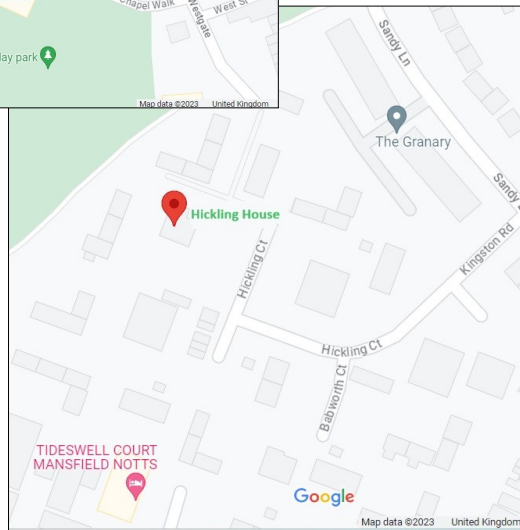


## The Farr Centre

Chapel Walk,  
Westgate,  
Worksop,  
S80 1LR

## Hickling House

Hickling Court,  
Mansfield,  
NG18 2NY



The Farr Centre **01909 491330**

Email: [enquiries@nottswa.org](mailto:enquiries@nottswa.org)

Refuge 01909 478065

[www.nottswa.org](http://www.nottswa.org)

Registered Office:

The Farr Centre, Chapel Walk, Westgate, Worksop, Nottinghamshire, S80 1LR

Registered Charity Number 513843. A Company Limited by Guarantee



Nottinghamshire  
**Women's Aid**  
Survive & Thrive

**Nottinghamshire Women's Aid Ltd**

**Women's Handbook**

*Supporting Women, Children and Young People  
across North Nottinghamshire*

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## Safety Planning for Children

If there are angry actions or words in your house...

- You can't stop what is happening
- Move out of the way
- Find a safe place
- If it is safe to do so ring the police - 999

## Safety Planning for Young Adults

If you feel you are in an unhealthy relationship...

- Talk to and tell a trusted grown up about what is happening
- Try and identify signs of abusive behaviour so you can keep safer within your relationship
- Make sure your phone is always charged and has credit
- During an abusive incident go somewhere safe
- Phone 999 in an emergency

## Referrals

If you would like to refer yourself into a service the forms are available on our website [www.nottswa.org](http://www.nottswa.org)

Alternatively, please contact us on **01909 491330** for more information.

We are available by phone Monday to Friday, 9am to 5pm.

**24 hour free Domestic Abuse Helpline: 0808 8000 0340**

**Text: 0808 800 0341**

## Safety Planning

If you are thinking about leaving an abusive relationship here is a checklist to help you plan:

- ◇ Contact Women's Aid for practical and emotional support and to help you plan your leaving.
- ◇ Plan to go somewhere that is safe, ideally somewhere the abuser does not know about.
- ◇ Contact Women's Aid, your local council homeless department or Social Care for refuge, temporary accommodation or hostel space.
- ◇ Try to keep a small amount of money with you at all times, including change for phones, bus fares and credit for your mobile.
- ◇ Check mobile phone/privacy settings on devices.
- ◇ Keep all important documents and ID in a safe place, passport, bank cards, diary, important phone numbers marriage and birth certificates etc.
- ◇ Keep a bag packed at a safe place containing essential items eg spare clothes and necessary medicines.
- ◇ Seek legal and benefit advice on what you may be entitled to.
- ◇ Rehearse an escape plan with your children so you can get away safely in an emergency.
- ◇ If you feel unsafe ring 999.
- ◇ Ensure that the children realise that it is important not to tell family/friends where you are going.

## Introduction

Domestic abuse commissioned services in Nottinghamshire are divided into two areas, north and south.

**North Nottinghamshire** covers Bassetlaw, Mansfield, Newark and Sherwood. **Nottinghamshire Women's Aid Ltd** are the lead providers for services in North Nottinghamshire.

Tel: 01909 491330

Email: [enquiries@nottswa.org](mailto:enquiries@nottswa.org)

Website: [www.nottswa.org](http://www.nottswa.org)

**South Nottinghamshire** covers Ashfield, Broxtowe, Gedling and Rushcliffe. **Juno Women's Aid** are the lead providers for services in South Nottinghamshire.

