

### Remember:

- You are not to blame for the actions of others. Domestic abuse is a crime and is taken seriously.
- Domestic abuse affects 1 in 4 women at some point in their lives and 1 in 10 at any one time. In Sheffield this is equivalent to 20,000 women at this time.
- Children are affected by living with and witnessing domestic abuse. There is a strong link between domestic abuse and child abuse.
- Black and minority ethnic women often find it difficult to access services for support, particularly those with uncertain immigration status who have no access to public funds.
- Domestic abuse affects people regardless of their age, race, social group, culture, disability, mental health status, sexuality and lifestyle. It is mainly women who are abused by male partners or ex partners.
- It can happen to anyone. There is help, support and hope

### What happens now:

- The police can make referrals to the IDVAS and you will be contacted and given the opportunity to meet us.
- Other agencies and services working with you may feel that you could benefit from the support and expertise of the IDVAS and will be able to refer you in the future, or you will be able to refer yourself.

If you have been given this leaflet and would like to ask more questions about the IDVAS you can contact us via the details below.



**Tel: 0114 249 3920**

**e-mail: [idvas@sdaf.org.uk](mailto:idvas@sdaf.org.uk)**

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

The IDVAS receives financial support from the Home Office and Sheffield Safer Communities Partnership



# IDVAS

**Independent Domestic  
Violence Advocacy Service**

## Domestic ABUSE



**A specialist service**

**for women affected by  
domestic abuse**

**Tel: 0114 249 3920**

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The Independent Domestic Violence Advocacy Service (IDVAS) is a voluntary sector service that aims to provide you with advice and support, learn about the options available to you and increase your safety

We will work with you to allow you to make choices. We can also work on your behalf as advocates, with organisations such as the Police, CPS, the Courts, Housing, Probation and other agencies.

**Domestic abuse is the physical, emotional, financial, sexual, psychological or verbal abuse of a person, by someone they know, in a personal or family relationship.**

#### **Domestic Abuse can involve:**

- **Physical abuse** - slapping, punching, grabbing around the throat and so on.
- **Sexual abuse** - sex without consent or in ways which may you feel uncomfortable or having sex to keep the abuser calm.
- **Emotional and financial abuse** - constant criticisms, threats to you and your family, not allowing you money, food, your freedom.
- **Harassment** of yourself and potentially your family even after relationship has ended.

#### **A non abusive relationship involves:**

- **Non threatening behaviour** - talking or acting in ways that make you feel safe.
- **Respect** - valuing and listening to you.
- **Economic partnership** - making money decisions together.
- **Shared responsibilities** - making decisions together.
- **Trust and support** - supporting your goals in life, respecting your feelings, friends, activities and opinions.
- **Honesty and accountability** - admitting being wrong and communicating openly and truthfully.

**Even after the relationship has ended the abuse can continue. This is when women may be in more danger**

**The IDVAS can offer support to ensure that you are fully aware of your options.**

#### **The IDVAS aims to:**

- Provide advice, advocacy and support within a safe and supportive environment.
- Work with you to safety plan specific to your needs.
- Signpost you to specialist services including counselling, housing services, legal services, refuge provision and ways of increasing the safety of your home.
- Maximise your safety through working closely with other agencies in order to reduce the risk of harm that you may face from your abuser. This could include discussions at a Multi Agency Risk Assessment Conference (MARAC)
- Provide advice on the criminal and civil remedies available to you to allow you to make your own decisions.
- Keep you up to date with court proceedings through links with agencies within the Criminal Justice System.
- Ensure that if a case does proceed to Court that you know what is happening and that agencies work together to keep you safe.