



Family Support information

Domestic Abuse

<u>Service</u>	<u>Contact details</u>	<u>What is offered?</u>	<u>How to refer</u>
Hertfordshire Independent Domestic Violence Advocacy (IDVA)	0300 790 6772 hertsidva@refuge.org.uk or herts.idva@refuge.cjsm.net	<p>The Refuge-Hertfordshire IDVA service supports women and men who are experiencing domestic violence and abuse. Refuge is the country's largest provider of specialist support for those experiencing domestic violence and abuse. Our services change lives and save lives.</p> <p>We will provide confidential, non-judgmental, independent specialist support to women and men across Hertfordshire experiencing:</p> <ul style="list-style-type: none"> • Domestic violence and abuse • Coercive control, intimidation, threats, physical abuse, emotional abuse • Sexual abuse within an intimate relationship • Forced marriage • So-called 'honour'-based abuse • Female genital mutilation <p>The service will provide tailor-made:</p> <ul style="list-style-type: none"> • One to one support from a specialist practitioner • Emotional and practical support • Signposting to local external agencies (such as solicitors) 	Self or professional referral

Hertfordshire Sunflower	https://www.hertssunflower.org/herts-sunflower.aspx	Online support for victims and perpetrators of domestic abuse and their families.	Online support
Hertfordshire Domestic Abuse Helpline	08 088 088 088	Helplines for victims of domestic abuse	Telephone support
Everyman Project	http://www.everymanproject.co.uk/ 0207 263 8884	The Everyman Project was formed to offer support to perpetrators of domestic violence. We are a Charitable organisation whose mission is to help society by reducing angry, abusive and violent behaviours.	Online and telephone support
Victim Support	https://www.victimsupport.org.uk/ 0808 16 89 111	Offering online and telephone support for victims of crime.	Online and telephone support
Domestic Violence Helpline	http://www.nationaldomesticviolencehelpline.org.uk/ 0808 2000 247	The Freephone 24 Hour National Domestic Violence Helpline, run in partnership between Women's Aid and Refuge, is a national service for women experiencing domestic violence, their family, friends, colleagues and others calling on their behalf. The Helpline can give support, help and information over the telephone, wherever the caller might be in the country. The Helpline is staffed 24 hours a day by fully trained female helpline support workers and volunteers. All calls are completely confidential. Translation facilities for callers whose first language is not English, and a service for callers who are deaf or hard of hearing are available.	Online and telephone support
WelHat Refuge	http://www.whwr.org.uk/ FOR REFUGE ACCOMMODATION CALL: 0330 102 5811 For advice, information and support in the Borough or to speak to Refuge staff call	Welwyn Hatfield Women's Refuge seeks to work towards an end to violence and abuse of women and children. We can offer: Safe, temporary accommodation for women fleeing domestic violence or abuse, with or without children 0330 102 5811 (24 hours) Telephone Helpline for women needing support because they're living with domestic violence or abuse 01707 373743 (9am - 5pm) Support for children who have lived with domestic violence or abuse Outreach Service for women in the Welwyn Hatfield district who are living, or have	Self-referral and telephone support