Tel: 0115 9475257

Email: [enquiries@junowomensaid.org.uk](mailto:enquiries@junowomensaid.org.uk)

Website: [junowomensaid.org.uk/](http://junowomensaid.org.uk/)

24 hour free Helpline 0808 800 0340

run by Juno Women's Aid

Text phone 0808 800 0341

**\*For information on our children and young peoples services, please refer to our children and young peoples services handbook\***

## Background Information

Nottinghamshire Women's Aid Limited, formerly Bassetlaw Women's Aid Limited, was established in 1984 by a group of women who saw the need for a refuge in this area. Since then we have grown and developed services in response to need. We are a registered charity and a company limited by guarantee, governed by a board of trustees. In 2003 it changed its structure from collective to linear management and in 2006 after consultation with its members changed its name from Bassetlaw Women's Aid Ltd to Nottinghamshire Women's Aid Ltd.

Our Independent Domestic Violence Advocate service continues to hold Safe Lives, Leading Lights Accreditation (a nationally recognised advocacy qualification).

Nottinghamshire Women's Aid Ltd has been awarded the Women's Aid Federation England National Quality Standards.

Nottinghamshire Women's Aid is a LGBTIQ+ friendly service.

## What is Domestic Abuse?

**Women's Aid Federation England:** "Domestic abuse is an incident or pattern of incidents of controlling, coercive, threatening, degrading and violent behavior, including sexual violence, in the majority of cases by a partner or ex-partner, but also by a family member or carer. It is very common. In the vast majority of cases it is experienced by women and is perpetrated by men."

Domestic abuse can include, but is not limited to, the following:

- Coercive control (a pattern of intimidation, degradation, isolation and control with the use or threat of physical or sexual violence)
- Psychological and/or emotional abuse
- Physical or sexual abuse.
- Financial or economic abuse.
- Harassment and stalking.
- Online or digital abuse.

## DVDS / Claire Law Disclosure

Domestic Violence Disclosure Scheme (DVDS) gives anyone a right to ask the police if they believe that they are in a relationship with an individual that could be abusive towards them.

Right to Ask: Contact The Police on 101 to apply.

Right to Know: Ask for information if this applies.

### Police referrals only

## Women's Counselling Service

The Counselling Service consists of both student and qualified counsellors that work in line with BACP (British Association Counselling Psychotherapy) counselling practices. The service offers 12 free sessions of counselling to women in a confidential space. An assessment is completed prior to allocation to ensure safe and ethical practise.

The service allows times to self reflect and process experiences around domestic abuse working with low level anxiety, depression and trauma. It also works to enhance self esteem and reduce stress.

The counselling service accepts self referrals as well as consenting referrals from professionals.

# Medium Risk Intervention Service

## Medium Risk Intervention Workers (MRIW)

MRI Service accepts referrals from the police only. The service offers support and interventions to women identified as medium risk through a DASH risk assessment and when survivors consent to support. Interventions include supporting women to stay safe, signposting and referring into specialist services, advice around legal remedies and how children can be caught up in domestic abuse.

Survivors have a key worker and interventions typically support for around 4 weeks after a police incident.

### Police referrals only

## Sanctuary Scheme Support

The Sanctuary Scheme is a homeless prevention scheme run by the local authority. The scheme aims to enhance home security and safety once an abusive relationship has ended.

NWAL offer an enhanced package of support for three months after the Sanctuary intervention has been completed. This support consists of in depth safety planning at assessment stage, ongoing support and acting as an intermediary with the local authority around the interventions.

To meet the schemes criteria, the relationship has to have ended, the tenancy / mortgage needs to be in survivor name only.

### Local authority referrals only

## Medium Risk(+)

The Medium Risk+ service offers longer term support to medium risk repeat survivors with complex support needs.

