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If English is not your first language, and you would like a translation of this document in any of the following ten languages, please telephone:-

Albanian Nëse dëshironi përkthimin e këtij dokumenti ju lutem telefononi **01430 457340**

Arabic إذا رغبت في الحصول على نسخة مترجمة من هذه الوثيقة يرجى الاتصال بـ **01430 457341**

Bengali এই দলিলটির অনুবাদ চাইলে, দয়া করে ফোন করুন: **01430 457342**

Chinese 如果你想翻译这份文件, 请与我们联系: **01430 457343**

French Si vous voulez une copie de ce document en français, veuillez téléphoner au **01430 457344**

Kurdish Sorani ئەگەر تەم بەلگەمانا مەبەت بە زمانێکی تر دەویی تکایە پەیوەندی بکە بە ژمارە تەلەفۆنی **01430 457345**

Pashtu که تاسو هوارهش لری چی دغه سند ترجمه کړی لطفاً دی شمیر ی ته تیلیفون او کړی **01430 457376**

Spanish Si desea una traducción de este documento por favor llame al nº de teléfono **01430 457347**

Turkish Eğer bu dokümanın tercüme edilmesini istiyorsanız, lütfen bizi bu numaradan arayınız **01430 457378**

Urdu اگر آپ اس دستاویز کا ترجمہ حاصل کرنا چاہتے ہیں تو اس نمبر پر فون کریں **01430 457349**

Should you require this document to be translated in any other language, please telephone **01482 393939**.

USEFUL LOCAL NUMBERS

In an Emergency dial	999
D-VAP:	
Beverley	01482 396396
Bridlington	01482 396161
Hedon	01482 896248
Goole	01482 396375
Women's Aid National Helpline	0808 2000 247
ERYC Social Services	01482 393939
ERYC Housing	01482 393939
Police – Domestic Violence Liaison Officer	01430 808409
Victim Support:	
Haltemprice/Holderness	01482 652442
Beverley/Bridlington	01262 401689
Goole/Pocklington/ Market Weighton	01405 767070

- USEFUL THINGS TO TAKE WITH YOU
- Personal Identification
 - Legal documents
 - Benefit Information
 - Money & Bank Cards
 - Passport/Visa
 - Address Book
 - Mobile Phone
 - Children's Favourite Toys
 - Photographs
 - Change of Clothes



BE SAFE
LEAVE SAFE
STAY SAFE



PROTECTING YOURSELF IN AN EMERGENCY

- Call 999 immediately
- Consider having a mobile phone
- Be aware of location of household keys – get an extra set cut if possible.
- Stay away from cupboards, wardrobes, small spaces
- Stay away from the kitchen
- Get out of the house
- Get to a room with an external door or window to escape from or call for help.
- Ensure other people in the house i.e. children have a fire safety plan and know how to make a 999 call.

NATIONAL DEFINITION OF DOMESTIC VIOLENCE

Any incident of threatening behaviour, violence or abuse (psychological, physical, sexual, financial or emotional) between adults who are or have been intimate, partners or family members, regardless of gender or sexuality’.

Domestic Violence can include physical assault, mental and verbal abuse, rape, threats, sexual abuse, harassment, intimidation, deprivation, systematic criticism and humiliation.

D-VAP can provide both refuge provision and a comprehensive support service. This is designed to increase opportunities and choices for individuals, who may choose to remain in their own property, or to be relocated nearby within their own community.

KEEPING SAFE ONCE YOU HAVE LEFT

- Seek legal advice for yourself and any issues regarding children
- Inform your boss or a close friend at work about your situation
- Inform school of current situation.
- Plan a few safe routes home from work/school and also different forms of transport to home and work
- Try to have people around you where possible
- Make sure no one passes on your address or telephone numbers
- Go ex-directory with your phone number and ask not to go on the electoral role.
- Avoid usual routines that you had when living with your partner, such as shopping times and certain places to shop
- Change locks to the property and install further security if possible
- Use an answering machine to screen calls
- Dial 141 before ringing out to make your number unobtainable
- Carry a mobile telephone

USEFUL NUMBERS AND IN AN EMERGENCY CALL THE POLICE - DIAL 999

DVAP (office hours only)	01482 396368
Women's Aid (24hr)	0808 2000247
ERYC Social Services (24hr)	01482 393939
ERYC Housing (24hr)	01482 393939
Victim Support (office hours only)	01262 401689
Family/Friend	
Your Solicitor	

CHECKLIST: USEFUL THINGS TO TAKE WITH YOU

- Identification, drivers licence, car registration documents, welfare documents
- Birth certificate for everyone
- Police reports and documentation of previous abuse
- Court order, restraining orders
- Money, bank book, bank account numbers, cheque books and credit cards
- House documents, rental agreements etc
- Medication/medical records
- National Insurance Number
- Address Book
- Passport or visa
- Children's clothing/favourite toys
- Photographs/pictures
- Other important personal items

PREPARING TO LEAVE

- Keep any useful telephone numbers with you
- Photocopy and know where important documents are stored and leave a set with someone you trust.
- Open a savings account and make sure no documents are sent to your home address
- Get an extra set of keys
- Organise a bag of clothes for yourself and children, including toys and medicines
- Try to keep some spare change for taxi, bus fares, phone calls
- Inform somebody that you trust of your plans to leave