

# BreakTheCycle

*Help and advice* for  
those affected by  
domestic abuse



**Sills & Betteridge**  
Solicitors

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# What our clients say about us...

*"Chrystal was the first person who clearly understood what I was going through and immediately came up with an action plan. She pursued her enthusiasm all through my case passionately until things were resolved. She is a unique lawyer who assumes ownership of your matter. I would like to thank her from the bottom of my heart and recommend her services to anyone who needs a rational and quick approach".*

*"I would also like to express my heartfelt thanks, for your listening ear on our first meeting and the advice you have given me. After our meeting you gave me the confidence to speak my mind a bit more and not to be walked all over."*

*"We have been 100 percent satisfied with our service throughout proceedings, and entered each hearing with the utmost confidence that the team had a firm grasp of the case. Solicitors were discerning, personable and committed; they had the utmost professionalism throughout and inspired confidence and calm at a most difficult time. Not a single gripe or complaint in 1 year of everyday dealings. Extremely grateful for their attentive and scrupulous hard work, honesty and client care."*

*"I would like to take this opportunity to thank you from the bottom of my heart for representing me from February and helping me to get my children back and fighting my case for me every step of the way. You have been truly amazing and I have been privileged and honoured to have you as my solicitor. You are a dynamic wonderful person and I am so blessed to have you on my side".*

*"You have given my children and I a feeling of safety that is worth more than I can explain. I just wanted to say I think you're amazing at what you do and the people you are at a point when it is truly needed the most."*

*"As ever totally solid experience, nothing too much trouble. Karen makes any situation so controlled - which I needed whilst I was recovering from my marriage breakdown."*

*"I received fantastic, honest, professional service from Sills and Betteridge the past year. A massive thank you to the family department and Victoria Rowson getting the result I wanted. I recommend anyone to use them. They work extremely hard and go above and beyond to get the best result. Brilliant solicitors."*

# Introduction

**Welcome to our latest edition of Break the Cycle. I hope you will find this informative and interesting.**

Sills & Betteridge are a large, well established firm with knowledge of local Court practice.

We understand people often go through crisis points in their life and need advice and support during these periods.

We are also aware that in domestic abuse and child abduction cases advice is often required urgently and action by way of Court Orders are required immediately.

To meet the needs of our clients we have

established a Family Emergency Team who can respond to your needs quickly and offer advice out of hours.

**Please call or text "NEED TO TALK" to 07557 850 212, available out of hours.**

For more information visit our website: [www.sillslegal.co.uk](http://www.sillslegal.co.uk)

We provide free half hour advice for any domestic abuse or child abduction matters.

**Chrystal Theofanous**  
Partner  
Lincoln  
01522 542211  
[ctheofanous@sillslegal.co.uk](mailto:ctheofanous@sillslegal.co.uk)



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# Domestic Abuse

**“We have established a Family Emergency Team who can respond to your needs quickly and offer advice out of hours.”**

Many women, men and children live with domestic abuse. It is most commonly experienced by women however men can also experience abuse from their partners. It can affect people from every social background, religion or culture and it can occur at any stage in a person's life. Mental and physical abuse can damage a person's self esteem and confidence. It can also affect their parenting and social skills.

Domestic abuse is not limited to physical abuse.

Psychological, sexual and other forms of aggressive and controlling behaviour can amount to domestic abuse.

At Sills & Betteridge we understand that when you come to see us with your matrimonial and family difficulties, the problems you are facing are having a huge impact on you and any children you may have.

We recognise that you may experience stress, confusion and loss of confidence during these

times, and we know that while we will handle your legal affairs with the utmost skill, there will be *other* issues that *other* agencies and professionals will need to assist you with. Among these could be Women's Aid counsellors, benefits advisors, housing agencies or the Citizens Advice Bureau. There are many people out there who all have their part to play in getting your life back on track.

We hope this magazine will help you move on

to a safer life. There is information about what legal action you can take, information about specialist services for people living with domestic abuse, useful contact details and how to find help in respect of matters such as housing and money.

Legal Aid is still available for victims of domestic abuse.

