

*Usdaw*

Campaigning  
For Equality

Women's Equality

Help to Stay Safe



If you are experiencing  
domestic violence or abuse,  
Usdaw can help ...



## **If you are experiencing domestic violence or abuse, Usdaw can help ...**

You can speak in confidence to your Union rep to find out more about how the Union can help.

You can also contact Women's Aid on their free, 24-hour, national helpline: 0808 2000 247 or visit: [www.womensaid.org.uk](http://www.womensaid.org.uk)

You may want to make a personal safety plan – this could help you to stay safe if further violence or abuse occurs.




Your personal safety plan may include some of the following:

- Tell someone you can trust what is happening.
- Think about setting up a password with either a friend, neighbour or family member that you can use to explain there is an emergency and you need help quickly.
- Think about how you will leave home safely in an emergency.
- Arrange to have a safe place to go to should you need to leave quickly.
- Prepare a bag of clothes, medication and other essentials for yourself and any children. You may need important documents such as driving licence, birth certificates, passports, financial/insurance information, bank statements, benefit books or letters, etc. Hide the bag where you can get to it in a hurry, or leave the bag with family or a friend.

- Keep your address book (containing any important and emergency telephone numbers such as your GP, local police domestic violence unit, etc) and diary with you.
- If you have a car, make an extra set of keys and hide them where you can get to them if you need to.
- Teach your children to call 999 in an emergency and what they would need to say (for example, their full name, address and telephone number).
- Try to keep a small amount of money and your credit and/or debit cards on you at all times – including change for the phone and for bus fares.
- If you think your partner is about to attack you, try to get to a safer place, such as rooms that have a way out and access to a telephone. Try to avoid rooms that have potential weapons in them, such as the kitchen or garage and rooms like the bathroom where it is easier for them to trap you.

- Keep any abusive letters, emails and text messages as evidence of abuse.
- If your partner injures you, go to a doctor or hospital for treatment so there is a record of the abuse.



**If you are planning to leave your partner, think about how you can do this safely.**

## If you are thinking of leaving your partner


If you are planning to leave your partner, think about how you can do this as safely as possible. Sometimes this can be the most dangerous time for you.

If your partner knows you are planning to leave, they may become more violent and abusive. Your leaving plan may include some of the following:

- Plan to leave at a time you know your partner will not be around.
- If you have legal custody of children, take them with you as there may be further complications if you do not.
- Prepare a bag of clothes, medication and other essentials for yourself and children. You may need important documents such as driving licence, birth certificate, passports, financial/insurance information, bank statements, benefit books or letters, etc.
- Ensure you have somewhere safe to go, for example, friends or family.

If you have already left the relationship and are still being harassed:

- Tell someone you can trust what is going on.
- Try not to isolate yourself. Work out the safest routes to and from home and work and use them. If you cannot do this, try to travel with someone else.
- Make sure your home is safe. Think about getting your locks changed and make sure that all doors and windows are locked.

A photograph of three women standing outdoors. The woman in the foreground is in sharp focus, looking directly at the camera with a serious expression. The two women behind her are out of focus. The background shows green foliage and trees.

**If you or your family are in immediate danger, call the police on 999.**

# Usdaw Contacts

Listed below are the contact names and addresses of the officials who co-ordinate the Union's equality work in your area.

**South Wales and Western Division:** Cardiff Office

Tel: 029 2073 1131 email: [cardiff@usdaw.org.uk](mailto:cardiff@usdaw.org.uk)

**Eastern Division:** Waltham Cross Office

Tel: 01992 709280 email: [walthamx@usdaw.org.uk](mailto:walthamx@usdaw.org.uk)

**Midlands Division:** Redditch Office

Tel: 01527 406290 email: [redditch@usdaw.org.uk](mailto:redditch@usdaw.org.uk)

**North Eastern Division:** Newcastle Office

Tel: 0191 296 5333 email: [newcastle@usdaw.org.uk](mailto:newcastle@usdaw.org.uk)

**Scottish Division:** Glasgow Office

Tel: 0141 427 6561 email: [glasgow@usdaw.org.uk](mailto:glasgow@usdaw.org.uk)

**Southern Division:** Andover Office

Tel: 01264 321460 email: [andover@usdaw.org.uk](mailto:andover@usdaw.org.uk)

**North West Division:** Warrington Office

Tel: 01925 578050 email: [warrington@usdaw.org.uk](mailto:warrington@usdaw.org.uk)

**Equalities Section:** Usdaw

188 Wilmslow Road, Manchester M14 6LJ

Tel: 0161 224 2804 website: [www.usdaw.org.uk/equalities](http://www.usdaw.org.uk/equalities)

**Improving workers' lives**  
**- Winning for members**



[www.usdaw.org.uk/  
equalities](http://www.usdaw.org.uk/equalities)

*Usdaw*

**Campaigning  
For Equality**

September 2016

Lft 373

Published by: Usdaw, 188 Wilmslow Road, Manchester M14 6LJ