



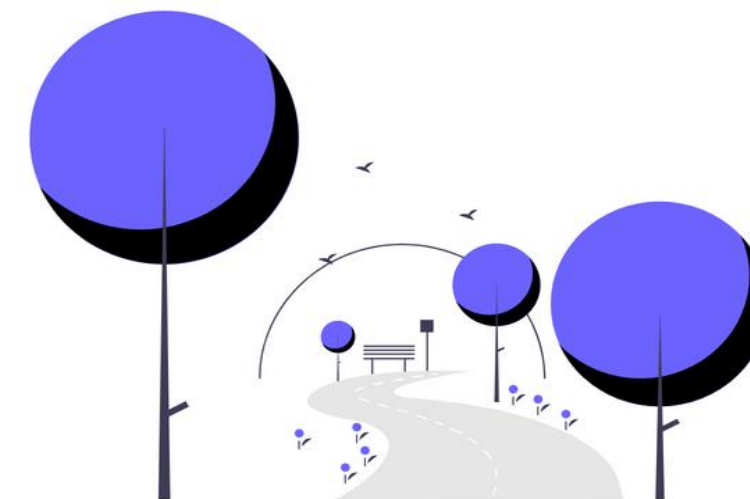
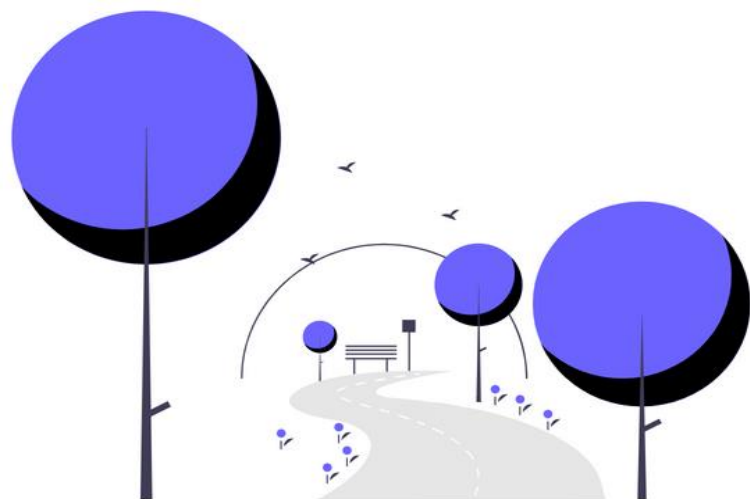
Northumberland Domestic Abuse Services

Supporting anyone affected by domestic violence or
abuse

Call 9.00am-5.00pm Monday to Friday

01434 608030

*Closed bank holidays





Who we are...

Northumberland Domestic Abuse Services (NDAS) is an independent charitable organisation that provides support for anyone experiencing or affected by domestic violence or abuse.

Established as a registered charity in 2003 as '608030', we relaunched as Northumberland Domestic Abuse Services, (NDAS) in 2015 responding to an urgent need for support across Northumberland.

NDAS launched with the aim of addressing domestic violence from an inclusive and holistic perspective. We are committed to breaking the cycle of abuse by providing practical and emotional support to victims of domestic abuse, and breaking the cycle of abuse through prevention education and awareness raising.

Over the past three years we have focused on addressing a number of key concerns and areas of unmet need: LGBT+ community, men, children and young people, older people, people from minority groups and rural communities.