# What Legal Help Is Available?



## Questions & Answers

**“If you do decide that you want to leave your relationship and are suffering domestic abuse there are a number of legal options open to you...”**

### **I am experiencing domestic abuse - what legal help is available to me?**

You don't have to put up with domestic abuse. Leaving an abusive relationship is never easy. Often people return several times before they are able to make the final break. We understand that there are many

reasons why it is difficult to leave, i.e. you are still in love, you are terrified of the consequences, you are worried about the children and the financial implications. Often it can be that your confidence is so low you just cannot face leaving. If you feel in turmoil about leaving we do recommend that you speak to someone, this could be your GP, a

friend, or a Women's Aid counsellor who can help you decide whether to stay for the time being or support you in leaving.

### **Legal Options**

If you do decide that you want to leave your relationship and are suffering domestic abuse there are a number of legal options open to you

under both the criminal law and civil law.

### **a) Criminal Law**

If you are in danger call the police and always dial 999 if it is an emergency. The police have a duty to protect and help you. If you make a complaint to the police, they will investigate the matter and if sufficient

evidence is found they will press charges. The Crown Prosecution Service will then take over. Criminal cases are heard in either the Magistrates Court or the Crown Court depending on the severity of the charge.

## b) Civil Law

We can advise you fully on this option and help and support you through the process. The Civil Law is aimed at protecting you. You can make an application to the Court for an injunction (normally to the County Court) and, if there is an immediate threat of danger, often without giving notice to the person you seek protection from.

You will need to make a sworn statement to the Court about the abuse that you have experienced. You should be as precise as possible about all the ways you have been harmed including the dates and times if you have them and the effect on you and your children.

### What is an Injunction?

An injunction is an order of the Court which places restrictions on someone. There are 2 types of injunctions which can assist:

#### 1. Non-Molestation Order

It can forbid someone from being violent towards you, or from

threatening, pestering or harassing you.

A Non-Molestation Order can also prevent someone from going within 100 metres of your property and also prevents someone from encouraging third parties to do something that he/she is forbidden to do by the terms of the Order.

A Non-Molestation Order is usually in place for 6 months to 1 year. If the perpetrator breaches the terms of the Non-Molestation Order, it is a criminal offence. The police must deal with it as such. If the police do not deal with the breach of the Non-Molestation Order then we can make an application to the Court to commit the

perpetrator to prison. If you are experiencing domestic abuse and the police have been unsuccessful in charging or convicting the perpetrator, we strongly advise that you seek legal advice in respect of a Non-Molestation Order.

#### 2. Occupation Order

An Occupation Order can require someone to leave the home they share with you and forbid them to return, and can forbid someone from coming within a certain distance of the home.

The Court will look at the financial circumstances, behaviour and housing needs of you both and the needs of any child when making a decision.



### Who can I obtain an Injunction against?

It may be possible to obtain an Injunction against the following people:

1. Your husband or wife or former husband or wife
2. Someone you have lived with as husband or wife (to include same sex relationships)
3. Anyone who lives with you (unless they or you are an employee, tenant, lodger or boarder)
4. Anyone who has lived with you (unless they or you are an employee, tenant, lodger or boarder)
5. Your relative or that person's husband or wife
6. Your current or former boyfriend or girlfriend (if you have been engaged or in a lengthy relationship)
7. Someone you have had a child with. It is also

possible to obtain an Injunction protecting a child in certain circumstances.

### How do I get an Injunction and how long does it take?

There are two types of Injunction Applications. They are "On Notice" Applications and "Without Notice" Applications.

#### Without Notice Application

A Without Notice Application is made where the circumstances justify an emergency application, for example where there has been a recent violent incident. We will advise you whether your case is appropriate for an emergency application at your initial appointment. If an emergency application needs to be made, we will make the application on your behalf and represent you at the initial Court hearing. The person

whom you are seeking the Injunction against is known as the Respondent. They will not be given notice of the hearing. The Court will consider at the initial hearing whether it is appropriate to make an Injunction Order. The Respondent will then need to be served with your application and the Emergency Order, if such an order has been made. The Respondent will on occasions have the opportunity to apply to the court for the court to consider whether the Injunction Order should remain in force.