### Internal referrals only.

## What is Domestic Abuse? continued

**Home Office 2023:** *“Any incident or pattern of incidents of controlling, coercive or threatening behaviour, violence or abuse (psychological, physical, sexual, financial or emotional) between those aged 16 or over who are or have been intimate partners or family members, regardless of gender or sexuality. This includes issues of concern to black and minority ethnic (BME) communities such as so called “honour based violence”, female genital mutilation (FGM) and forced marriage.”*

Domestic abuse is most often experienced by women and from someone they know, usually a man. This could be a partner, carer, friend or family member. Domestic abuse can also happen in transgender and same sex relationships.

**Honour based abuse** is a crime or incident, which has or may have been committed to protect or defend the honour of the family and/or community.

A **forced marriage** is a marriage in which one or both spouses do not (or in the case of some adults with learning or physical disabilities, cannot) consent to the marriage and duress is involved. Duress can include physical, psychological, financial, sexual and emotional pressure.”

Female circumcision or cutting, more usually referred to as female genital mutilation (**FGM**), involves cutting out or operating on the genitalia of girls in order to conform to cultural or religious traditions or beliefs.

Women who experience domestic abuse may feel isolated, alone and afraid. It can be difficult to believe that someone you care about can behave in such a way and many women assume that they are to blame for their abuser’s behaviour. This is **NOT** the case as it is the abuser’s behaviour that needs to change. Therefore it is important to accept that you are not to blame and to seek help if you require support.

## Training services

### We offer lots of bespoke training such as:

Domestic abuse awareness

Routine/Direct Enquiry

Impact of domestic abuse on children and young people

DASH/MARAC awareness:

*-Domestic Abuse, Stalking and Honour based violence*

*-Multi Agency Risk Assessment Conference*

To find out more about training and resources we provide, please contact

[enquiries@nottswa.org](mailto:enquiries@nottswa.org) or telephone 01909 491330

## Fundraising and Donations

We greatly appreciate any funds that are raised for Nottinghamshire Women's Aid. If you would like to fundraise for us then please call us on the number above so we can take your information. Also, we regularly accept donations for families within our service, however please call us in advance to see if we are able to make use of the items and have somewhere to store them.

The Refuges maintain an "Open Door Policy" and no woman will be turned away without assistance, this includes providing weekend and some evening cover and an Out Of Hours Emergency System.

If you need the Refuge Service contact any of the numbers below:

01909 478065

01623 420652

Staffed 6 days a week

Mon to Fri 9am – 7pm

Sat 9am – 1pm

**24/7 free helpline 0808 8000 340 run by Juno Women's Aid**

## Pet Refuge Service

Nottinghamshire Women's Aid provides a pet refuge service for women that are in abusive relationships, that wish to leave the abusive relationship, and do not want to leave their pet in the current household.

The pet refuge service can offer the below support:

- We collect your pet, if it is safe to do so or make arrangements for your pet to be collected.
  - We will house your pet with a vetted fosterer
  - We will provide you with regular updates of your pet.
  - We fund all necessary costs regarding taking care of your pet.
  - We reunite you with your pet once you can accommodate them.
- If you feel it would be more beneficial for your pet to go up for adoption we will be able to support with this.

The contact details for the pet refuge service are:

Telephone: 01909 491330

Email: [petrefuge@nottswa.org](mailto:petrefuge@nottswa.org)

**Please Note: Pet Refuge is not a 24 hour service** but if you get in touch then we will get back to you as soon as possible.

## Refuge Service

Nottinghamshire Women's Aid Ltd provide refuge services in the Bassetlaw and Mansfield areas.

Refuges aim to meet the needs of women, children and young people escaping domestic abuse by offering 24 hour safe emergency accommodation, practical help, support, information and guidance.

The refuge team comprises of women and children/young people's support workers who are specialists in domestic abuse. They will respond in a non judgemental way to provide support to work through individual experiences and empower women and families to move forward with their lives.

Each refuge is protected with security systems and offer an out of hours emergency service.

Bassetlaw refuge provision comprises eight self contained, two bedroom flats, which are fully furnished. There are also communal areas which include a children's playroom and a quiet/prayer room. In addition we have one satellite property for women who require a lower level of support.

Mansfield refuge provision comprises a six bedroom property, offering own private bedrooms with a communal living area and a children's playroom. In addition we have two satellite properties for women who require a lower level of support.