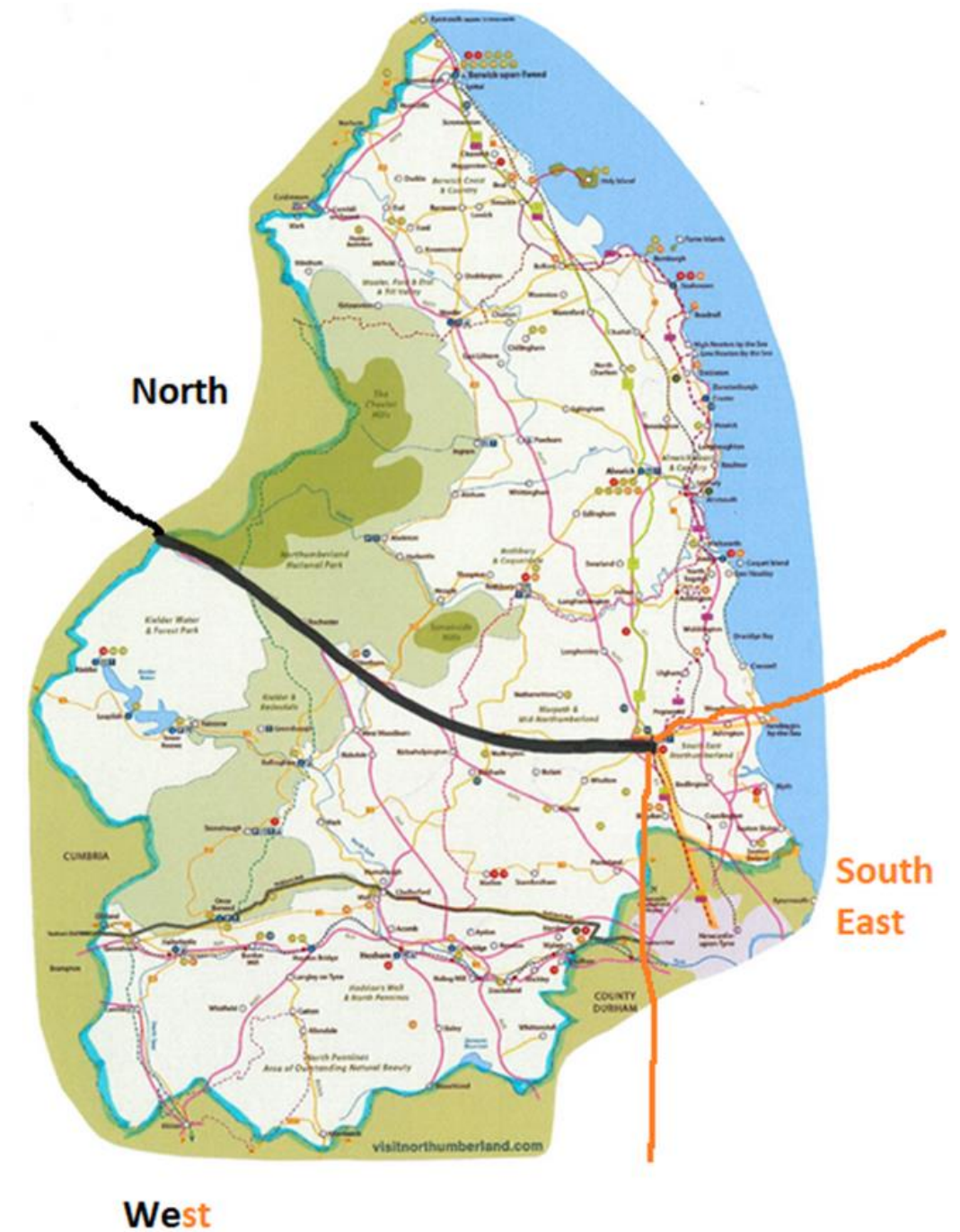
Where we work...

NDAS work across Northumberland. Our services for children and young people, and prevention and awareness raising activity are provided across the county. Support for victims of domestic abuse is provided by three specialist Domestic Abuse Practitioners focusing on the following geographic areas:

North (rural)

