



☎ 01284 753085

🌐 www.burystedmundswomensaid.org.uk

Bury St Edmunds Women's Aid Centre was established in 1974 to provide safety and support for women and children experiencing domestic abuse.

The Refuge has living accommodation for up to 8 women and 15 children. We offer temporary accommodation in a safe and supportive refuge where women and their children can recover from the traumatic effects of domestic abuse and make informed choices. We also offer a range of community services, courses and counselling to support women and children to rebuild their lives after abuse.



☎ 0845 4671420

🌐 www.orwell-housing.co.uk

Our refuges offer a safe environment for women and their children who are fleeing domestic abuse. The addresses of the refuges are confidential and allow women and their children time to recover from the trauma of the domestic abuse they have experienced. Our team support women and their children to make informed choices about safety and to move forward in rebuilding their lives and futures.

Lighthouse
For a brighter future, free from domestic abuse

☎ 01473 228 270

🌐 www.lighthousewa.org.uk

Lighthouse Refuge offers safe and secure temporary accommodation for women and their children away from domestic abuse.

We will work with you to support you in making informed choices about your housing, benefits and financial options and will also help you to access other professional support such as legal, medical and debt advice.

At our refuge we have a dedicated children's team to support you and your children to settle into the refuge which includes access to schools, nurseries and clinics, childcare, advice, play and individual support.

During your stay you will also be able to access our Women's Centre, where you can gain wider peer support in a safe and supportive environment, whilst benefiting from a range of services and therapeutic programmes to support you and your children in your recovery from the effects of domestic abuse. The Centre is open to all women and their children.

**SUFFOLK
DOMESTIC ABUSE
SERVICES**

*Commissioned by Suffolk County Council &
Suffolk Police & Crime Commissioner*



Making Suffolk a safer place to live, work, travel and invest



Norfolk & Suffolk Victim Care

☎ **0300 303 3706**

(Lines are open Monday to Friday
8am to 5pm)

If you need support outside of our open hours, call our Support line for free on 08 08 16 89 111 or request support via our website www.victimsupport.org.uk

🖱 www.nsvictimcare.org

We give emotional and practical help to people who have been affected by crime in Suffolk. We're an independent charity and you can contact us for support regardless of whether you've contacted the police, and no matter how long ago the crime took place. We'll help you for as long as it takes to overcome the impact of crime.

If you call your local Victim Support team, we'll make sure you get the information and support you need. This might be arranging a meeting for you to talk to us and receive emotional support in confidence, helping you to fill out a compensation form or get advice on how to make your home more secure, or referring you to other specialist organisations that can also help.



ACT Anglia Care Trust

Support • Advice • Action

☎ **0800 977 5690**

🖱 www.angliacaretrust.org.uk

ACT's Domestic Abuse Outreach Service provides a countywide support service for victims of abuse. We support 'medium' risk victims, whatever their gender. We work with victims to build their resilience and reduce the risks to them, to a point where they can cope effectively on their own without the need of our support. If some support is still needed, we can help them access more suitable services such as Norfolk & Suffolk Victim Care, who may be better placed to meet their needs. Here at ACT, we take a whole family approach in agreeing family needs and goals and offer a blend of advice, guidance and support to secure those goals.

We make contact with the victim within 48 hours (unless this doesn't suit them, in which case we will arrange a suitable time) and guided by the victim we then arrange to meet in a safe location anywhere across Suffolk. The duration and frequency of support we can offer is guided by the family/safety plan. If for any reason the risk to the victim and their family is heightened and reassessed as 'high' risk, we will then support them to be referred to the IDVA service.



breaking free from domestic abuse

Leeway

Domestic Violence and Abuse Services

☎ **0300 561 0077**

(If you are in immediate danger,
always call 999)

🖱 www.leewayssupport.org

Leeway's Independent Domestic Violence Advisory (IDVA) service work in partnership to address the safety needs of all referrals identified as at high risk of further serious harm, from their partners/ex partners. IDVAs will identify ways to improve the client's safety and the safety of their children.

IDVAs support their service users to engage with the Multi Agency Risk Assessment Conference (MARAC) process and will discuss the range of safety options, to create a personalised safety and support plan to address their immediate safety. This will include their emotional and practical needs to support the clients and their children, including longer term solutions. This support may include support through the Criminal and Civil Justice system, accessing safe accommodation, accessing health services and signposting or referrals to other services as required. Once the risk of harm has reduced the IDVA will offer the service user a referral to ACT or Victim Support for ongoing domestic abuse support as required.