

## Domestic abuse

During the Coronavirus read this [information and advice](#)

Refuge has released information about the increase in *honour* violence and other forms of domestic abuse known as *harmful traditional practices* that predominantly affect Black Asian Minority Ethnic (BAME) women and children. 33% new calls were related to the Covid 19 situation.

Domestic abuse can happen to anyone. Both men and women can be abused or abusers, but in the vast majority of cases it is experienced by women and is perpetrated by men. It's described as any incident or pattern of incidents that are: controlling, coercive, threatening, violent. It is called domestic abuse because it affects those in a relationship, the whole family or all those living together in a home. It affects those who witness the abuse and the wider family and friends who are aware of the abuse. Domestic abuse:

- can happen inside and outside the home
- can happen over the phone, on the internet and on social networking sites
- can happen in any relationship and can continue even after the relationship has ended
- both men and women can be abused or abusers.

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## Types of domestic abuse

Domestic abuse can be emotional, physical, sexual, financial or psychological, such as:

- kicking, hitting, punching or cutting
  - sex or a sexual act without your consent, rape, unwanted sexual demands
  - controlling someone's finances by withholding money or stopping someone earning
  - controlling behaviour, like telling someone where they can go and what they can wear
  - not letting someone leave the house
  - reading emails, text messages or letters
  - threatening to kill someone or harm them
  - threatening another family member or pet
  - belittling you
  - making unreasonable demands for attention
  - destroying things that belong to you/family members
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## Signs of domestic abuse

It can be difficult to tell if domestic abuse is happening and those carrying out the abuse can act very differently when other people are around. There are signs that family members, children and young people have experienced or witnessed domestic abuse:

Signs that someone, particularly a child or young person, has witnessed domestic abuse can include:

- aggression or **bullying**
- **anti-social behaviour**, like vandalism
- **anxiety**, depression or suicidal thoughts
- **drug or alcohol** use
- eating disorders
- withdrawal

### Read this information from Women's Aid

Children may show the signs above or any of these:

- attention seeking
- bed-wetting, nightmares or insomnia
- constant or regular sickness, like colds, headaches and mouth ulcers
- problems in school or trouble learning
- tantrums

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## Effect of domestic abuse

Living in a home where domestic abuse happens can have a serious impact on your **mental** and physical wellbeing, as well as behaviour. With children and young people this can last into adulthood.

What's important is to make sure the abuse stops and the family and particularly children and young people have a safe and stable environment to grow up in.

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## Local Services

You can talk to a doctor, health visitor or midwife. Or contact:

### Newcastle Integrated Domestic Abuse Service

- has a refuge for women and their children who are moving from abusive relationships. It's open 24 hours a day.
- support men who need alternative housing to leave abusive relationships

- offer an outreach service where they support people at risk of abuse
- give independent advice about domestic and sexual violence for victims at high risk of harm
- offer support with housing and legal issues, access to benefits, training, employment and finding schools and childcare

[Newcastle Women's Aid](#) offer 1 to 1 or group support to help recover after experiencing domestic abuse.

[Changing Lives](#) offer help for those needing accommodation when escaping abuse..

If you're worried someone might see you have visited a domestic violence help page, the Women's Aid website tells you how to [cover your tracks online](#).

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## Useful organisations that can help you

- [Men's Advice Line](#) provides a range of services aimed primarily at men experiencing domestic abuse from their partner.
  - [ManKind Initiative](#) is a charity whose priority is to provide help and support for male victims of domestic abuse and violence.
  - [Victims First](#) support witnesses to crime, violence and assault.
  - [West End Women and Girls Centre](#) carry out preventative work and offer support and courses to victims of domestic abuse.
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## Legal advice

[FLAWS](#) offers a free legal advice and support to front-line workers working with women responding to domestic abuse – and we can advise women themselves. call 0203 745 7707 or email [flows@rcjadvice.org.uk](mailto:flows@rcjadvice.org.uk)

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## Useful links

- NHS Choices [domestic violence or abuse](#)
- [Angelou Centre](#) offers BAME people support including forced marriage, honour based abuse, modern day slavery and support for women with no recourse to public funds.
- [Operation Sanctuary continuing support](#)
- [Three steps to escaping Domestic Violence](#) – a free downloadable GOV.UK leaflet available in 13 different languages
- [Personal safety](#)
- [Adult abuse](#)

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## Useful Organisations

### Newcastle Integrated Domestic Abuse Service (NIDAS)

**Email:** [Nidas.Team@thirteengroup.co.uk](mailto:Nidas.Team@thirteengroup.co.uk)

**Website:** [www.newcastleidas.co.uk](http://www.newcastleidas.co.uk)

**Telephone:** 0191 214 6501

### Community Health and Social Care Direct – Newcastle City Council

**Email:** [scd@newcastle.gov.uk](mailto:scd@newcastle.gov.uk)

**Website:** <http://www.newcastle.gov.uk/health-and-social-care/adult-social-care>

**Telephone:** 0191 278 8377

### Angelou Centre

**Email:** [admin@angelou-centre.org.uk](mailto:admin@angelou-centre.org.uk)

**Website:** <http://angelou-centre.org.uk/>

**Telephone:** 0191 226 0394

**Address:** The Angelou Centre, NE4 5NR

### Newcastle Women's Aid

**Email:** [office@newcastlewomensaid.org.uk](mailto:office@newcastlewomensaid.org.uk)

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

**Telephone:** 0191 265 2148

**Address:** Newcastle Womens Aid, NE6 1HZ

### Finding Legal Options for Women Survivors, FLOWS

**Email:** [flows@rcjadvice.org.uk](mailto:flows@rcjadvice.org.uk)

**Website:** <https://www.flows.org.uk/>

**Telephone:** 0203 745 7707

**Address:** 4th Floor First Avenue House, WC1V 6NP

## Changing Lives

**Email:** [central.office@changing-lives.co.uk](mailto:central.office@changing-lives.co.uk)

**Website:** <http://www.changing-lives.org.uk>

**Telephone:** 0191 273 8891

**Address:** Unit D13 Marquis Court, , NE11 0RU

## Safe Newcastle

**Email:** [safenewcastleadmin@newcastle.gov.uk](mailto:safenewcastleadmin@newcastle.gov.uk)

**Website:** <https://www.safenewcastle.org.uk/>

**Telephone:** 0191 273 8891

## Crimestoppers

**Website:** <https://crimestoppers-uk.org>

**Telephone:** 0800 555 111

**Address:** Crimestoppers Trust, SM6 6BG

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## Related Articles

[Adult abuse](#)

[Mental health emergency or crisis services](#)

[Worried about becoming homeless?](#)

[Food banks and free emergency food in Newcastle](#)

[Coronavirus and safeguarding vulnerable people](#)

[Personal Safety](#)