

How do I get in touch?

Phone:

01904 646630 York

01423 530078 Harrogate

01904 646630 Hambleton and
Richmondshire

01756 794400 Craven and District

Email: info@idas.org.uk

Website: www.idas.org.uk

Other useful numbers

National Domestic Violence Helpline:

0808 2000 247 (Access to advice 24
hours a day)

North Yorkshire Police: **0845 6060247** or
999 in an emergency

Help is here

Escaping Domestic Abuse



Independent Domestic Abuse Services

Domestic abuse takes many forms.
If you are living with someone who
is violent, controlling or a bully,
there is help for you.

What is Independent Domestic Abuse Services (IDAS)?

We are an organisation that works throughout York and North Yorkshire to provide support, advice and accommodation to adults who are experiencing or escaping domestic abuse.

What is domestic abuse?

Domestic abuse is when one person uses threatening, violent or abusive behaviour to control another person. It includes physical, sexual, emotional or financial abuse and can be committed by a husband, wife, partner, son or daughter, mother or father as well as by members of your wider community or extended family. It includes physical violence, sexual assault and rape, verbal abuse, humiliation, withholding or stealing money, not allowing contact with your family and friends, threatening to take away or harm your children, stealing identity and immigration papers, denial of medical care, imprisonment at home and threatening deportation. It can also include forced marriage and so-called honour violence.

What can be done about domestic abuse?

There are laws against domestic abuse and the police are specially trained to deal with it and help. Reports and complaints of domestic abuse will be taken seriously and actions will be taken to protect your safety.

If you don't feel able to tell the police what is happening you can get other sorts of help and support including support from us or from the National Domestic Violence Helpline. If you have a friend, GP or other person you trust you could also speak to them about what's happening.

If you or anyone else you know is in immediate danger you should ring the Police on 999.

What services can we provide?

We provide support on many things that are related to domestic abuse. This includes:

- » **Legal issues,**
- » **Contact and other matters relating to children,**
- » **Benefits,**
- » **Health,**
- » **Education and training,**
- » **Housing.**

We also provide emotional support with a view to help you overcome the effects of domestic abuse. We can refer you on to counsellors and a range of other specialist services where this is needed. These services are free.

What if I need somewhere to stay?

There are refuges throughout the UK. They can offer safe accommodation and support. Some refuges provide services to meet the needs of women from various countries and different ethnic backgrounds. Some refuges employ workers who speak a variety of languages as well as English. We can help find you a refuge space if you need to escape violence.

English is not my first language. What can I do?

The Police, NHS and National Domestic Violence Helpline are all members of Language Line and can provide free access to an independent interpreter who can help you to understand your options and give you information about organisations and services in your area who will be able to help you. If you approach an agency for help, and you do not speak English fluently, they should offer you an independent interpreter; you have the right to ask for this if it is not offered and you are also free to change the interpreter if you have any concerns about confidentiality.

My immigration status is not secure.

If your immigration status is insecure, or is dependent on you staying with your husband, wife or partner, you may feel that there is nothing you can do, or that if you ask someone for help you may face deportation. Your partner may even be using your immigration status as a way to make you feel trapped. In fact you are still entitled to protection from domestic abuse, regardless of your immigration status, just like anyone else in the UK. The perpetrator will also be subject to the same sanctions as anyone else, whatever his or her immigration status.

If you came to the UK to marry or join your partner who has already settled here, current immigration rules state that you have to complete a two year probationary period - during which you must stay with your partner - before you can apply for Indefinite Leave to Remain (ILR). This may mean you have 'no recourse to public funds' and cannot claim benefits to make yourself financially independent. Regardless of your immigration status, you have a right to health care, protection from the police and the right to apply for a court order (injunction) to protect you from the perpetrator. There are also special Home Office rules and refuges in place to help and protect victims of domestic abuse with insecure immigration status.

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There is no excuse for domestic abuse and if you are living with someone who is violent, controlling or a bully, there is help for you.

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