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**Themes:** Advocacy

**Aimed at:** Baby & Toddler Age 0-5, Children Age 6-11, Teenagers 12-17, Women only

what is domestic violence?

Any type of Domestic Violence may not happen regularly, but it is rarely a one-off event and can escalate in frequency and severity over time. On average, women are assaulted approximately 35 times by partners or ex-partners before reporting the violence to the police. (Bewley S, Friend J & Mezey G (eds) (1997) Violence Against Women, London, RCOG)

Aspects of domestic violence (Based on Women's Aid Federation of England leaflet: 'Domestic Violence - Breaking Free')

Destructive criticism and verbal abuse:

shouting/mocking/accusing/name calling/verbally threatening

Pressure tactics:

sulking; threatening to withhold money, disconnect the telephone, take the car away, commit suicide, take the children away, report you to welfare agencies unless you comply with his demands regarding bringing up the children; lying to your friends and family about you; telling you that you have no say in making decisions.

Disrespect:

persistently putting you down in front of other people; not listening or responding to you when you talk; interrupting your telephone calls; taking money from you without asking; refusing to help around the house.

Breaking trust:

lying to you; withholding information from you; being jealous; having other relationships; breaking promises and shared agreements.

Isolation:

monitoring or blocking your telephone calls; telling you where you can and cannot go; preventing you from seeing friends and relatives.

Harassment:

following you; checking up on you; opening your mail; checking the telephone after you have used it; embarrassing you in public.

Threats:

making angry gestures; using physical size to intimidate; shouting you down; destroying your possessions; breaking things; punching walls; wielding weapons.

Sexual violence:

using force, threats or intimidation to make you form sexual acts; forcing you to have sex when you don't want to; any degrading treatment based on your sexual orientation.

Physical violence:

punching; slapping; hitting; biting; pinching; kicking; pulling hair; pushing and shoving; burning; strangling; raping.

Denial:

saying the abuse doesn't happen; saying that you caused the abusive behaviour; being gentle and patient in public; crying and begging for forgiveness; saying it will never happen again.

Admissions can be made to the refuge at any time.

Midlands Women's Aid welcomes direct referrals from anyone who feels they are subject to domestic abuse whether violent or non-violent. Please call the number below. You will not be charged and the number will not show on your mobile phone bill.

We also receive referrals from medical professionals, the police, social services, and people 'of standing in their local community' who people may choose to confide in, such as priests.

If you think anybody you know is in immediate physical danger please call the police on 999. If you believe anyone you know should seek help from a refuge due to being in an abusive relationship please do get in touch.

**Area:** Bassetlaw, Bolsover

### **Contact Details**

Women's Aid Federation of England

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