

DOMESTIC ABUSE

ARE YOU LIVING IN FEAR OF

SOMEONE ?
IS SOMEONE....

VERBALLY ABUSIVE?

FINANCIALLY CONTROLLING?

PHYSICALLY ABUSIVE?

SEXUALLY ABUSIVE?

BULLYING?

CHECKING UP ON YOU ALL THE
TIME?

UNREASONABLE &

UNPREDICTABLE?

DISRESPECTFUL?

DEMEANING IN BEHAVIOUR?

HUMILIATING YOU?

Domestic abuse can affect anyone, regardless of age, class,culture or ethnicity. Often it is kept hidden from others and you may become isolated and see no way out of the situation.

Often the abusive person is controlling and you may feel unable to carry out the simplest of tasks without fear of abuse in some form.

Domestic abuse can involve physical attacks, controlling behaviour, withholding of money, the threat or the act of sexual violence and the erosion of your self confidence and self worth. Emotional and mental abuse is often as damaging as physical violence and can leave scars behind that are deeply hidden.

St Albans & Hertsmere

Women's Outreach Service

Supporting women and children experiencing domestic abuse living in the community. Women suffering abuse will often feel isolated and have been denied access to services. The aim of Outreach is to give women vital information to enable them to make choices regarding their situation.

We can meet you in a safe place, discuss your options and support you in making those difficult decisions. For advice and support please contact:

Outreach Tel: 01727 827621

Refuge Tel: 01727 824425

01923 855662

(SAHWR)

ST ALBANS &

HERTSMERE

WOMEN'S REFUGE

ST ALBANS 01727 824425

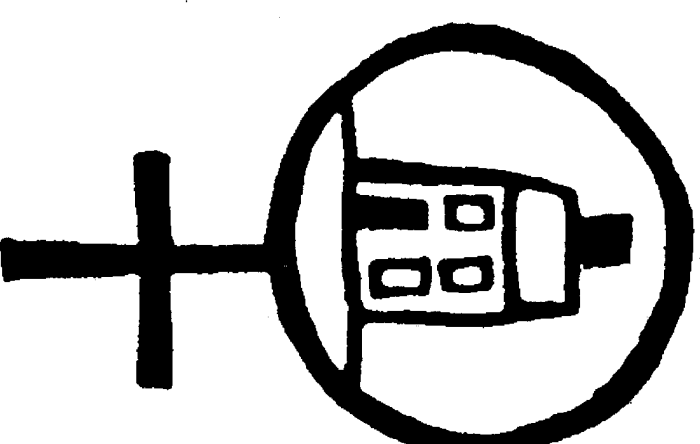
HERTSMERE 01923 855662

OUTREACH 01727 827621

INFO@SAHWR.ORG.UK

OUTREACH@SAHWR.ORG.UK

www.stalbansandhertsmerewomenrefuge.org.uk



St Albans & Hertsmere Women's Refuge is a registered charity working with women and children who are experiencing or trying to escape domestic abuse and who are dealing with it's effects and consequences.

A Refuge is a confidential address where women and children can go if they are experiencing domestic abuse.

A safe place where staff are available to support you in deciding what you want to do next.

SAHWR is clean, well maintained and welcoming. We employ workers who are all women, to provide emotional support and practical advice on a variety of issues such as benefits, housing and solicitors.

You may be worried about taking your children away from their home to somewhere they are unfamiliar with, and the upset this may cause them.

Many children have come to the refuge and our workers have

helped them to cope with the ups and downs of the experience.

The child support workers are especially trained to work with children to ensure they settle in as quickly as possible, make new friends in the refuge, and importantly, have time and space to play, ask questions and talk about things they are thinking about. Play sessions are organised daily with the emphasis on fun!

Sahwr's mission statement:

SAHWR aims to provide a safe, comfortable and conflict-free environment for women and children who are suffering domestic abuse.

We will give advice on available options, so as to enable women to make informed choices and feel more confident and take control of her and her children's lives and future.

- THE SERVICE IS FOR WOMEN AND WOMEN WITH CHILDREN
- SERVICES PROVIDED BY SAHWR INCLUDE:
 - EMERGENCY ACCOMODATION
 - MOVE-ON ACCOMODATION OUTREACH SERVICE
 - EMOTIONAL AND PRACTICAL SUPPORT
- TWO WOMEN A WEEK ARE MURDERED BY A PARTNER OR EX PARTNER
- 1 IN 4 WOMEN WILL EXPERIENCE DOMESTIC ABUSE
- 750,000 CHILDREN A YEAR WITNESS DOMESTIC ABUSE
- DOMESTIC ABUSE IS THE PHYSICAL, EMOTIONAL,SEXUAL AND FINANCIAL ABUSE OF A WOMEN CARRIED OUT BY A PARTNER, EX PARTNER OR OTHER FAMILY MEMBER
- HONOUR BASED VIOLENCE AND FORCED MARRIAGE ARE ALSO CLASSED AS DOMESTIC ABUSE