

## In Emergencies

Call 999

## Childline

0800 1111

## Elderly Abuse Response Line

0808 808 8141

## Mankind National Helpline

0870 794 4124

## Stockport Police Domestic Violence Unit

0161 429 0849

## Stockport Women's Aid (Refuge)

0161 477 4271

## Victim Support & Witness Service

0161 477 9597

A free interpreting service is available if you need help with this booklet/leaflet. Please telephone Stockport Interpreting Unit on 0161 477 9000. E-mail: eds.admin@stockport.gov.uk

如果你需要他人為你解釋這小冊子/單張的內容，我們可以提供免費的傳譯服務，請致電 0161 477 9000 史托波特傳譯部。

W przypadku gdybyś potrzebował pomocy odnośnie tej broszurki/ulotki, dostępne są usługi tłumaczeniowe. Prosimy dzwonić do Interpreting Unit pod numer 0161 477 9000.

যদি এই পুস্তিকা/প্রচার পত্রটি সম্পর্কে আপনার কোন সাহায্য দরকার হয় তবে বিনা খরচে আপনার জন্য দোভাষীর ব্যবস্থা করা হতে পারে। মেহেরবানী করে স্টকপোর্ট ইন্টারপ্রিটিং ইউনিটে ফোন করুন টেলিফোন নম্বর, 0161 477 9000.

اگر آپ کو اس کتابچے/الطفت کے بارے میں مدد کی ضرورت ہے تو مفت ترجمانی کی سروس دستیاب ہے۔ براہ مہربانی انٹرنیٹنگ یونٹ کو 0161 477 9000 پر فون کریں۔

خدمات ترجمہ رایگان این نشریہ لکتاچہ در صورت نیاز موجود میباشد. لطفاً با شماره تلفن 0161 477 9000 با واحد ترجمہ (اینترپرائزینگ یونیت) ما تماس بگیرید.

تنوفر خدمت ترجمہ شفویة اذا تطلبت مساعدة في فهم هذا الكتيب/النشرة. نرجو الاتصال اربن رینیول علی رقم الهاتف: 0161 477 9000

If you would like this leaflet in large print, on audio tape, in Braille or on disk, please contact **0161 426 5085** for a copy.



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# Domestic Abuse



## Are you afraid of someone you know or live with?

家庭暴力

العنف المحلی

خشونت خانوادگی

گھریلو تشدد

পারিবারিক হিংস্রতা

Domestic Abuse Information Booklet  
Stockport

## **D** What this information packs about?

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This information pack is about domestic abuse, what you can do about it and where you can get help, advice and support if you, or someone you know, is experiencing domestic abuse. The pack is for anyone who is/or has been in an abusive relationship.

The Government defines domestic abuse as “any incident of threatening behaviour, violence or abuse (psychological, physical, sexual, financial or emotional) between adults who are or have been intimate partners or family members, regardless of gender or sexuality.”

Domestic Abuse can take a number of forms such as physical assault, sexual abuse, rape, threats and intimidation.

Intimidation can be degradation, mental and verbal abuse, humiliation, devaluation, systematic criticism and belittling.

## **A** Important information to consider if you are in an abusive relationship:

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You are not the only one.

You are not to blame.

You cannot change your abuser's behaviour.

Ignoring abuse is dangerous.

Talk to someone.

There is life after an abusive relationship.



For more information visit:  
[www.stockportdaf.org.uk](http://www.stockportdaf.org.uk)

## **D** Crisis Planning (1)

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Admitting to yourself and others that you are experiencing domestic abuse may seem very difficult, but it is an important step towards getting protection for yourself and your children.

It is not your fault. You are not alone. You have the right to live free from fear.

Sometimes victims of domestic abuse have to leave home in a hurry, to escape from the abuse. It can help if you have already made some plans.

Making a crisis plan is a way of feeling more in control, more positive and confident. This is a suggested plan of action which you can add to or change to suit you:

Find somewhere you can quickly and easily use a phone (neighbour/ relative/friend)

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Make, and always carry with you, a list of numbers for an emergency. Includes friends, relatives and local police (even well known numbers can be forgotten in a panic)

Try and save some money for bus, train, taxi fares

Have an extra set of keys for your house, flat, car



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[www.stockportdaf.org.uk](http://www.stockportdaf.org.uk)

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## Crisis Planning (2)

Keep the keys, money and a set of clothes for you and the children packed ready in a bag that you can quickly get and take. For safety it may be more appropriate to have this at a friend's house to save keeping it in your premises

Explain to your children (if they are old enough to understand) that you might have to leave in a hurry

Explain that you will take them with you or arrange for them to join you as soon as possible.

