

Work can be a safe haven from Domestic Abuse

Employers can support staff by providing a non-judgemental and supportive environment. Only 5%* of businesses have support processes in place.

Spotting the signs

- Unexplained absence
- Sudden behaviour change
- Quality of work and performance changes
- Excessive clothing in all weathers

Business support

- Be non-judgemental
- Reassure and adjust duties if appropriate
- Keep chats confidential
- Provide helpline information

For information and help:

- For FREE advice and business toolkit please visit www.hestia.org/everyonesbusiness
- Slough based Hestia Domestic Abuse Service call 01753 477352
- National Domestic Abuse Helpline can provide businesses with advice available 24 hours a day 0800 2000 247
- Karma Nirvana helpline for honour based abuse and forced marriage on 0800 5999 247 or email support@karnanirvana.org.uk

For an immediate risk of harm, or an emergency, always call 999.

Safer Slough Partnership

Friends and family can be a lifeline for those living with domestic abuse

Worried a family member or friend is being abused? Let them know you've noticed something is wrong.

Listen, and reassure them that the abuse is not their fault

Help them report the abuse to the police

Provide information on organisations that offer help

For information and help contact:

- Slough based Hestia Domestic Abuse Service call 01753 477352
- Mon-Fri 9am-5pm or email contactslough@hestia.org
- National Domestic Abuse Helpline for free and confidential advice, 24 hours a day on 0800 2000 247.
- Karma Nirvana helpline for honour based abuse and forced marriage on 0800 5999 247, or email support@karnanirvana.org.uk

For an immediate risk of harm, or an emergency, always call 999.

Safer Slough Partnership

Are you on the edge?

Are you struggling to cope due to:

- Financial pressure
- Job insecurity
- Lockdown pressures
- Lack of contact with your children
- Tension in the relationship
- Parental challenges

It is not acceptable to be abusive towards your family. Things can change for the better.

For support and to find new coping methods contact RESPECT on 0800 802 4040 or www.respectphoneline.org.uk

Safer Slough Partnership

"My child is increasingly violent towards me!"

Scared of your child? Do they control or hurt you? You can get help.

Abuse on parents or carers by a child of any age includes behaviour which controls, dominates, or coerces. The behaviour is intended to threaten and intimidate. It can put the safety of an entire family at risk.

- Parents are not to blame
- There is no shame in speaking out
- Don't be scared to report it
- Abuse is not just physical violence
- Abuse within the family is wrong

Get advice and help from Slough based domestic abuse charity from 9am-5pm on 01753 477352 or 01753 875620 or email: contactslough@hestia.org. If in immediate danger please call the police on 999

Safer Slough Partnership

If you are experiencing domestic abuse in lockdown you are not alone

Domestic abuse is taken very seriously in Slough. Nobody should live their life in fear of physical, financial, sexual or emotional abuse

A professional support worker can be contacted by email or phone

01753 477 352
01753 875 620

contactslough@hestia.org

In the event of any emergency please dial 999
For more information please visit our [domestic abuse support page](http://domestic.abuse.support.page)

Jeżeli doświadczasz przemocy domowej podczas izolacji wiedz, że nie jesteś jedyny

Przemoc domowa jest traktowana w Slough bardzo poważnie. Nikt nie powinien żyć doświadczając fizycznej, finansowej, seksualnej i emocjonalnej przemocy

Profesjonalna pomoc jest dostępna poprzez maila lub telefonicznie

01753 477 352
01753 875 620

contactslough@hestia.org

W razie nagłych przypadków proszę dzwonić na numer 999.
Aby uzyskać więcej informacji proszę odwiedzić stronę internetową [domestic abuse support page](http://domestic.abuse.support.page)

ਜੇ ਤੁਸੀਂ ਲਾੱਕਡਾਊਨ ਵਿੱਚ ਘਰੇਲੂ ਦੁਰਵਿਵਹਾਰ ਸਹਿਣ ਕਰ ਰਹੇ ਹੋ ਤਾਂ ਤੁਸੀਂ ਇਕੱਲੇ ਨਹੀਂ ਹੋ

ਸਲੂਥ ਵਿੱਚ ਘਰੇਲੂ ਦੁਰਵਿਵਹਾਰ ਨੂੰ ਬਹੁਤ ਗੰਭੀਰਤਾ ਨਾਲ ਲਿਆ ਜਾਂਦਾ ਹੈ। ਕਿਸੇ ਵੀ ਨੂੰ ਆਪਣੀ ਸਿੱਧੀ ਸਹਿਣ, ਫਿਜ਼ੀ, ਫੈਨ ਜਾਂ ਆਰਥਿਕ ਦੁਰਵਿਵਹਾਰ ਦੇ ਡਰ ਵਿੱਚ ਨਹੀਂ ਕਿਰਪਾਤੀ ਚਾਹੀਦੀ

ਪੇਸ਼ੇਵਰ ਸਹਾਇਤਾ ਕਰਮਚਾਰੀ ਨਾਲ ਦੋਸਤ ਜਾਂ ਫੋਨ ਕਰਕੇ ਸੰਪਰਕ ਕੀਤਾ ਜਾ ਸਕਦਾ ਹੈ

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ਕੋਈ ਵੀ ਫੋਨ ਕਰਕੇ ਸਹਾਇਤਾ ਮੰਗ ਸਕਦੇ ਹਨ।
ਜੇ ਤੁਸੀਂ ਘਰੇਲੂ ਦੁਰਵਿਵਹਾਰ ਨੂੰ ਸਹਿਣ ਕਰ ਰਹੇ ਹੋ ਤਾਂ ਤੁਸੀਂ ਇਕੱਲੇ ਨਹੀਂ ਹੋ

Silent Solution for domestic violence

Threatened and need police assistance but unable to speak?

DON'T WORRY, POLICE HELP IS AVAILABLE 24/7

1. Call 999
2. Listen to the questions from the 999 operator
3. Respond by coughing or tapping the handset if you can
4. Listen for the prompt then PRESS 55

Pressing 55 when prompted lets the 999 call operator know it is a genuine emergency and you will be put through to the police.

Safer Slough Partnership

Appendix C: Examples of resources used during the ongoing DA awareness raising campaign