	<p>Welwyn Hatfield Women's Helpline 01707 373743 (9-5 Mon - Fri)</p>	<p>lived, with domestic violence or abuse - 01707 373743</p>	
<p>For Baby's Sake - Stefanou Foundation</p>	<p>https://www.stefanoufoundation.org/ 07702 538080 welcome@forbabysake.org.uk</p>	<p>For Baby's Sake is a programme that works in an integrated way with an expectant mother and father as co-parents, whether or not they are together as a couple, from pregnancy until their baby is two where there has been a history of domestic abuse. For Baby's Sake helps both parents to make lasting changes in their behaviours and overcome the impact of trauma and painful experiences in their own childhood. It also equips both parents to support the mental health and emotional development of their baby. The programme aims to break the cycle of domestic abuse and create the conditions for resilience, in order to give babies the best start in life, by providing the stability, support and nurturing conditions to allow the baby to flourish.</p>	<p>Self-referral or via professional</p>
<p>Freedom Programme</p>	<p>https://freedomprogramme.co.uk/ To search for a course in your area, contact our Freedom Programme help line: 01942 262 270</p>	<p>Freedom Programme is a domestic violence programme which provide information, not therapy. The Programme is designed for women as victims of domestic violence. The Freedom Programme examines the roles played by attitudes and beliefs on the actions of abusive men and the responses of victims and survivors. The aim is to help them to make sense of and understand what has happened to them, instead of the whole experience just feeling like a horrible mess. The Freedom Programme also describes in detail how children are affected by being exposed to this kind of abuse and very importantly how their lives are improved when the abuse is removed. The course can also be accessed online (£12 charge) https://freedomprogramme.co.uk/online.php</p>	<p>Self-referral and online support</p>
<p>Safer Places</p>	<p>https://www.saferplaces.co.uk/ 03301 025811 info@saferplaces.co.uk</p>	<p>Safer Places is an independent domestic abuse service with over 40 years of experience and has been recognised as delivering excellent services to adults and children affected by Domestic Abuse across Essex and Hertfordshire. Domestic abuse and social isolation rob people of their confidence, self-esteem and their hope for the future. We work comprehensively with those who have</p>	<p>Self or professional referral</p>

	<p>Professional referral: 03301 025811 or referrals@saferplaces.co.uk</p>	<p>experienced domestic abuse to help them recover, to empower them, to rebuild their lives and to go on and achieve for themselves things they might once have thought impossible.</p> <p>Safer Places are passionate about diversity and equality and will do all that we can to ensure that everyone who needs our services can use them. We offer services for both men and women as well as having LGBT trained staff. We will arrange interpreters for people who do not speak English as their first language if we do not have a member of staff who can speak that language. We can also accommodate people who have disabilities and require ongoing care.</p> <p>The people who use our service are at the heart of our organisation and we aim to work closely with them to overcome the impact of their experience and to build a brighter and safe future for themselves and their children.</p> <p>We provide either community support or support within one of our refuges. We offer a wide range of services which anyone affected by domestic abuse can access. This includes legal advice, counselling, specialist advice and guidance regarding the circumstances that people may be facing.</p>	
<p>Safer Places RRR programme</p>	<p>Contact details as above</p>	<p>We run the Triple R programme, a CBT based programme written and developed by Safer Places in collaboration with other experts in the areas of Domestic Abuse, Trauma and Children, which helps victims and survivors recognise the abuse and its impact on them, as well as allowing them to recover and develop resilience for a safer future. This programme has been evaluated by University of Worcester the Centre for Violence Prevention.</p>	<p>Self or professional referral</p>
<p>Family Lives</p>	<p>www.familylives.org.uk 0808 800 2222</p>	<p>Family Lives is a national family support charity providing help and support in all aspects of family life. We're here for you. We listen, support and never judge. We believe that happy children come from happy families.</p> <p>We provide support through our helpline, extensive advice on our website, befriending services, and parenting/relationship support groups. Nearly all of our services are accessible at no charge to parents and you can contact us 365 days a year.</p>	<p>Online and telephone support</p>

Caring Dads Programme	http://hacro.org.uk/project/caring-dads/ caringdadsherts@gmail.com	<p>Caring Dads is a 17 week parenting course specifically for men about whom there have been allegations of abusive behaviour towards their families. The programme is designed to enable men to improve their fathering skills and take responsibility for their children's welfare and safety. In our experience, following domestic abuse and family breakdown, fathers are often angry, feel victimised and deny, minimise or blame others for their situation. They are often controlling in their parenting. As a result they continue to cause difficulties for their children and their children's mothers.</p> <p>The main aims of the course are:</p> <ul style="list-style-type: none">• To increase men's awareness of child-centred fathering.• Increase men's awareness of, and responsibility for, abusive, and neglectful fathering behaviours and their impact on children.• To rebuild trust and enable the beginning of healing of the harm caused to their children.	Professional referral
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