If you have more time to plan leaving, do as much as possible of the following:

Leave when the abuser is not around.

Take all the children with you.

Take your legal and financial papers, marriage and birth certificates, court orders, national health cards, passports, driving licence, child benefit books, address book, bank books, cheque books, credit cards and so on.



For more information visit:  
[www.stockportdaf.org.uk](http://www.stockportdaf.org.uk)

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## Crisis Planning (3)

Take any of your personal possessions which have sentimental value – photographs or jewellery etc...

Take favourite toys for the children

Take clothing for at least seven days

Take any medicine you or your children might need

If you have any pets and are worried they may not be looked after if left behind, try to arrange for someone to care for them.

Pets can sometimes be forgotten in an emergency. An animal charity might be able to help.

If you do leave and realise that you have forgotten something, you can always liaise with the police domestic abuse units with a view to having the protection of a police escort so that you can return home to collect it.

Remember do not put yourself in any danger.



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[www.stockportdaf.org.uk](http://www.stockportdaf.org.uk)

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## How the Police can help

If you or someone you know is the victim of Domestic Abuse the Police will deal promptly and positively with any domestic incident that they are called to attend

Police have Domestic Abuse Units and Domestic Abuse Officers and other members of staff who can give advice

Children can be victims too – the Police have Children Protection Units and are there to protect the welfare of children who are victims of emotional, physical or sexual abuse

Where it is necessary and appropriate the person responsible for the abuse will be arrested

Police will try to take action that will protect you from further abuse from marking your address with information in case of calls, to installing police linked alarms

Police work closely with other local agencies such as victim support, housing and many others in order to get the support you need.

**What to do if you need help:  
In an emergency always dial 999**

Local Police on: 0161 872 5050

Stockport Domestic Violence Unit: 0161 429 0849



For more information visit:  
[www.stockportdaf.org.uk](http://www.stockportdaf.org.uk)

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## Victim Support

Victim Support is a national organisation set up to offer emotional support and practical advice to victims of crime and other traumatic incidents including domestic abuse

### Victim Support can offer you:

- A locally based office
- Trained volunteer visitors who will listen to you, in a safe place, without making judgements
- Practical advice about the steps you may wish to take
- Support by accompanying you to Court, if necessary
- Free and confidential service
- Free counselling service
- Help with security to enable victims to remain in their accommodation (subject to continued funding).
- For further information contact your local victim support scheme at:

Newbridge House  
28 Tamworth Street  
Stockport. SK1 2PB

Telephone (12Hr): 0161 477 9597



For more information visit:  
[www.stockportdaf.org.uk](http://www.stockportdaf.org.uk)

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## Stockport Women's Aid (1)

If you, or someone you know, are being abused, threatened, physically or sexually assaulted by a partner, former partner or family member, that is domestic violence. If you need help, then call one of the numbers below. No one will pressure you into doing anything you don't feel is right and safe for you. Everyone who works with women who are affected by domestic violence and abuse will treat you with respect and kindness, as we know how hard it is to reach out and ask for help.

- **Stockport Women's Aid:** call/txt 0161 477 4271
- **Manchester DV Helpline** (12Hr):0161 636 7525
- **National DV Helpline**(24Hr):0808 2000 247

If you or your children are in danger now, please call 999.

### The Refuge

If you do decide to leave, there are refuges for women and children fleeing domestic abuse all over the country. The DV help lines will help you find somewhere safe to go.

Here at **Stockport Women's Aid (SWA)** we have thirteen good quality rooms, nine of which are self contained family rooms with their own bathroom



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[www.stockportdaf.org.uk](http://www.stockportdaf.org.uk)

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## Stockport Women's Aid (2)

and kitchen, and one of which is suitable for a woman with disabilities.

The refuge also has:

- A large and well equipped playroom
- Garden with an outside play area
- A big communal lounge with tv
- Laundry and drying facilities

We aim to make the refuge a warm, friendly and safe place for everyone who stays here.

Women who stay with us receive key working sessions, which are so we can help support you as much as possible, both emotionally and practically. We can help you access advice about issues including:

- Housing
- Benefits
- Education
- Legal issues

If you have to leave in a hurry, don't worry, we can provide emergency food and clothing, and we can help you get copies of identification etc.



