



# **Housing Options**

## **Domestic Abuse and Homelessness**

“Allerdale – a great place to live, work and visit”

## What is domestic abuse?

Domestic abuse includes any incident of threatening behaviour, violence or abuse. The abuse can be psychological, physical, social, financial, or emotional.

Domestic abuse can happen between two people who are or were intimate partners or family members, regardless of their gender or sexuality.

If you are in fear of a partner, ex-partner or member of your family, you might be experiencing domestic abuse. Do they often...

- Call you names and make you feel bad about yourself?
- Make you afraid by threatening you or your children?
- Behave violently towards you?
- Stop you seeing your friends or family?
- Keep you without money?
- Harm you or make you feel you could be seriously harmed?

If the answer to some of these questions is yes, you might be experiencing domestic abuse.

## Get help now

You can contact Allerdale Borough Council. Our Housing Options service carry out the homeless and housing advice function, and can signpost onto the specialist Domestic Abuse Support in the area. The service is available to men and women over 16 years of age.

You can contact the National Domestic Violence Helpline on **0808 2000 247** or at [www.nationaldomesticviolencehelpline.org.uk](http://www.nationaldomesticviolencehelpline.org.uk) if you're a woman experiencing domestic abuse. You can talk confidentially to someone about your situation and to find out what your options are.

If you are a man experiencing domestic abuse you can contact the Men's Advice Line on **0808 801 0327**, or at [www.mensadviceline.org.uk](http://www.mensadviceline.org.uk).

If you are in a same-sex relationship you can call the National LGBT Domestic Violence Helpline on **0800 999 5428** or visit their website at [www.galop.org.uk/favicon](http://www.galop.org.uk/favicon).

Call the Samaritans on **08457 90 90 90** if you feel in despair and want someone to listen to you and provide emotional support.

Call the police on **999** if:

- your personal safety is threatened
- you are at risk of assault or injury
- in an emergency

## **Leaving home immediately**

If you feel you are at risk of harm there are alternatives you could explore such as the carrying out safety works in your home such as changing locks, fire proof letter boxes and panic rooms. For further information please contact the Housing Options service on 0303 123 1702.

You could stay with friends or relatives while you think about what to do next. If you're a woman leaving domestic abuse, try to find a place in a women's refuge, the Housing Options service can help you with this.

Take some essentials with you such as a change of clothes, toiletries and any medication you need to take regularly. Try to bring important items such as your passport, bank and credit cards and mobile phone.

Don't make a decision to give up your home permanently until you have spoken to an adviser and considered all your options.

Use Shelter's directory at [england.shelter.org.uk/get\\_help/local\\_services](http://england.shelter.org.uk/get_help/local_services) to find a Shelter advice centre or Citizens Advice Bureau in your area.

You can apply to our Housing Options service as a homeless person if you can't stay in your home.

Allerdale Borough Council has to give you advice about finding somewhere to live. Some people are entitled to emergency accommodation.

Allerdale Borough Council has a duty to find you somewhere to live. You will be asked to provide details of your situation. You may be asked for supporting evidence, which could include details and dates of incidents. You can take a friend or an adviser with you for support.

We may refer your case to the local Multi Agency Panel to review your situation and to decide if you require any other additional security and support.

For information about Legal Aid contact [Civil Legal Advice](#) on 0345 345 4 345.

Contact Cumbria Law Centre on 01228 515129

Some people may be entitled to help from the County Council's social services department. Social services might be able to help if you:

- are elderly
- have children living with you
- are under the age of 18
- have left care (or are about to do so)
- are in poor health
- have a physical or learning disability

Social services may be able to help by finding accommodation for you, paying for a deposit or providing financial support.

There are no rules about the kind of help social services have to provide. Find details of help available in your local area.

### **Refuges for women**

If you are a woman who has to leave home because of domestic abuse, you can make a homeless application to the Allerdale Borough Council

Women experiencing domestic abuse may be able to stay in a women's refuge.

Some refuges are specifically for women from certain backgrounds, such as Irish or Asian women.

Staff at refuges can give you advice about your situation.

Contact the National Domestic Violence Helpline on 0808 2000 247 or visit [www.nationaldomesticviolencehelpline.org.uk](http://www.nationaldomesticviolencehelpline.org.uk) for more information about refuges.

### **Refuges for men**

If you are a man who has to leave home because of domestic abuse, you can make a homeless application to the Allerdale Borough Council

There is limited specialist housing for men experiencing domestic abuse.

Contact a Shelter advice centre or Citizens Advice to check what help is available. Use [Shelter's directory at england.shelter.org.uk/get\\_help/local\\_services](http://Shelter's directory at england.shelter.org.uk/get_help/local_services) to find help in your area.

## **Help for children and young people**

If you or someone else in your family is being hurt at home, you may not be sure what you can do about it. Domestic abuse is not your fault and you won't get into trouble for telling someone about it.

The first thing is to tell someone else about what is happening to you. You can tell a teacher, a neighbour, a friend or a friend's parent.

You can call Childline free on **0800 1111** visit their website at [www.childline.org.uk](http://www.childline.org.uk). They won't tell anyone else you are calling unless you are in immediate danger. They can tell you about places where you can get help.

Find out more from [thehideout.org.uk](http://thehideout.org.uk) about children, young people and domestic abuse and violence.

## **Get more help**

For more help you can call the Shelter advice line on 0808 800 4444 or visit [england.shelter.org.uk](http://england.shelter.org.uk).

## **Confidentiality**

The Housing Options service confirms whatever you discuss with the service will always remain completely confidential



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Document reference  
Version 0.1  
April 2018

**Please phone 0303 123 1702 if you would like a copy of this document in a different format**