

How do I get support from DAFSS?

You can get in touch with DAFSS yourself or another worker can refer you (such as a doctor, health visitor, police, family support or housing worker etc).

We often have a waiting list for support but we will prioritise women who are at risk of losing their home or have no other support networks. You can get support from DAFSS for **up to two years**.

We will also give you information about other services that could help, including our fortnightly **women's support group** with crèche and travel expenses paid.



DAFSS is committed to providing a **fair service**. We will arrange an interpreter when needed and will normally meet you at your own home, unless there is a safety issue, in which case we will meet you at a safe and accessible location. If you are disabled in any way or have mental health needs, we will work with you, so you can get the same service from DAFSS.

Equal Opportunities

DAFSS treats everyone fairly regardless of age, ethnicity, disability or sexuality.

Comments and Complaints

We recognise that mistakes can be made. If you feel like you have been treated unfairly in any way or want to discuss the service you are getting, you can get in touch with the DAFSS Manager by phone, letter or email. DAFSS will always listen and take comments and complaints seriously.

Confidentiality

DAFSS provides a confidential service and will only share information with your permission unless there are serious concerns about a child or vulnerable adult.

Contact Us

DAFSS is a service within the Sheffield Domestic Abuse Forum

Knowle House
4 Norfolk Park Road
Sheffield S2 3QE

Tel: 0114 296 0222
Text: 07847 829 735
Email: dafss@sdaf.org.uk
Web: www.sdaf.org.uk



**Supporting women
to live safely in
their own homes**

Tel: 0114 296 0222

What is DAFSS?

DAFSS was set up to prevent women and children becoming homeless because of domestic abuse. DAFSS support workers help women to live safely and move on with their lives.



What is Domestic Abuse?

Domestic Abuse can be any abuse that happens in a personal or family relationship. It can happen in heterosexual or same-sex relationships and to people of all ages. An abuser can be a partner, ex-partner or family member (including son or daughter).

Domestic Abuse is about power and control and can involve physical, emotional, financial, sexual or verbal abuse as well as forced marriage and honour-based violence. It is rarely a one-off event and tends to get worse over time.

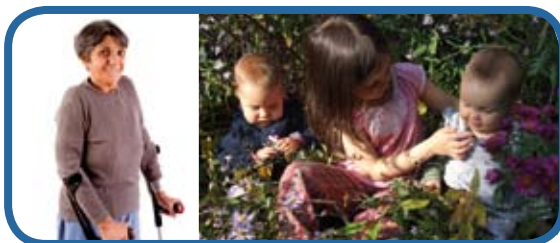


Who can DAFSS help?

We support women in Sheffield who have experienced domestic abuse and who need help to

- live safely
- deal with the emotional impact of abuse and make practical changes in their lives.

We only work with women who are no longer in a relationship with the abuser.



How does DAFSS help you?

We can help you to:

- stay safe in your own home
- prevent eviction and possibly move home
- get somewhere permanent to live
- settle in a new area (find schools, doctors and other services you need)
- find out about other support (counselling, support groups etc.)
- apply for grants and get furniture
- get extra security at your home
- deal with child contact arrangements
- get injunctions and provide emotional support for you at court
- have emotional support – time to talk about your experiences
- improve your confidence and self-esteem and think about your future (including training and work opportunities).

Debt and Benefits Service

Women who have left abusive relationships often have debts and money worries. We have a debt and benefits worker, who can help with budgeting, claiming benefits and dealing with creditors.



Who are the Workers?

DAFSS is a service for women by women.

The workers will understand the impact of domestic abuse and will not be judgemental. All DAFSS workers are experienced and undergo regular training.

DAFSS workers understand that:

- Women need to make their own choices
- Leaving an abusive relationship can be devastating and take a long time and many attempts
- Parenting can be affected when you have been living with domestic abuse
- Living with abuse has a massive impact on confidence and self-esteem
- Women may be depressed or self-harm
- They may use drugs and alcohol as a coping mechanism.
- Abuse affects women in different ways.

Most importantly, we will believe you.