For more information visit:  
[www.stockportdaf.org.uk](http://www.stockportdaf.org.uk)

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## Stockport Women's Aid (3)

### Outreach Service

If you wish to stay in your relationship, or no longer live in an abusive situation but feel that you would like someone to talk to, then we have **Outreach Workers** that will come to you – they can meet you in a safe place and talk through options, or just be there to listen.

We have a **Child and Young Person's Outreach** worker too, who can come and support children and young people with their own issues around domestic abuse. Call or text 0161 477 4271 for a chat with any of our outreach team.

### Children and Young People

We have dedicated Child Support Workers who provide;

- crèches
- play sessions
- fun day trips
- support for women around parenting skills and other concerns about contact, education etc.

Older children can also have one to one support sessions, as children can have their own feelings about abuse that may be hard for them to express.



For more information visit:  
[www.stockportdaf.org.uk](http://www.stockportdaf.org.uk)

Last Printed TMR 30/10/2007

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## Stockport Women's Aid (4)

### Me2

This is a group work programme to support children who have lived with domestic violence and abuse where children can:

- Share feelings and experiences
- Learn coping skills
- Express themselves through therapeutic play
- Have fun!

If you think your child would benefit, then call or text 0161 477 4271.



For more information visit:  
[www.stockportdaf.org.uk](http://www.stockportdaf.org.uk)

Last Printed TMR 30/10/2007

# **D o m e s t i c A b u s e**

## **Relate**

Relate offers counselling to the victims of domestic abuse, to enable them to take charge of their lives and move forward. The priority is the safety of the victim and children.

For adults experiencing difficulties in their relationship; whether you are a couple or an individual, married or in a partnership, separated, divorced or divorcing, straight or gay - whatever your age, race or social background. We work with problems such as domestic abuse, step-families, sexual abuse, affairs, communication issues, depression, bereavement, money worries, unsatisfying sex lives, balancing work and home, alcohol and/or drug problems.

You may have already decided to separate. We will not try to persuade you to stay together - that decision is yours. We can help you to manage the separation process amicably, to consider the best approach to helping any children involved and to discuss how to deal with new relationships and families now and in the future with you as an individual or with members of your family in Family Counselling. There is also a counselling service for children and young people (10+) affected by family breakdown.

Telephone (24Hr): 0161 442 2443



For more information visit:  
[www.stockportdaf.org.uk](http://www.stockportdaf.org.uk)

# **D o m e s t i c A b u s e**

## **Stockport Homes**

There is a team of specialist housing advisors based at 1 St. Peter's Square, Stockport Council. They are generally responsible for housing and homelessness problems. They can provide practical help and advice if you are being subjected to abuse from someone who lives with you or from someone who used to live with you. A same-day interview is available with a female member of staff if you wish and the team will deal sensitively and confidentially with information received. A Housing Officer is on call 24 hours a day including weekends and can arrange emergency, temporary safe accommodation either at a women's refuge or in our own accommodation for homeless families.

If you feel it is necessary, for safety reasons, we can arrange accommodation outside Stockport. Your whereabouts will be kept strictly confidential and the cost of any rent, if you are not working or on a low income; may be covered by eligibility for Housing Benefit. We will, in any case, assist you to find somewhere to live temporarily and tell you how to access the housing register.

Telephone (12Hr): 0161 4324101  
Telephone (24Hr): 0161 4772626



For more information visit:  
[www.stockportdaf.org.uk](http://www.stockportdaf.org.uk)

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## Probation

Probation Officers work with offenders at most stages of the Criminal Justice process

The Probation Service if approached by the Court will make a referral to a bail hostel if an offender is high risk and does not have a suitable bail address

Offenders may be supervised whilst on a community sentence, or during and after prison. Some may have committed offences of domestic abuse or they may refer the problem whilst being supervised for offences of a different nature

In all cases, such behaviour is confronted and actively challenged, either through individual one to one work, groupwork, or referring to a specialist agency

Probation Officers work jointly with other organisations within the community whenever this is appropriate

Some offenders may be victims of domestic abuse: they will be provided with information about their rights and offered support if they want to discuss their experience

Telephone (12Hr): 0161 429 0010



For more information visit:  
[www.stockportdaf.org.uk](http://www.stockportdaf.org.uk)

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## Basic Benefits (1)

### Child Benefit:

This is payable to the mother of dependant children up to the age of 18. It is for a fixed amount per child and is not means tested. It is deducted for income support but not from family credit.