#### On Notice Application

An On Notice Application involves a similar process, however, once your Application has been issued, the court will fix a hearing date and the papers will then be served on the Respondent, thereby giving them notice of your application. The Court will then consider whether it is

appropriate to make an Injunction Order after hearing evidence from both of you.

### What happens if my former partner breaks the Order?

If the Respondent breaks the terms of the injunction or you are at all fearful for your safety, you should call the police immediately. The police should treat any breach like any other criminal offence so they should arrest the Respondent and take them to the Magistrates Court. If you are unhappy at any time about the enforcement process being taken or you would prefer to take them back to the County Court then it may be possible to apply for an arrest warrant. If the respondent is in contempt of Court for disobeying a Court Order the Court may fine, impose a suspended sentence or commit them to prison.



# What Funding is Available?

## When are victims of Domestic Abuse entitled to Legal Aid?

If you are a victim of domestic abuse and you need legal advice, you can apply for Legal Aid to help you with the following cases:

- Care Proceedings
- Divorce
- Child Contact
- Child Residence
- Injunction Proceedings
- Forced Marriage
- Female Genital Mutilation
- Child In Need/Child Protection meetings

There are many forms of domestic abuse and it is not just about physical violence. To qualify for Legal Aid, you must be able to give your solicitor the evidence to show that you, or in some circumstances someone else who your ex partner has been in a relationship with has been a victim of domestic abuse perpetrated by the Respondent (your ex-partner). The types of gateway evidence required are as follows:

- Criminal conviction for a domestic violence offence
- Police caution for a domestic violence offence
- Arrest for a domestic violence offence
- Ongoing criminal proceedings
- Protective injunction
- Undertaking in place of a protective injunction
- A Domestic Violence Protection Notice or Domestic Violence Protection Order (DVPN or DVPO)
- A bind over in connection with a domestic violence offence
- Letter from a Multi Agency Risk Assessment Conference (MARAC) or other local safeguarding forum
- Finding of fact made in court proceedings. Expert report produced as evidence for a court/tribunal

- Letter from a public authority
- Letter or report from a health professional. Letter from an independent domestic violence or sexual violence advisor/advocate. Letter from a local authority or housing association
- Letter from an organisation providing domestic violence support services
- Letter from an organisation providing domestic violence support services concerning refusal of admission to a refuge. Referral to a domestic violence specialist support service by a health professional
- Leave to remain in the UK under paragraph 289B of the Immigration Rules

However, in cases of:

- Injunction Proceedings
- Forced Marriage
- Female Genital Mutilation
- Care Proceedings

These are deemed as emergency cases where a client needs urgent legal assistance and as such the 'gateway evidence' is not required.

You also need to show you are financially eligible for Legal Aid. If you are in receipt of a passported benefit such as the following:

- Universal Credit
- Income Support
- Income-based Job Seekers' Allowance
- Income-based Employment Support Allowance
- Guarantee Pension Credit

and you can provide evidence that you are a victim of domestic abuse, you will be eligible for Legal Aid.

If you are working then we will need to see your last 3 months' bank statements and wage slips so we can do a financial assessment of you. If your disposable

income falls below £733.00pcm then you will be eligible for Legal Aid. Please note that the Legal Aid Agency assess any savings you may have.

In some circumstances, a victim of domestic abuse has to flee their home in an emergency situation. We are therefore sympathetic that it is not always possible to gather all of your financial documents. In this situation, we can advise you and help you obtain the information you need.

## Is Legal Aid available for other types of cases?

Legal Aid is also available in the following cases without the presence of domestic abuse.

- Care Proceedings
- Problems with Social Services, including representing you at Child In Need meetings and Child Protection Conferences
- International Child Abduction
- Injunction Proceedings
- Forced Marriage
- Honour Based Violence
- Female Genital Mutilation

We strongly advise that if you are suffering from domestic abuse, speak to one of our specialist solicitors at your earliest opportunity. We offer a free half-hour consultation with a trained solicitor in the field of domestic abuse.

