

## About this leaflet

Please consider whether it is safe to take this leaflet home with you. Please think about where you may keep it.

## Your Safety

There are a few actions you can take today that may help you in the future. These are:

**Your phone** - It is best to keep it on you and make sure it is charged. Arrange to have a spare phone and store it safely. This could be in a bag, bathroom or another hidden place. Switch off the location service if you are worried about being tracked.

**Your details** - Record any contact, incidents, abusive behaviour or concerns. Be sure to save photos, texts, voicemails and screenshots. Consider changing your passwords, especially for your online banking and social media.

**Your plans** - Let someone know when you leave the house and when you plan to be back. Stick to well-lit public areas when you are away from your home.

**Your children** - Make sure children in your home know how and when to call for help and where to go in case of an emergency.

**Your safety** - Use locks, chains and bolts on your windows, doors and gates. Add locks to your bathroom or bedroom to use these rooms as a safe place to wait (let us know if you would like us to fit some for you). Remove objects from outside your home which could be thrown at windows, and consider installing CCTV or a video doorbell if you can.

**People you know** - Consider telling your employer, your neighbours, and any school or nursery about your situation if appropriate. It might help if you establish a code word with them.

## What to do in an emergency



**If something happens and you need to act quickly, remember to call 999 in an emergency and report non emergencies to 101.**

Your neighbours can make these calls for you if necessary.

Seek medical attention if you are injured.

## Helpful Organisations

There are many organisations that exist to help you and can provide different kinds of support. Some of these are best contacted by phone, but there are also some apps you can download and websites you can visit in private.

**Leeway:** 0300 561 0077 | [leewaysupport.org](http://leewaysupport.org)

**National Centre For Domestic Violence:** 0800 970 2070 | [ncdv.org.uk](http://ncdv.org.uk)

They can help with a non-molestation order if you need one and they have an app.

**Hollie guard:** [hollieguard.com](http://hollieguard.com)

An app that allows you to tap or shake your phone to notify your chosen contact in an emergency (you need to have location service on).

**Freedom programme:** 0808 2000 247 (24/7) | [freedomprogramme.co.uk](http://freedomprogramme.co.uk)

They run courses, offer in-person support and can contact you with legal support.



## If you need to flee

If the time comes when you need to leave your home, consider taking with you:

- A form of ID
- Bank cards or statements
- Proof of income or benefits
- Some money
- Primary and spare phone
- Some clothes
- Clothes and toys for any children
- Any medication

If you need to flee, the number for our local authority homeless team is:

Your Domestic Abuse (DA) officer at Saffron Housing is:

Dedicated DA officers can help you

**01508 532 000**

Our lines are open Monday to Thursday 8:45am - 5pm, Friday 8:45am - 4:15pm

[info@saffronhousing.co.uk](mailto:info@saffronhousing.co.uk)