### Income Support:

This is a top up benefit, which means it is means tested i.e. most income you receive from other sources will be deducted from it. This includes any maintenance payments. You must be a single parent or sick to be eligible. You can work up to 16 hours. You will be allowed to keep £15 from that income. The rest is deducted from your benefit. This benefit will cover mortgage interest after a fixed period of time depending on circumstances.

### Family Credit:

This is also a top up benefit for people with dependant children who work 16 hours or more. It is means tested but there are premiums to help with the cost of childcare. You are allowed to keep £15 of the maintenance you receive.



For more information visit:  
[www.stockportdaf.org.uk](http://www.stockportdaf.org.uk)

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## Basic Benefits (2)

### Child Support Agency:

If you go onto the above benefits, you will be contacted by the CSA regarding maintenance. If your partner is violent, or there is risk of harm, you do not have to give their name or any information that will identify them. The Secretary of State is then obliged not to pursue any claim for maintenance

### Housing Benefit:

This is for your rent only and is means tested. You put your claim into the Town Hall.

### Council Tax Benefit:

This is for help with your Council Tax and you claim this form from the Town Hall. If you are a single adult you will get an automatic reduction. If you are on income support you will not have to pay any Council Tax.

### Jobseeker's Allowance:

If you wish to sign on as available for work then this is done at the Jobcentre. Income is the same as income support



For more information visit:  
[www.stockportdaf.org.uk](http://www.stockportdaf.org.uk)

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## Stockport Women's Centre (1)

### Services Offered

### Freedom Programme:

A 12week rolling programme; which means that women can join at any point; the benefits being the same as long as the 12 sessions are completed. The programme is open to any woman who wishes to learn and understand more about domestic violence and abuse.

The programme runs on Tuesdays 10 am-12 at SWC. You can call for more information or just turn up.

### Domestic Abuse Drop In:

For any woman wishing to talk in confidence to an experience worker trained to advise and support women who are vulnerable.

### Counselling and Psychotherapy Service:

Open to all women in Stockport Referrals take between 4-6 weeks.

### Holistic therapy services:

Open to all women in Stockport Appointment system in operation.



For more information visit:  
[www.stockportdaf.org.uk](http://www.stockportdaf.org.uk)

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## **Stockport Women's Centre (2)**

### **Services Offered**

#### **Personal Development groups:**

Are available throughout the year to provide opportunities for women to explore issues around self esteem, anxiety depression and strategies for coping with difficult situations.

#### **Life Coaching:**

Groups and individual sessions available from qualified life coaches.

Courses are available throughout the year aimed at building women's confidence in themselves and include literacy numeracy art and complementary therapies.

#### **Contact Details:**

STOCKPORT WOMEN'S CENTRE

TELEPHONE: 0160 355 4455

e-mail [admin@stockportwomenscentre.co.uk](mailto:admin@stockportwomenscentre.co.uk)



For more information visit:  
[www.stockportdaf.org.uk](http://www.stockportdaf.org.uk)

Last Printed TMR 30/10/2007

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## **Broken Rainbow**

Support for lesbian, gay, bisexual and transgender (LGBT) people experiencing domestic violence.

Broken Rainbow LGBT Domestic Violence Service (UK) defines domestic violence and abuse as:

"Any incident of threatening behaviour, violence or abuse (psychological, physical, sexual, financial or emotional) between adults 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 killings'. An adult is defined as any person aged 18 years or over. Family members are defined as mother, father, son, daughter, brother, sister, and grandparents, whether directly related, in laws or stepfamily. Broken Rainbow works with lesbian, gay, bisexual and transgender (LGBT) individuals and the community to reduce the prevalence of homophobic, bi-phobic, trans-phobic and same sex domestic violence.

Telephone: 08452 60 44 60

Mondays to Fridays 9am-1pm and 2pm-5pm  
Staffed by LGBT people.



For more information visit:  
[www.stockportdaf.org.uk](http://www.stockportdaf.org.uk)

Last Printed TMR 30/10/2007

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## **Elder Abuse**

Action on Elder Abuse (AEA) works to protect, and prevent the abuse of, vulnerable older adults.

They are first charity to address these problems and are the only charity in the UK and in Ireland working exclusively on the issue today.