# Keeping Evidence

If you do not feel able to leave the relationship at this stage, there may come a time when you wish to do so or need to do so. Plan for that time:

- Keep a record of each incident including the date and time it occurred, what was said or done. Where property is damaged if possible photograph this.
- Report all incidents to your GP so it can be noted on your medical records.
- If you are injured and you go to the hospital keep a note of the date and time, etc.
- If you sustain any injuries, take a photograph and make a note of when the incident occurred. Keep the photographic evidence in a safe place, possibly with a friend/relative/solicitor. Any photographic evidence is better than none.
- If you are assaulted report it to the police and keep a diary note of the date, officer and case number.
- Save threatening or abusive text messages and emails.
- Also work with a local domestic abuse support worker.

# Making a Safety Plan

It often helps to plan in advance. There are things that you can do to increase your safety.

## General

1. Prepare an 'emergency bag'. It may be worth storing this with a friend/ neighbour/relative. For what to include see "What to Pack".
2. Keep with you important and emergency telephone numbers, e.g. your local Women's Aid, the police domestic violence unit, your GP and our telephone number. It may be worth keeping in your purse the useful numbers at the back of this booklet.

3. Keep a mobile telephone hidden for emergency use.
4. Keep your keys and purse in an accessible place.
5. Keep your mobile phone charged.
6. Think about teaching your children how to make an emergency call to 999 and what they would need to say, i.e. their name, address and telephone number. Inform a neighbour of the situation and ask them to telephone 999 on your behalf in an emergency.
7. Consider a possible 'code word' with a friend/ relative/neighbour/child so they know when to call the police.
8. Be aware where the

nearest telephone is and try and have a mobile telephone on you at all times.

9. Think about opening a bank account in your own name if you do not have one.

## If an argument escalates, or in the event of an assault:

- Move into a 'safe' room in the house. Avoid the kitchen, bathroom, top of stairs or garage.
- Try to remain near to an external exit.
- In an emergency always dial 999 or activate your panic alarm.

## Plan a safe exit from your home

- Plan ahead and think about what you would do if you needed to leave your home quickly. Where would you go? What would you take? Who would you tell? Think about your route out of the house. How can you get outside? Think about which doors or windows you can get out of safely.

## Have a safe place to go to:

- Make a friend, neighbour or relative aware of the situation and plan to go to them in an emergency, alternatively telephone Women's Refuge.

# What to Pack

If you decide to leave the relationship it is best if you can plan this carefully in advance. Some partners will increase their abuse if they have any idea you are going to leave. Try to leave if at all possible at a time you know your partner will not be around.

Try to take everything you will need with you. There is always a possibility that you may not be able to return later or your belongings will be destroyed by your partner. Take your children with you. You may decide to leave the house on a long term basis to set up home elsewhere.

You may decide to leave temporarily whilst putting into place an Injunction and Occupation Order (see earlier).

Remember to keep with you or in your emergency bag:

- Mobile telephone
- Some form of ID
- Birth certificates for you and your children
- Passports for you and your children
- Work permits, visas, etc
- Proof of National Insurance No.
- Money, bank books, cheque books, credit and debit cards
- Keys for house/car/place of work (think about getting an extra set cut and keeping them in your emergency bag)
- Cards for payment of child benefit and any other benefits, i.e. income support/tax credit
- Driving licence/car registration documents
- Copies of any documents relating to your house, e.g. mortgage/lease/ rental agreements
- Insurance documents and any other financial documents belonging to you including bank statements/details of policies, etc.
- Address book
- Family photographs and anything small and of value to you
- Clothing and toiletries



**“Try to take everything you will need with you. There is always a possibility that you may not be able to return...”**



# Protecting Yourself After You Have Separated



Whether all or just some of the following steps are required will depend on your individual situation.

## Safety at Home

- Change door locks
- Keep doors locked, even when you are in the house
- Install extra security, e.g. door chain, additional locks, burglar alarm systems, outdoor lighting
- Install smoke detectors
- Change your telephone number and make it ex-directory
- Use an answer machine to screen calls
- Speak to the police about installing a panic alarm

## Safety in Public

- Vary routes and routines to make yourself difficult to follow
- Keep in well lit, highly populated areas and bus streets where possible
- If driving, lock your car doors. Park in well lit, populated areas
- Try not to go anywhere alone, plan to walk with a friend
- Tell someone where you are going and when you are expected back
- Inform key staff at your children's school of the situation. Ensure they do not release the children to anyone else or give your new address or telephone number to anyone
- If possible confide in a

work colleague/manager

- Keep your mobile telephone in any easy to reach place – not buried in the bottom of your bag!
- Carry a personal panic alarm
- On a night out stay with trusted friends, if drinking stay within your limits – don't lose control
- Plan a safe route home - walk with friends, share a taxi

## Safety with Injunctions

- Keep a copy of your Injunction readily available. Consider having several copies so that you can have one at home, one in your handbag, give copies to friends/

family, etc.

