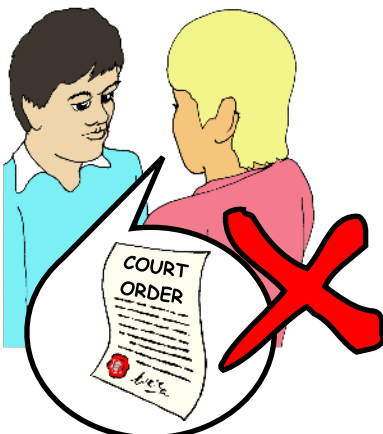
- your partner or someone who was your partner



- someone in your family



- someone you live with now or used to live with.



You do not have to tell the person you are applying for a **court order**.



If the person breaks the order, the police can arrest them.



You can apply by post or online. This website tells you what to do:
<https://www.gov.uk/injunction-domestic-violence>

Refuge



For women and children.
Against domestic violence.

You could also phone the **National Domestic Abuse Helpline** on
0808 2000 247.

9. If you do not have settled status in the UK



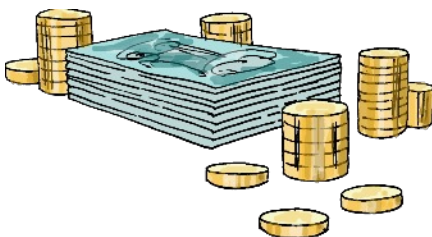
Settled status means you can legally live in the UK for as long as you want.



Sometimes this is because your partner is a British Citizen or has the right to live here.



If you are the victim of **domestic abuse** you might be able to apply to live here without your partner.

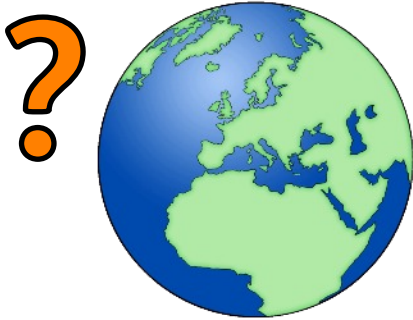


You might also be able to get help with:

- money



- somewhere to live in the UK



- deciding whether to stay or return to your home country.



This website tells you how to apply:
<https://tinyurl.com/stay-uk-victim>



For women and children.
Against domestic violence.

You could also phone the **National Domestic Abuse Helpline** on
0808 2000 247.

10. What the words mean

Abuse – when someone hurts you or treats you badly. Abuse is always wrong.

Abuser – a person who abuses someone else.

Benefits - money the government pays you if you cannot work or earn as much as you need.

Control – when someone has power over you and the things you do.

Coronavirus (COVID-19) - a serious illness caused by a new virus.

Court order – when a court protects you by stopping the person who abused you coming to your home or harming you or your child.

Emergency SMS service – this service in the UK lets people who are deaf or cannot use words to communicate send a text message to 999 to get help from the emergency services.

Financial abuse – is when someone takes your money or things or stops you from spending your money how you choose.

Honour-based violence - this usually happens in families when they think someone has shamed the family or their community.

LGBTQ+ - LGBT stands for lesbian, gay, bisexual, transgender or queer. The plus sign means this also includes people who do not feel they fit into any of these groups.

Register – put your name on a list to do something.

Type Talk – is a way for deaf people to make phone calls with hearing people. You speak or text what you want to say and a special operator types up what the person says back to you.

Victim – the person who is abused.

Virus - a tiny germ that gets into your body and can make you ill.

Webchat – a way to chat with someone by sending messages over the internet.

Archived

Credits



This paper has been designed and produced by the EasyRead service at Inspired Services Publishing Ltd.
Ref ISL122 20. July 2020

www.inspiredservices.org.uk



It meets the European EasyRead Standard.



Artwork includes material from the Inspired EasyRead Collection and cannot be used anywhere else without written permission from Inspired Services.

www.inspired.pics