Action on Elder Abuse is a primary service that operates across England, Ireland, Scotland and Wales and their helpline, is open every weekday, from 9.00 am to 5.00 pm.

Although it cannot provide legal advice, it can provide information on the nature of elder abuse and indicate what action might be taken in response to abuse or to prevent it.

In the UK the free phone number is 0808 808 8141 while in the Republic of Ireland it is 1800 940 010.

Telephone (12Hr): 0808 808 8141



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[www.stockportdaf.org.uk](http://www.stockportdaf.org.uk)

Last Printed TMR 30/10/2007

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## **Local Safeguarding Children's Unit**

The Safeguarding Children Unit is part of Social Services and has four main areas of work; Looked After Children & Child Protection; Children In Need Project and Family Group Meetings.

The Safeguarding Unit delivers an effective conference and review service for children involved in the child protection system and for children who become looked after by the local authority. It also provides an effective family group meeting service that is responsive to meeting the overall strategic objectives of the organisation. The Unit is also responsible for facilitating the development of a multi-agency framework for responding to children in need.

The Customer Enquiry & Referral Management Team is the first point of contact for all incoming children and families social care work and will provide a service from Monday to Friday 8am — 6pm.

**The telephone number is 0845 644 4313**

**This number is for emergencies only, out of normal office hours: 0161 718 2118**



For more information visit:  
[www.stockportdaf.org.uk](http://www.stockportdaf.org.uk)

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## **D** Kooth Counselling Service

**o** Kooth.com offers young people:  
**m** Online counselling, support and assessment with a team of qualified counsellors and therapists.  
**e** Ongoing support and, where necessary, referral into multi-agency staff such as drugs and alcohol workers, youth workers and sexual health workers for face-to-face interventions. Relevant articles and information in the online Kooth Magazine

**s** Kooth.com delivers the counselling support via one-to-one chat sessions, a private messaging service and moderated message boards.

**t** The service is accessible online, 24 hours a day, seven days a week.

**i** Postal Address

**c** Kooth.com  
**A** c/o Xenzone  
**b** The White House  
**u** 118 Gatley Road  
**s** Gatley  
**e** Cheshire  
SK8 4AD



For more information visit:  
[www.stockportdaf.org.uk](http://www.stockportdaf.org.uk)

Last Printed TMR 30/10/2007

## **D** Men's Advice Line

**o** The Men's Advice line provides a range of services aimed at men experiencing domestic violence from their partner

**m** They do this by:

- Giving men a chance to talk about their experiences
- Providing emotional support
- Providing practical advice
- Focussing on safety-planning and reducing risk
- Signposting to a range of services, including housing and legal options
- Exploring solutions that are focused on the needs of the callers
- Using a non-judgmental approach
- Offering a confidential service

**e** The Men's Advice Line also provides a range of services to professionals from both the statutory and voluntary sector

**s** Monday-Tuesday-Wednesday  
10am-1pm and 2pm-5pm  
Call: 0808 801 0327  
Email: [info@mensadviceline.org.uk](mailto:info@mensadviceline.org.uk)  
Visit: [www.mensadviceline.org.uk](http://www.mensadviceline.org.uk)



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Last Printed TMR 30/10/2007

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## **Paws for Kids**

**Paws for Kids** is the North West Charity designed to support women, children and their pets escape from a life of violence and abuse to a better and caring future.

They aim to relieve the pressures on families escaping domestic violence by providing temporary fostering of pets belonging to these families.

In families where there is domestic violence pets are often threatened, injured or killed by a violent man as a means of keeping power and control over his partner and her children.

Paws for Kids fostering service offers some peace of mind for women and their children, knowing their pets are safe while they await re-housing from a refuge.

### **Paws for Kids**

P.O. Box 329  
Bolton  
BL6 5FT  
Tel/Fax 01204 698999



For more information visit:  
[www.stockportdaf.org.uk](http://www.stockportdaf.org.uk)

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## **Services for Young People (1)**

Are you experiencing domestic violence? Do you know someone age 11-25 that is or may have experienced domestic violence? If Yes – the Youth Service specialist projects and local youth centres can help. Stockport Youth Service can give confidential advice and support. Young people can participate in their local and specialist borough wide youth projects, please see list below.