- Inform all significant parties of the terms of your order, e.g. employer, children's school, etc.
- Be prepared to enforce your Order. In an emergency dial 999 to report a breach otherwise use the police non-emergency number
- Keep a diary to note the time, date and details of the breach, include police log numbers

# Phone Safety Advice

-  **Change your number**
-  **Become Ex-Directory**
-  **Block anonymous calls**
-  **Use 1471 to see who has tried to call you**
-  **Use 141 to withhold your number**
-  **Call the Police if you receive threatening calls**
-  **Save & print threatening text messages**

# Stay Safe On Social Media



-  Be cautious of statuses, photos, videos etc. Photos of children in school uniform can alert an abuser to which school they are attending.
-  Avoid putting your phone number, address, email, children's or pet's name on your profile. People often use words such as pet's name or numbers as passwords, so it is not recommended to publish them online.
-  Store and save threatening emails. Print them off and give them to the Police and your solicitor
-  Never add any friend requests and suggestions from anyone that you do not know. Remember some people can put false information and even a fake picture on. Be wary of who you add.
-  Change your password every so often. Don't make your password something obvious such as your birthday or mothers maiden name. Try to have at least: one capital letter, one lower case letter, two numbers and a symbol. The longer and more complicated the password the safer you are from getting your account hacked. Always remember to log out after you've finished, especially on a shared computer.
-  Be wary of the Check-in feature as this can alert your abuser as to your whereabouts and can effectively act as a 'tracking' device.
-  If someone is continuously harassing you, sending you messages that are mean, nasty, inappropriate and make you uneasy, you can remove them off your friends list - even better block them.
-  Always monitor pictures that other people put of you and tag you on. You can see the tagged photos of you by going to your profile.
-  Set the security settings on your profile to "Only My Friends". By doing this, you will be able to have control over who has access to your information and pictures. For certain pictures you can also select certain friends that you do or do not want them to see.
-  Never post information regarding an upcoming holiday or trip as your status.

**For more advice on social media safety, how to block or remove friends and change privacy settings, visit:**  
[facebook.com/help/122006714548814](https://www.facebook.com/help/122006714548814)

# Children and Domestic Abuse



**“It is important that the safety and protection of your children is given as much priority as possible.”**

When a parent is subjected to domestic abuse, research has shown that there may be an overlap and a proportion of children will also be abused or neglected. Men or women who are abusive in an adult relationship do not necessarily abuse children but some do. A child may also be drawn into the domestic abuse, i.e. the child may try to intervene, manage the abuser's behaviour, be encouraged to relay threats and undermine the abused parent. The child may also witness the abuse and in any event is very likely to be aware of it. Children growing up in homes where family violence occurs are more likely to suffer with worry, guilt and mental illness.

A parent may try to minimise the seriousness of the abuse and hang on to the hope that the partner will change and will therefore work to keep the peace instead of protecting themselves or their children. When this happens they are placing both themselves and their child at risk. It is important to seek help.

It is important that the safety and protection of your children is given as much priority as possible. Orders are available from the Court where you believe your child is at risk of being taken by your partner or if your child has been taken then it is important you get help immediately.

**International Child Abduction**

This is a very complex area of law and we are very fortunate to have an accredited specialist in this area. Chrystal Theofanous is a Resolution Accredited Specialist.

If your child has been taken to another country without your



## It is very important to make the right decision about your housing needs and it's a good idea to get specialist advice.

consent or if your child has been kept i.e. retained in another country without your consent and they are not habitually resident there then you must ensure you seek legal advice as a matter of urgency.