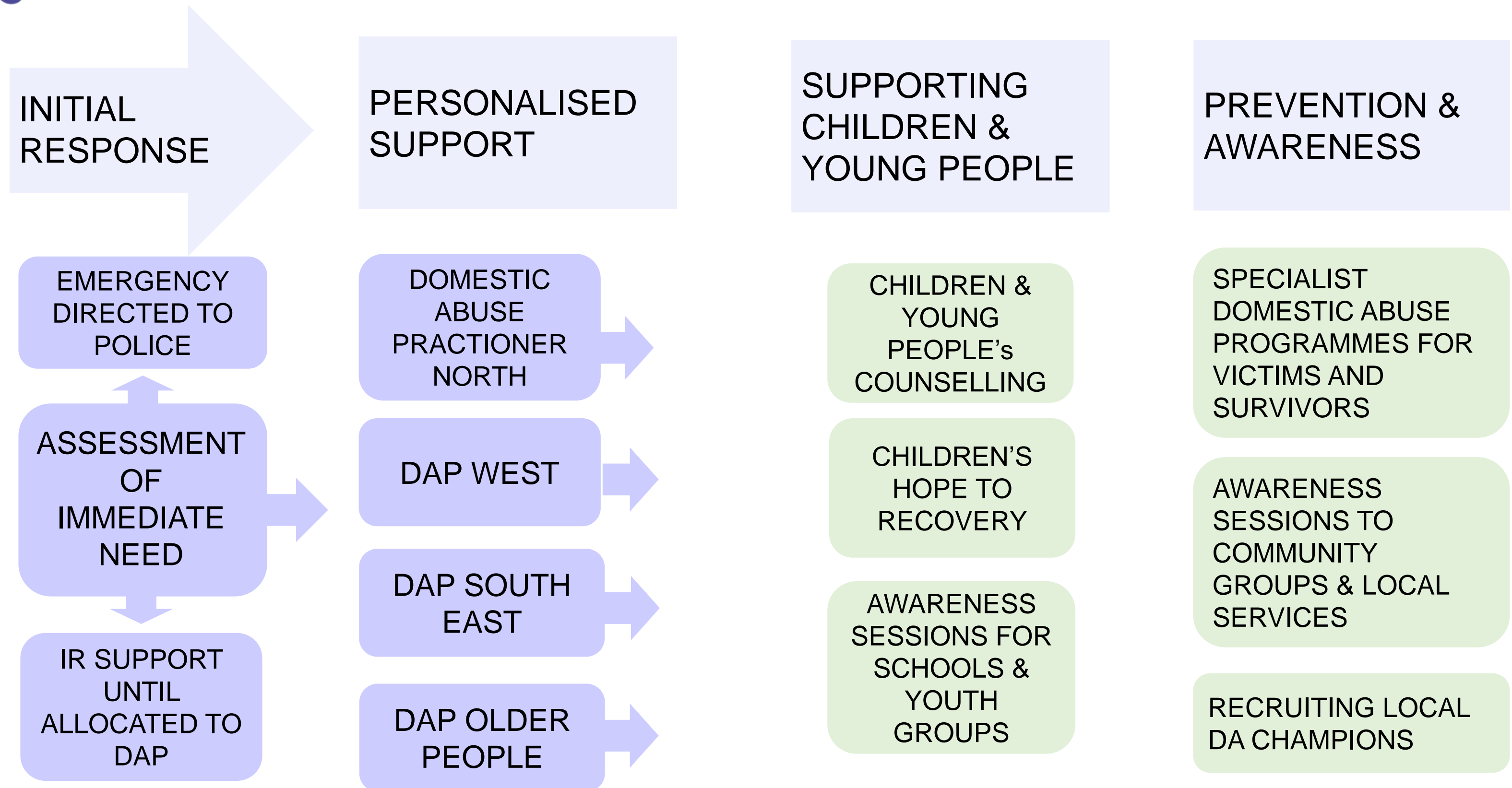
West (rural)

South East – urban conurbation





NDAS: Delivery





Initial Response

We respond by phone **01434 608030**

By email and webchat

Taking self-referrals and referrals from organisations

Over 50% of our referrals are from victims

The IR Team respond with empathy and active listening

Completing a referral form and RIC to assess immediate need

If unable to allocate to a DAP straightaway people will be added to our waiting list

We are constantly working to keep waiting times to the minimum

The IR Team remain in contact with those on the waiting list to offer emotional and practical support until a DAP is allocated





Our Domestic Abuse practitioners...