Information, Advice and Guidance  
Central Youth provides Advice, Information, Counselling and Sexual Health Services for young people aged 13 to 25. All services are free and confidential. No appointment is necessary except for the Counselling Service. The Youth Work Team provides advice/information on benefits, debt, education, employment, housing and health including basic sexual health advice and free condoms. Central Youth can support a young person accessing a range of external agencies that specialise in support on domestic issues. Stockport Primary Care Nurses and Doctors provide sexual health services including pregnancy testing, contraception, emergency contraception and some sexually transmitted infection testing. Stockport Primary Care Trust Counsellors are available by appointment.



For more information visit:  
[www.stockportdaf.org.uk](http://www.stockportdaf.org.uk)

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**Services for Young People (2)  
Central Youth Outreach Services**

Are staffed by a Youth Worker and a Nurse who provide advice, information and sexual health services. Central Youth, 15 Grand Central Square, Stockport. SK1 3TA. Tel: 0161 480 9600  
[www.centralyouth.org.uk](http://www.centralyouth.org.uk)

**Youth Ear, Counselling Services**

Youth ear is a Counselling Project which is available to young people aged 11-25yrs who access Stockport Youth Service provision. Appointments are available at the young person's local youth centre/project or at an agreed town centre location. Young people can self refer or can be referred.

For further information, contact Youtheart on 07799095569

**Mental Health**

Sound Minds – youth project for young people age 13 -16  
Youthful Minds – youth project for young adults age 16 – 25  
25 Covent Garden, Stockport SK1 3AX

Tel: 0161 477 1598



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**Services for Young People (3)  
Specialist Boroughwide Projects**

**Young Parents Groups:** Brinnington, Cheadle Heath & Dialstone – 0161 476 1338

**Black Minority Ethnic:** Training & Dev Centre, Reddish Vale Rd – 0161 476 1338

**Disabled Young People:** Training & Dev Centre, Reddish Vale Rd – 0161 476 1338

**Girls & Young Women:** Training & Dev Centre, Reddish Vale Rd – 0161 476 1338

**Young Gay Men/Lesbian & Bi-sexual Young Women's Project:** The Base Youth Project, P.O Box 93 Stockport. Tel: 0161 477 4096.

**Corporate Youth Strategy:** Training & Dev Centre, Reddish Vale Rd: 0161 480 4857

**Duke of Edinburgh's Award:** Hazel Grove Youth Centre, Jackson Ln, Hazel Grove 0161 483 9895.

**Music/Multi Media:** Werneth Y.P. Centre George Lane Bredbury – Audu Obaje – 0161 406 8506

**Outdoor Education:** Training & Dev Centre, Reddish Vale Rd – 0161 476 1338

**Voluntary Sector Support:** Training & Dev Centre, Reddish Vale Rd – 0161476 1338

**Youth Arts:** Hazel Grove Youth Centre – 0161 483 9895

**Youth Theatre:** Dialstone Youth Centre – 0161 474 2241/483 9895



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**Services for Young People (4)  
Youth Centres**

- Adswood:** Neston Grove, Stockport. SK3 1PK  
0161 483 2927
- Brinnington:** Hereford Road, Brinnington. SK5 8EY  
0161 406 8783
- Cellars:** Thornfield Road, Heaton Moor. SK4 3LD  
0161 442 8741
- Cheadle Hulme:** Church Rd, Cheadle Hulme.  
0161 483 2927
- Gatley:** Gatley Hill Hse. Church Rd. Gatley.  
0161 483 2927
- Hazel Grove:** Jackson Lane. Hazel Grove. SK7  
3JY.  
0161 483 2927
- Marple:** Marple Ridge College. Hibbert Lane.  
0161 449 2241
- Offerton:** Dialstone Cnt, Lisburne Ln, Offerton. SK2  
7LL.  
0161 474 2241
- Reddish:** Dalkeith Rd, Reddish. SK1 3TA.  
0161 480 3068
- Werneth:** George Ln, Bredbury. SK6 1DJ  
0161 430 6720
- Woodbank:** Turncroft Ln, Offerton, Stockport.  
0161 430 0964



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**Domestic Abuse in Pregnancy (1)  
Maternity Services in Stockport**

1 in 4 women experience domestic abuse over a lifetime. Pregnancy is often portrayed as a time of great joy for women and their partners, but for up to 30% of women who experience domestic abuse; this abuse starts or worsens in pregnancy.

Being pregnant may serve to increase vulnerability rather than afford protection.