Legal Aid is available on all child abduction cases and so it is imperative you seek legal advice as soon as you know that your child will not be returned to you. Even if your child does not live with you, so long as you were exercising custody rights i.e. having contact with them, you are entitled to apply to the court for them to be returned to the country they were living prior to them being removed.

Please contact Chrystal on 07557 850212 for

free advice.

### Housing Options

It is very important to make the right decision about your housing needs and it's a good idea to get specialist advice. There are some organisations who can provide you with help and information, such as Womens Aid or your local Citizens Advice Bureau.

### Can I stay in the family home?

You may decide that you wish to stay in the family home on the basis that your partner leaves. As explained, you can apply to get an Occupational Order to exclude your partner or ex-partner from the property and give you the right to live

there and/or a Non-Molestation Order to protect you and keep him away from you if they are no longer living at the property.

### Is there emergency accommodation available?

You may choose to stay temporarily with family or friends or you may decide to go into refuge accommodation.

### Refuge

A refuge is a safe house where women and children who are experiencing domestic violence can stay. You can choose to stay as near to your home town as you wish or you can stay out of Lincolnshire. There are some refuges

that have self-contained family units but most refuges will usually give you your own room for yourself and your children to share. Other spaces, i.e. living room, tv room, kitchen and playroom will be shared with other residents. You can be as self-contained or as sociable as you want to be.

Any woman who needs to escape from domestic violence or abuse can go into a refuge at any time of the day or night. It does not matter whether or not you are married or living with your partner or ex-partner or whether or not you have children. You can arrange refuge accommodation by telephoning the free phone national 24 hour Domestic Violence

Helpline which is run in partnership with Women's Aid.

When refuge accommodation has been found for you, a member of staff or a volunteer from the organisation will discuss with you how to get there. They may arrange to meet you at their office or somewhere else which is easy for you to find. Should you want it there is support and advice available at the refuge for you.

Once you have been in a refuge you may decide to return home perhaps after you have obtained an injunction. You may decide that you wish to live elsewhere.

### What housing options may be available to me

### after refuge if I do not wish to go home?

#### Temporary

Your Local Authority (council) housing department has a duty to provide you with advice about finding somewhere to live if you are homeless because of domestic abuse and they should provide temporary accommodation for you.

They may also provide you with permanent accommodation.

You can apply for emergency or temporary accommodation while you decide what to do next. You are considered homeless if you are unable to stay in your home because of physical violence

or abuse. Emergency accommodation will usually be in bed & breakfast type accommodation. To apply for emergency accommodation you should go to your local council housing department.

For support with this, contact your local Womens' Aid Organisation or Citizens Advice Bureau.

#### Permanent

1. Council - you may be eligible for council housing accommodation - provision of temporary accommodation does not guarantee that the Local Authority will re-house you permanently. The council has procedures for deciding priorities in

the allocation of housing. For assistance with this do seek help from your local Womens' Aid or the Citizens Advice Bureau. We may also be able to send a letter in support of your application in relation to your housing application.

2. You could apply for local Housing Association properties.

3. You could rent from a private landlord.

4. You may be in a position to buy your own home.

5. If you share ownership of your previous home then we can provide advice about the property being sold or transferred to release money to you and to buy your own property if you choose not to return to live there.



# Other Resources

## What resources are available to women who are abused?



### The Police

Typically, uniformed police respond to 999 calls. Whether or not a perpetrator is arrested and charged, they will pass the information about the call to the specialist Domestic Violence Police. Officers from these units will usually make some kind of follow up contact to offer support.

### Women's Aid

Women's Aid is a national domestic abuse charity. Services offered by local Women's Aid organisations include:

- Refuges, which are valuable resources for women who seek shelter for themselves and their children. Many women say that going to a refuge saved their lives.
- Many refuges also offer outreach support for women who have elected to remain in their own homes. Many refuges and Women's Aid organisations across the UK provide the Freedom Programme as

part of their service to women. Their contact numbers are also included in the list of Freedom Programme providers on the website:

[www.freedomprogramme.co.uk](http://www.freedomprogramme.co.uk)

- Floating support – Women's Aid have developed a range of services to reach out and offer support and help to women whether or not they are staying in refuge accommodation. Floating support is a specific type of outreach service that is designed to support women who wish to remain in their own homes.
- Aftercare – refuge organisations generally provide ongoing support to women and children who have been accommodated within a refuge but have now left. This may be by follow-up work by a keyworker.
- Support groups for women who have experienced domestic violence - these enable women to share experiences and support each other.
- Activities and support services for children.
- Support and advice - support can be given to women who have suffered domestic violence by helping them with housing and money issues, a counsellor and support during the Court process.

