

# Domestic Abuse

The behaviour around domestic abuse can mean that this can be considered Anti-Social Behaviour (ASB), for example excessive noise.

## Reporting Domestic Abuse

The UK government's definition of domestic violence is 'any incident or pattern of incidents of controlling, coercive, threatening behaviour, violence, or abuse between those aged 16 or over who are, or have been, intimate partners or family members regardless of gender or sexuality. The abuse can encompass, but is not limited to psychological, physical, sexual, financial, emotional.'

Domestic abuse can take different forms, including:

- Physical abuse: pushing, hitting, punching, kicking, choking and using weapons
- Sexual abuse: forcing or pressuring someone to have sex (rape), unwanted sexual activity, touching, groping someone or making them watch pornography
- Financial abuse: taking money, controlling finances, not letting someone work
- Emotional abuse / coercive control: repeatedly making someone feel bad or scared, stalking, blackmailing, constantly checking up on someone, playing mind games. Coercive control is now a criminal offence under the Serious Crime Act 2015
- Digital / online abuse: using technology to further isolate, humiliate or control someone
- Honour-based violence, forced marriage and female genital mutilation.

## **Available support services:**

- You can contact the **Suffolk Domestic Abuse hotline on 0800 977 5690**. The service is available to men and women over 16 years of age. They offer a wide range of services, advice and information. **Ipswich Lighthouse Women's Aid hotline on 01473 228 270** also offers advice and assistance.
- You can contact the **National Domestic Violence Helpline on 0808 2000 247** if you're a woman experiencing domestic abuse. You can talk confidentially to someone about your situation and to find out what your options are.
- If you are a man experiencing domestic abuse, you can contact the **Men's Advice Line on 0808 801 0327**.

- If you are in a same-sex relationship you can call the **National LGBT Domestic Violence Helpline** on 0800 999 5428.
- Call the **Samaritans** on 08457 90 90 90 if you feel in despair and want someone to listen to you and provide emotional support.

## **Government Emergency Alerts**

Your mobile phone or tablet may get an emergency alert if there's a danger to life nearby. Alerts tell you what to do to stay safe.

Mobile phone masts in the surrounding area will broadcast an alert. Every compatible mobile phone or tablet in range of a mast will receive the alert. Your mobile phone or tablet does not have to be connected to mobile data or Wi-Fi to get alerts.

**You can opt out of emergency alerts, but the Government advises you should keep them switched on for your own safety.**

### **To opt out:**

- Search your settings for 'emergency alerts'
- Turn off 'severe alerts' and 'extreme alerts'
- If you still get alerts, contact your device manufacturer for help.

## **The Bright Sky app**

There is also the **Bright Sky app**, which is a free to download mobile app providing information and advice. The app has lots of useful tools and you can also record evidence in a private journal (via text, audio, video or photo). The information uploaded is not stored on the phone itself, ensuring the information remains confidential.

- [Download the Bright Sky app in the Google Play Store.](#)
- [Download the Bright Sky app in the iOS App Store.](#)

Clare's Law – Can be used to gain clarity on a new partner if concerned about their past. For further information refer to Suffolk Constabulary website, [Domestic Abuse Disclosure Scheme - Clare's Law | Suffolk Constabulary](#)

## **What will you do if I report domestic abuse?**

- We'll listen to you, believing what you tell us, and will contact you safely, in a way and time that suits you.
- We'll treat what you tell us confidentially but, if we're concerned that someone is at risk of serious harm, we do have to pass this information on to the police.
- We'll be clear about what we can do and we'll help you find specialist support. If you want to take action against your abuser, we can support you.

## **How can we help?**

We'll keep in regular contact with you and keep a log of everything you tell us.

We can give advice on restraining orders and injunctions and support in making referrals to other agencies. We'll work closely with those agencies to make sure you get the help you need.

If you want to stay at home, we can provide additional security measures, Via supporting agencies. We can also give you advice on applying for benefits and help you fill out the forms.

## **To report domestic abuse:**

In an emergency call 999. Otherwise call 101 or report this online at [Online Reporting to Suffolk Constabulary](#)

## **Did you know...**

- The Silent Solution: If speaking or making a sound would put you in danger and you need immediate help, call 999 and stay on the line, then press 55 when prompted, and the call will be transferred to the police who will know it is an emergency call.
- As a responsible landlord, Ipswich Borough Council will support victims of domestic abuse and ensure tenants receive the required support. The Council will encourage victims to use restraining Orders and Injunctions to prevent domestic violence or to remove the violent person from the household.
- For tenants the Council can strictly enforce the tenancy agreement conditions around violence and abuse in the home.