Children and young people's refuge services provide a range of therapeutic and play activities for children residing in refuge.

Both refuges offer an immediate and temporary place of safety.

We respect the residents rights to privacy and dignity and encourage wherever possible their involvement in the project through regular house meetings, social activities and events.

## Our Women's Centres

***The Farr Centre, Chapel Walk, Westgate, Worksop S80 1LR***

Monday to Friday 9am – 5pm

The Farr Centre is a women's only centre open to all women, young people and children. We offer:

- Information and signposting in relation to domestic abuse
- Support, advice and guidance to domestic abuse related issues
- A range of educational and emotional well-being courses
- Therapeutic programmes
- Domestic abuse appointments
- Free 'by-appointment' legal surgeries

***Hickling House, 31 Hickling Court, Mansfield, NG18 2NY***

Hickling House is a women's centre for all women, young people and children. We offer:

- Free 'by appointment' legal surgeries
- Therapeutic programmes
- A range of educational and emotional well-being courses

***Rooms are available to hire at The Farr Centre and Hickling House***

***Contact us for further details of our competitive rates on:***

***01909 491330***

## DASW Service 18+

Our Domestic Abuse Support Service is a confidential service for women that supports around all issues relating to domestic abuse. We believe in empowering women to make their own informed choices through identification of their own needs.

### Support available includes

Support and information offered to any woman who is currently experiencing or has experienced domestic abuse.

Help with issues including safety planning, legal options, family court support, confidence building.

Telephone or face to face support.

Referrals to refuge.

Referring and signposting

Daily 9 - 5pm duty worker system.

To make a telephone referral please contact **01909 491330**.

Referral forms are available from our website; [www.nottswa.org](http://www.nottswa.org)

### DASW Referrals:

Women will be offered regular one to one practical and emotional support with a named key worker. Women can self refer to the service or referrals can be made via professionals with the woman's consent.

### Freedom Programme

The aim of the Freedom Programme is to help women who have experienced domestic abuse to make sense of and understand what has happened to them. It explores how domestic abuse perpetrators use power and control to abuse.

The Freedom Programme is delivered both in a group setting and through a virtual platform.

The Freedom Programme supports the impact effect domestic abuse has on women and children. It is created to help women gain self esteem and confidence to improve the quality of their lives.

### The Recovery Toolkit

The Recovery Toolkit is a trauma informed approach that supports women to inspire hope, promote resilience and aid recovery when domestic abuse is no longer present. The programme aids recovery from domestic abuse.

The programme is a closed group, creating a safe environment for women to support one another in a non-judgemental way and promoting recovery.

## ING PEOPLE'S SERVICES

01330, Monday to Friday 9am - 5pm



talk alone or with



feelings  
confidence and self es-

Children/young  
persons IDVA

in and prevention

k  
entions



Supporting young people  
in their own abusive  
relationship

ren and young people  
of domestic abuse

red across Bassetlaw, Mansfield and Newark & Sherwood

t sessions Monday to Friday 8:00am – 8:00pm

ail cors@nottswa.org or see our website [www.nottswa.org](http://www.nottswa.org)



We work with  
children and  
young people  
4 - 17 years

One to one  
support



**We accept self referral or agency referral**

**Targeted group work in schools and the community**

**Hands Are Not For Hurting therapeutic programme**

**Support for women around the impact of domestic abuse on children**

## CHILDREN AND YOUNG PEOPLE

To make a referral contact 01909 491330



**We aim to provide:**

- A safe place to talk to others
- Safety planning
- Understanding of domestic abuse
- Increase confidence in self
- Early intervention
- Therapeutic work
- High Risk intervention

**Supporting women, children and young people experiencing the impact of domestic abuse**

**Children and Young People's Outreach Services are delivered through the Farr Centre and include group work and one to one support. For further information please contact 01909 491330, email [enquiries@nottswa.org](mailto:enquiries@nottswa.org)**

## Domestic Abuse Drop in and Duty System

A duty system is run from the Farr Centre but covers all North Nottinghamshire service areas. The duty worker aims to respond to any queries made by survivors or professionals within 48 working hours.