# Helpful Organisations

### General

**EDAN Lincs**  
01522 510041

**National Domestic Abuse Helpline**  
0808 2000 247

**Forced Marriage Unit**  
020 7008 0151

**Honour Based Violence/ Forced Marriage - Karma Nirvana**  
0800 5999 247

**Broken Rainbow**  
08452 60 55 60

**Men's Advice Line**  
0808 801 0327

**National Victim Support**  
0845 30 30 900

**NSPCC/Childline**  
0808 800 5000

**Elder Abuse Response Line**  
0808 808 8141

### Breakdown and Separation

**Relate**  
0333 257 4042  
[www.relate.org.uk](http://www.relate.org.uk)

**One Plus One**  
[www.oneplusone.org.uk](http://www.oneplusone.org.uk)

### Housing

**Citizens Advice Bureau**  
08444 111444

**Shelter**  
08088 004444

### Council Housing

Lincoln City  
01522 873 333  
West Lindsey  
01427 676676

East Lindsey  
01507 601111

North Kesteven  
01529 414155

South Kesteven  
01476 406080

South Holland  
01775 761161

Boston  
01205 314200

Nottingham  
0115 915 5555

Doncaster  
01302 736000

Northampton  
0300 330 7000

NE Lincs  
01472 326296

### Debt Problems

**Citizens Advice Bureau**  
08444 111 444

**National Debt Line**  
[www.nationaldebtline.co.uk](http://www.nationaldebtline.co.uk)  
0808 808 4000

**Legal Services Commission Debt & Benefit Helpline**  
0845 3454345

### Welfare Benefit Problems

**Citizens Advice Bureau**  
08444 111 444

### Child Abduction

**Reunite**  
[www.reunite.org](http://www.reunite.org)  
0116 2556234 or  
0116 2555345

**Constitutional Affairs International Child Abduction and Contact Unit**  
020 7911 7045

### Other Helplines & Resources

**Resolution**  
[www.resolution.org.uk](http://www.resolution.org.uk)  
08457 585 671

**Parent Line Plus**  
[www.familylives.org.uk](http://www.familylives.org.uk)  
0808 800 2222

**Samaritans**  
[www.samaritans.org](http://www.samaritans.org)  
08457 90 90 90

**Mental Health Foundation**  
[www.mentalhealth.org.uk](http://www.mentalhealth.org.uk)  
0207 803 1101

**Alcoholics Anonymous**  
[www.alcoholics-anonymous.org.uk](http://www.alcoholics-anonymous.org.uk)  
0845 769 7555

**Al-Anon/ Alateen**  
(Help for families and friends of alcoholics)  
[www.al-anonuk.org.uk](http://www.al-anonuk.org.uk)

