

## Local Support

### ➤ **Anglia Care Trust - Domestic Abuse Outreach Service for Suffolk**

Commissioned by Suffolk County Council, Anglia Care Trust (ACT) is now providing the Domestic Abuse Outreach Service (DAOS) for the county, working with individuals and families irrespective of whether they are living together or apart. The service comprises of 4 elements which can be tailored to individual's needs, subject to their circumstances:

- Crisis Support
- Intensive Support
- Advice and Guidance
- Specialist Male Victim Support

As stated on the website- please ring the freephone support and guidance line: 0800 977 5690

### ➤ **Lighthouse Women's Aid**

Lighthouse Women's Aid is a charitable organisation based in Suffolk, UK providing emotional support to women and their children experiencing domestic abuse in their personal or family relationships. They offer temporary accommodation in safe and supportive refuges where women and their children can recover from the traumatic effects of domestic violence and make informed choices. They also offer a range of community services, courses and counselling to support women to rebuild their lives after abuse. 01473 228 270 For Advice

### ➤ **Norfolk & Suffolk Victim Care**

Provide emotional and practical help to people who have been affected by crime in Suffolk. They are an independent charity and you can contact them for support regardless of whether you've contacted the police, and no matter how long ago the crime took place. 0300 303 3706 (Lines are open Monday to Friday 8am to 5pm)

### ➤ **Suffolk Constabulary website-** <https://www.suffolk.police.uk/advice/assault-abuse-threats/domestic-abuse>

Provides information on how to cover your tracks online, further support services, advice on making a safety plan, examples of domestic abuse, information on the Clare's Law Scheme and information on Domestic Violence Protection Notices and Orders.

### ➤ **New Dawn Suffolk website-** <http://www.newdawnsuffolk.co.uk/>

Provides advice for women, advice for men, advice for young people, information on forced marriage, details of support services, domestic abuse facts and videos to help recognise abuse.

## Clare's Law Scheme-

- The Domestic Violence Disclosure Scheme gives you the right to make an application to the police if you have concerns about your partner's history. You can also make an application if you are worried that someone you know may be in a relationship with a previously abusive partner. [clares law booklet.pdf](#)
- Further information can be found on <https://www.suffolk.police.uk/advice/assault-abuse-threats/domestic-abuse>

## Healthy Relationships

### ➤ **Disrespect Nobody**

Home Office website promoting healthy relationship advice for young people.