We offer:

- A named midwife who provides individualised care during pregnancy, the birth and afterwards, to help you to develop a trusting relationship with her
- Privacy and information from your midwife so you are able to tell her if you are experiencing abuse and receive support
- An independent interpreter, signer or independent advocate. Family members are not used for interpreting.
- Routine enquiry through direct questioning about issues of abuse when the woman is alone in a sensitive supportive manner.
- A small card of help line numbers and safety advice, regardless of whether or not you tell us about any abuse



For more information visit:  
[www.stockportdaf.org.uk](http://www.stockportdaf.org.uk)

## **D** Domestic Abuse in Pregnancy (2) **o** Maternity Services in Stockport **m** **e** **s** **t** **i** **c** **A** **b** **u** **s** **e**

- Signposting to other agencies through provision of local contact telephone numbers and opportunity to use the telephone in a safe environment
- Provision of both verbal and written information relating to abuse (provided it is safe to take away).
- Reassurance that everything said is confidential, unless there are concerns about the well-being of children
- Safe recording of any disclosure about domestic abuse: this will in the central file kept at the hospital, and not in your hand held records
- Reassurance that evidence in your central file can be used at a later date for legal reasons and to support a housing application  
-to name but two ways in which this information can be used to help you
- Encouragement to come to antenatal appointments and the opportunity to make alternative arrangements if required, for example to meet in a different place



For more information visit:  
[www.stockportdaf.org.uk](http://www.stockportdaf.org.uk)

Last Printed TMR 30/10/2007

## **D** Domestic Abuse in Pregnancy (3) **o** Maternity Services in Stockport **m** **e** **s** **t** **i** **c** **A** **b** **u** **s** **e**

- Empowerment to take control of your life and to make your own decisions - and respect for these decisions
- Reassurance of continued support and encouragement regardless of whether you choose to leave or stay in the relationship.
- Refer to specialist midwife for additional support, if needed
- Specialist midwife will refer you to your named midwife (following self refer) for ongoing support if appropriate.
- Hope – we recognise that there is life after abuse

### Contact

Midwife via delivery Suite 0161-419-5455  
Specialist Midwife 0161-419-5455 Mobile  
07876230812  
Email [Eileen.Maloney@stockport.nhs.co.uk](mailto:Eileen.Maloney@stockport.nhs.co.uk)



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Last Printed TMR 30/10/2007

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## National Centre for Domestic Violence

We provide free and fast legal advice and assistance in court (usually obtaining injunctions).

Our free service is available to anybody regardless of age, gender, race, sexual orientation or financial circumstances.

We are open 24 hours a day 365 days a year.

Tel: 08709 220704

Freephone: 08009 207020

Web: [www.ncdv.org.uk](http://www.ncdv.org.uk)  
email: [office@ncdv.org.uk](mailto:office@ncdv.org.uk)

National Centre for Domestic Violence  
Suite 129  
456 - 458 Strand  
London  
WC2R 0DZ

PO Box 999  
Guildford  
Surrey  
GU1 9BH



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Last Printed TMR 30/10/2007

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## Stockport Youth Offending Team

Stockport Youth Offending Team (YOT) is a multi-agency partnership set up to prevent young people from offending. The team includes representatives from a range of agencies, including Police, Social Care, Education, Health and Probation and works with young people involved in the criminal justice system.

We also provide parenting interventions and support to victims of crime. We work in partnership with a wide range of other services for children and young people, with our main aim being to prevent them from offending or re-offending.

Stockport YOT also has a Prevention Team, who provide voluntary interventions to young people identified as being at high risk of offending. The main aim of the Prevention Team is to reduce the numbers of young people who enter the youth justice system year on year, by engaging young people who have not yet entered the youth justice system. All partner agencies can refer young people to the YOT Prevention Team and we also accept referrals from parents and carers.

Phone 476 2876  
Fax 476 2858  
1<sup>st</sup> Floor Owl House,  
59-61 Great Underbank,  
Stockport, SK1 1NE



For more information visit:  
[www.stockportdaf.org.uk](http://www.stockportdaf.org.uk)

Last Printed TMR 30/10/2007

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## **Age Concern Stockport Safeguarding Older Adults**

If you are feeling vulnerable due to a physical, emotional, sexual, discriminatory, financial or neglect situation you can contact us a Age Concern:

- We can talk to you on the phone
- Arrange to meet you at a venue mutually agreed.
- If you would like a friend with you that is fine.
- Offering you support and empathy in whatever you decide.
- If you wish to take the matter further we will help to guide you in the right direction by offering advice and information.
- Information will be kept as confidential as possible only informing people who can help in your situation.