NDAS provide one-to-one emotional and practical support, which can be by phone, email or face-to-face. We offer 1:1 and group sessions.

“ The support I got from everyone at NDAS meant that me and my little girl now have our own home and we can play safely in our garden without having to worry about my ex turning up and frightening us. NDAS also helped me get some furniture and a slide for my little girl. I really could not have done this without their help”

GG- Female service user - West

Our practitioners cover the whole county and outreach into rural and isolated communities in the North and West of the county.





Our Programmes

NDAS can provide a range of training programmes for people who have experienced domestic abuse to enable people to recognise abuse and develop skills and confidence that will help them to make positive decisions about their futures.

Freedom Programme
The Recovery Toolkit
The CYP Recovery Toolkit





Children and Young People

We have a specialist Children and Young People's Counsellor who provides support to the children of the people we support who are affected by domestic abuse.

We also offer 1:1 and sibling groups which increase children and young people's awareness of Healthy and Unhealthy relationships and emotions. We discuss topics such as friendships, relationships, consent and self-esteem in these sessions.

In addition to this, we are now offering awareness workshops in schools, colleges and youth groups to help children and young people identify Domestic Abuse and to know where and how they can access support, regardless of where in Northumberland they live.





Prevention Work

We work with groups of children and young people in schools and youth group settings to increase their awareness and empower them to make positive decisions surrounding their emotional and personal relationships that will support them to positive future relationships.

NDAS offers awareness talks and training, allowing individuals and organisations to champion domestic abuse in the workplace and communities.





Older Person and Domestic Abuse

In June 2023 NDAS were successful in being awarded funding to launch a pilot to support Older victims of domestic abuse from STADA, the criteria for this support was referrals in needed to be over the age of 55.

- This support is more specialised as living situations look very different to these victims, the barriers to this age group are very different, there is often many years of cohesive controlling behaviour, financial loss, lack of benefits, mental health, physical health, dementia and low self esteem

The Older Persons Domestic Abuse worker has identified that this age group prefer face to contact, they need reassurance that their choice is respected and they aren't going to be rushed into making any decisions.

The support offered is longer term.





What is Domestic Abuse?

Domestic abuse is the misuse of power and control by one person over another, within the context of a personal, intimate or family-like relationship.

The Office of National Statistics reported in March 2024 that 2.3 million people 16+ experienced domestic abuse in the last 12 months (4.4% of the population).

January 2022 marked the start of children being officially recognised as victims of domestic abuse in the Domestic Abuse Act. This includes witnessing domestic abuse!



Who can be effected by Domestic Abuse?



Domestic abuse can affect anyone



Types of Domestic Abuse

Physical abuse - punching, kicking, slapping, hitting, strangling, restraint, pushing, burning,

Emotional abuse - name calling or putting someone down, accusing, mocking, threatening to cause harm, frightening the other person or making them feel bad, lying to the person, threatening to leave, threatening to throw them out, threatening to commit suicide if they leave.

Financial control - taking money away, removing access to car, phone, laptop or internet, not letting them get a job.

Sexual abuse - pressuring or intimidating the person to have sex when you don't want to, forcing the person to have sex with other people, forcing the person to perform sex acts they do not want to do.



Types of Domestic Abuse

Stalking and harassment - following the person, disrespect of privacy, checking phone calls or social media and emails, digital or online harassment, accompanying the person every time you go out.

Denial and blame - denying that the abuse happens or blaming the person for abuse and promising that it will never happen again.

Isolation - stopping the person from seeing friends, family and social networks, monitoring or blocking calls and texts.

Digital - Digital abuse is when someone monitors, stalks, harasses, threatens, controls or impersonates another person using technology. This could involve stalking through social media, harassment by text message or humiliation by posting pictures or videos.