**Cafcass**  
[www.cafcass.gov.uk](http://www.cafcass.gov.uk)

**National Youth Advocacy Service**  
[www.nyas.net](http://www.nyas.net)  
0800 616 101

**One Parent Families/ Gingerbread**  
[www.gingerbread.org.uk](http://www.gingerbread.org.uk)  
0800 018 502

**Constitutional Affairs International Child Abduction and Contact Unit**  
020 7911 7045



# Always **DIAL 999** in an emergency



Sills & Betteridge Out of Office  
Emergency Number | Weekends & Evenings

**07557 850 212**

## Your Legal Advisor

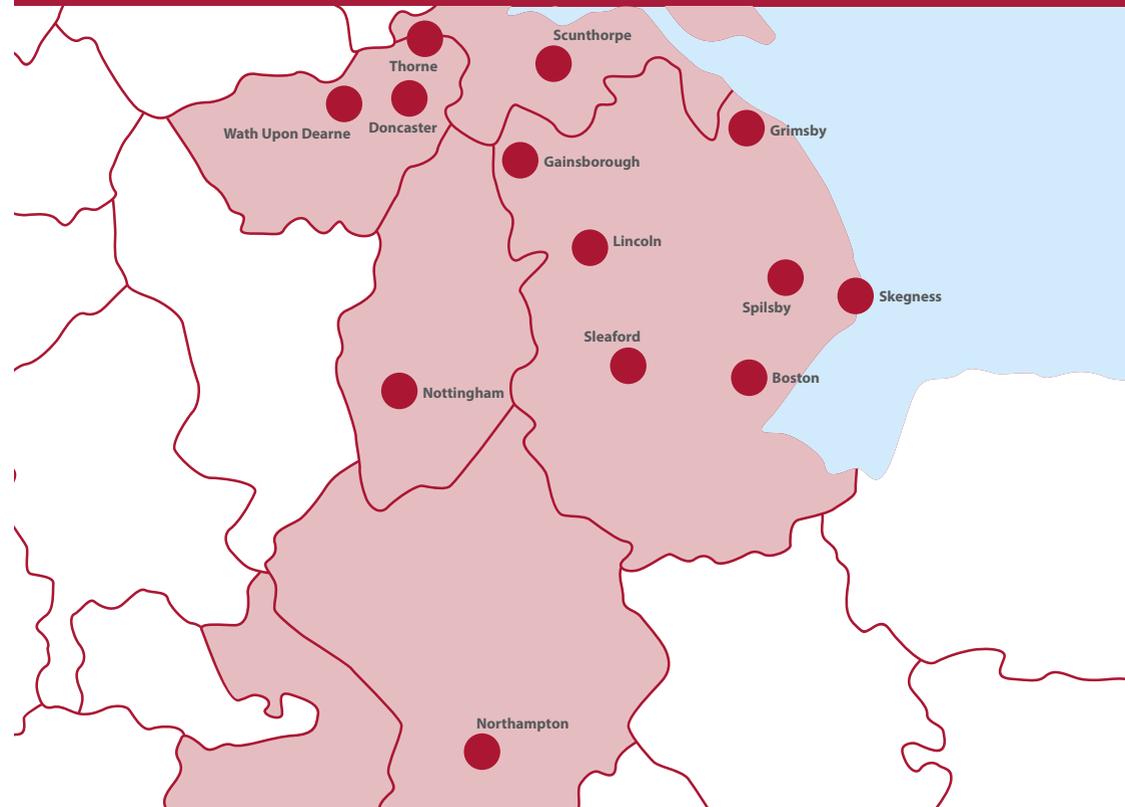
Your Legal Advisor is: \_\_\_\_\_

Telephone: \_\_\_\_\_

Email: \_\_\_\_\_

## Contact us

[www.sillslegal.co.uk](http://www.sillslegal.co.uk)



## Offices

### Lincoln

Aquis House  
18-28 Clasketgate  
Lincoln  
LN2 1JN  
t: 01522 542211

### Doncaster

55 Hallgate  
Doncaster  
DN1 3PD  
t: 01302 321621

### Gainsborough

Britannia House  
Marshall's Yard  
Gainsborough  
DN21 2NA  
t: 01427 616816

### Skegness

50 Alghitha Road  
Skegness  
PE25 2AW  
t: 01754 610101

### Spilsby

1 Ashby Road  
Spilsby  
PE23 5DT  
t: 01790 752277

### Nottingham

4 George Street  
Nottingham  
NG1 3BE  
t: 0115 941 1469

### Wath Upon Dearne

42 High Street  
Wath upon Dearne  
S63 7QE  
t: 01709 873321

### Scunthorpe

76 Oswald Road  
Scunthorpe  
DN15 7PG  
t: 01724 702222

### Boston

5 Main Ridge West  
Boston  
PE21 6QQ  
t: 01205 364615

### Northampton

2-4 Lower Mounts  
Northampton  
NN1 3DE  
t: 01604 330710

### Thorne

Office Suite 1  
7b Finkle Street  
Thorne  
DN8 5DE  
t: 01405 814136

### Grimsby

18a Dudley Street  
Grimsby  
DN31 2AB  
t: 01472 660025

### Sleaford

27-31 Northgate  
Sleaford  
NG34 7BW  
t: 01529 302800

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