Please contact Anne Smith  
Age Concern Stockport  
Commonweal  
56 Wellington St. Stockport SK1 3AQ  
Tel: 0161 480 1211



For more information visit:  
[www.stockportdaf.org.uk](http://www.stockportdaf.org.uk)

Last Printed TMR 30/10/2007

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## **Well Being Centre**

Well Being Centre aims to help all people of Stockport to enhance their health and wellbeing on all levels – mental, physical, emotional and spiritual. In partnership with a number of Stockport organisations, we offer a wide range of services and activities, including signposting and information, free internet access, employment support, musical events and classes, complementary therapies, self-development opportunities, various groups and activities, and a regular Newsletter with details of services and events at the Centre and throughout Stockport. You can find Stockport Women's Aid drop-in at the Well Being Centre on Mondays between 12 and 2pm.

### **Opening hours**

Mon: Scheduled activities & appointments only  
Tues: Open 11am till 4.30pm  
Wed: Scheduled activities & appointments only  
Thurs: Open 12 till 7pm  
Fri: Open 11am till 4.30pm

Sat & Sun: Scheduled activities & events only  
Address: Well Being Centre, Graylaw House,  
Chestergate, Stockport SK1 1LZ

Telephone: 0161 474 7713

Email: [stockport.wellbeing@thebiglifecompany.com](mailto:stockport.wellbeing@thebiglifecompany.com)

Website: [www.swellbeing.org.uk](http://www.swellbeing.org.uk)



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Last Printed TMR 30/10/2007

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## Gorvins Solicitors

### KNOW YOUR LEGAL RIGHTS IN SITUATIONS OF DOMESTIC ABUSE

Gorvins can provide Legal Advice in respect of applications to Court as follows:

Occupation Orders - Removal of perpetrator from home so victim can return.

Non-Molestation Orders - Preventing the perpetrator from using or threatening violence, harassing and pestering the victim and instructing anyone else to do so.

Legal Costs - victims may be eligible for public funding and an assessment of the victim's financial position would be carried out.

Contact Details:

Gorvins Solicitors  
2-14, Millgate  
Stockport  
Cheshire  
SK1 2NN  
Phone: 0844 805 5176



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[www.stockportdaf.org.uk](http://www.stockportdaf.org.uk)

Last Printed TMR 30/10/2007

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## Home-Start Stockport

Are you a parent with a child under the age of 5?

Could you use the support of a volunteer for a couple of hours a week? – It could be someone to talk to, someone to go out with, help with the children....

We have Volunteers, who all have parenting experience, who will visit you in your own home to offer support, friendship or practical help.

Contact Fran or Sue on:

0161 474 7717

Or speak to your Health Visitor.



For more information visit:  
[www.stockportdaf.org.uk](http://www.stockportdaf.org.uk)

Last Printed TMR 30/10/2007

## **D** People Like Us Stockport – PLUS

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PLUS is Stockport's Lesbian, Gay, Bisexual and Transgender Community Group.

PLUS meets on the second Wednesday of every month in The Arden Arms, Millgate, Stockport. All of our meetings are open for everybody to attend. Feel free to pop in and say hello!

If you would like more information about all the social events we organise, please feel free to get in touch with us!

Ask for Ellen or Stephen on 07717 038 868.

Alternatively please email us at:  
[info@stockportplus.org](mailto:info@stockportplus.org)

Our website is [www.stockportplus.org](http://www.stockportplus.org)

We are also on Myspace at:  
[www.myspace.com/peoplelikeusstockport](http://www.myspace.com/peoplelikeusstockport)



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Last Printed TMR 30/10/2007

## **D** Wai Yin Chinese Women's Society

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The Wai Yin Chinese Women Society provides services to predominately the Chinese community.

There is a Women's Project running in the centre.

We provide Domestic Abuse drop in, emotional support, sign-posting, etc. support to the victims.

We also have a Family Project, Mental Health Project, Children's Project running in the centre to provide culturally and linguistically appropriate services to the community.

Contact:

Wai Yin Chinese Women Society  
1<sup>st</sup> Floor  
61 Mosley Street  
Manchester  
M2 3HZ  
(T) 0161-237 5908  
(F) 0161-228 3096  
Website: [www.waiyin.org.uk](http://www.waiyin.org.uk)



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