The duty worker will provide a short term intervention for any women who needs immediate domestic abuse support. This can include:

- DASH risk assessments
- Refuge searches for survivors
- Work around staying safe
- Legal aid / Support letters
- Referring and signposting as appropriate

## Crisis and Intervention Worker: Mansfield only

The Crisis and Intervention Worker provides mid term interventions for domestic abuse survivors within the Mansfield area. Appointments can be booked by calling or emailing the Farr Centre; 01909 491330, [enquiries@nottswa.org](mailto:enquiries@nottswa.org)

Professionals can also seek advice and support through the Crisis and Intervention Worker in the same manner. The service aims not to hold a waiting list to allow for interventions at the time of need.

## Your Choice Project (YCP) Partner Support

The YCP is a perpetrator programme run by Equation. NWAL put a robust package of support around the survivor while their partner / ex partner is attending the perpetrator program. This ensures all safety / risk aspects are covered and the programme can be carried out in a safe manner.

Referrals received through the YCP only.

## Housing Liaison Domestic Abuse Workers (HLDA)

The HLDA Worker works alongside the Local Authority Homeless Teams. Their role is to support and advocate for survivors who are at risk of becoming homeless due to domestic abuse.

Referrals received through the Homeless Teams only.

## IDVA Service

The Independent Domestic Violence Advocate (IDVA) service is a free, professional and confidential short term service, NWAL support high risk female clients experiencing domestic abuse. Our aim is to reduce risk level with a focus on the safety of the client and any children. The service has achieved Leading Lights accreditation, a standard of best practice for IDVA services. IDVAs advocate on your behalf providing crisis intervention, emotional and practical support through the criminal and civil justice systems. The IDVA service is co-located within the Police Public Protection Unit. IDVAs work closely with a range of agencies including the police, housing providers, children and adult services and legal services in order that together we can better assess, monitor and manage the risk to high risk victims and their children.

### What can you expect?

Support to develop your own personal safety plan based on your circumstances. A single point of contact which means we will liaise with other agencies on your behalf and may attend meetings and court with you. We will inform you about your rights and options. Referrals and signposting.

**Please note the IDVA service is not an emergency response service.**

In an emergency contact:

Police 999

Social Services Emergency Duty Team 0300 4564546

To contact the IDVA service phone 101 to be connected to Nottinghamshire Police and ask for IDVA services North, alternatively, referral forms are available on our website: [www.nottswa.org](http://www.nottswa.org).

## Maternity IDVA

The Maternity IDVA service is available to pregnant women or women who have been pregnant or had a child in the last 6 months (including birth, miscarriage, termination, adoption, still birth and infant loss). Women accessing this service need to be: 16 or over, living in Bassetlaw, Newark & Sherwood or Mansfield and be willing to engage in support around domestic abuse.

## Nottinghamshire Stalking Advocacy Service.

A specialist service to provide support for victims of non domestic related stalking. The service aims to reduce risk, provide bespoke safety planning, liaise with professionals, increase confidence, support with legal/civil interventions.

## Court IDVA

This is a free, confidential service. We support female survivors of domestic abuse, aged 16+ who have or are currently experiencing domestic abuse and who are identified as injured parties in criminal justice proceedings.

## Integrated Offender Management Scheme (IOMS)

NWAL delivers the IOMS IDVA role on behalf of Nottinghamshire Probation. This role supports domestic abuse victims and subsequent female partners of men who are attending the Integrated Domestic Abuse Programme (IDAP). Referrals to this service come solely from Probation. As well as liaising with clients regarding the IDAP our IOMS also provide practical, emotional and safety focussed support.

## Multi Agency Risk Assessment Conference (MARAC)

Domestic abuse cases assessed as very high risk of serious harm may be referred to the MARAC. This is an opportunity for agencies to work together to ensure the safety of victims and children.

Clients/victims do not attend this agency meeting but the IDVA service can advocate on their behalf, putting forward the victim's own views, wishes and concerns. The IDVA will liaise with the victim before and after the MARAC, feeding back the action plan and putting any necessary support in place.

To make a referral contact the MARAC Administrator on:

Email: [maracadmin.north@nottswa.cjism.net](mailto:maracadmin.north@nottswa.cjism.net)