Control and Coercion (Intimate Terrorism)

Controlling and coercive behaviour is acts which are designed to exploit, intimidate and manipulate someone for selfish reasons. This includes taking away someone's independence in an effort to control them. It often results in the person been isolated from the support network and reliant on the abuser.

Examples include:

Trying to tell you who you can and cannot hang out with

Try to tell you what you can and cannot wear

Accusing you of lying or cheating on them

Ask or persuade you to change things about who you are, your beliefs and values.

Monitor or Control your Social Media accounts

Making threats to loved ones or pets



Control and Coercion

Coercive control can look like set rules made by the perpetrator to keep control over the other person.

The person is not told the rules and they change frequently, this makes it impossible for the victim to follow the rules or predict what they are.

NDAS is a low-medium risk service. This means that we work primarily within the remit of controlling and coercive behaviour.

This behaviour is hard to recognise – by clients and professionals.

Controlling and coercive behavior often starts off small and then escalates to a higher risk of harm and even homicide.

This can be demonstrated in Jane Monckton-Smith's work, the homicide timeline:



**Stage 1:
Pre-relationship History**
Criminal history, allegations of control,
abuse of stalking

**Stage 2:
Relationship**
Moves quickly, early declarations of
love, possessiveness and jealousy

**Stage 3:
Relationship**
Coercive control – set of rules
including you will not make me
jealous, you will be loyal

**Stage 4:
Triggers**
Events that threaten the control of the
perpetrator. This can be separation
but also can be changes in health,
finances or other issues.

**Stage 5:
Escalation**
An increase in frequency of control
tactics, threats, begging, violence,
stalking. Attempts to regain control.

**CONSIDER: Would
it be easy to leave?
What would the
consequences be?**

**Stage 6:
Change in thinking**
Feelings of revenge, injustice or
humiliations (beliefs are challenged)
This may drive a decision to resolve
issues by moving on, revenge of
homicide

**Stage 7
Planning:**
May include buying weapons, trying
to get the victim alone, stalking,
threats

**Stage 8:
Homicide**



Other Types of Domestic Abuse

Violence resistance

Violence resistance can happen when a person experiencing domestic abuse responds with violence of their own.

This will often escalate the violence/abuse and makes things worse for the victim.



Other Types of Domestic Abuse

Situational Abuse

Situational abuse tends to be triggered by a specific event. The degrees of this abuse can be varied, it might happen once in the relationship as a result of a stressful situation.

It might also become a pattern of behavior when “stressful” situations happen.

The pattern can be:

- Conflict in the relationship leads to arguments.
- Arguments leads to verbal abuse.
- Verbal abuse leads to violence.

It should be noted that situational abuse is not an excuse and does not mean the person is not at risk.



If someone discloses Domestic Abuse to you?

If someone is at immediate risk always call the police!

Listen to what the person has to say and take it seriously!

If you are able to complete a Risk Indicator Checklist then do so.

<https://safelives.org.uk/sites/default/files/resources/NI%20Dash%20without%20guidance%20FINAL.pdf>

If you are unsure or unable to do this, looking for advice, or the score is lower than 14 you can call our service on **01434 608030**.

If someone is looking to flee from domestic abuse or if they have scored 14 or higher on the Risk Indicator Checklist then contact Harbour on 03000 20 25 25

If the person scores lower but you feel that it needs to be escalated you can do this based on your professional judgement.



What not to do...

Saying things like, “I wouldn’t put up with that” and “Just leave” are not helpful to anyone experiencing domestic abuse – If it was that easy they would.

Pretend that you haven’t noticed or think someone else will help, you might be the only person who has noticed.

Confront the abuser - do not put yourself or anyone else in danger!

Blame the person experiencing abuse - it is never their fault.



Useful Information...

Hollieguard



Reporting through 101 – Online and Telephone

National Centre of Domestic Violence – Free service offering legal advice to people who have experienced domestic abuse

Dogs Trust – offers foster care for dogs whose owners are fleeing domestic abuse

Family Apps – to communicate about child contact