

Don't suffer in silence.

If you're a victim of domestic abuse, Changing Lives can help



GET IN TOUCH

If you'd like to talk to us about our services and how we can help, please get in touch on:

0300 11 11 247

Any information you give will stay confidential to Changing Lives unless we feel that you or someone else is at risk of harm, or we are required by law to share it.

In such cases we may have to disclose information to appropriate and relevant agencies.

WHO ARE CHANGING LIVES?

Changing Lives is a national, registered charity which provides specialist support for thousands of vulnerable people and their families, every month.

We work with people who face multiple disadvantages, supporting them through financial, personal and circumstantial difficulties.

Our holistic approach helps people take the first steps towards a brighter future for themselves and their families.

Together we are CHANGING LIVES

Changing Lives is the operating name of The Cyrenians. Registered charity number 500640 and registered company number 995799. For more information about Changing Lives please call us on **0191 273 8891** or e-mail central.office@changing-lives.org.uk

CHANGING LIVES FOR SURVIVORS OF DOMESTIC ABUSE



We provide safe, confidential support for anyone aged 16 and over who is experiencing domestic abuse. We offer accommodation in our refuge building, practical and emotional support to minimise the risk of harm, and a community-based Independent Domestic Violence Advocacy Service.



in partnership with Halton Domestic Abuse Forum



/ChangingLivesCharity



@ChangingLives__ www.changing-lives.org.uk

WHAT IS DOMESTIC ABUSE?

Domestic abuse is an incident or pattern of incidents of controlling, coercive, threatening, degrading and violent behaviour, including sexual violence.

The abuse could be from a partner or ex-partner, but can also be by a family member or carer. It is very common, and may not always involve physical violence.

Domestic abuse can include, but is not limited to, the following:

- Coercive control (a pattern of intimidation, degradation, isolation and control with the use or threat of physical or sexual violence)
- Psychological and/or emotional abuse, being degraded and humiliated or treated without respect
- Physical or sexual abuse
- Financial abuse, being allowed no control over your own money
- Harassment and stalking
- Online or digital abuse
- Isolation from family or friends
- Being forced into marriage

HOW WE HELP

At Changing Lives we provide services for people fleeing or living with domestic abuse, regardless of gender. We support people to stay safe and move on positively from abusive situations.

Independent Domestic Violence Advocates (IDVAs) work with both males and females who have experienced domestic abuse to provide specialist emotional and practical support for anyone over 16 years old at the point of crisis.

We offer practical support and work with a number of organisations to help with:

- Keeping people and their children safe and secure
- Support to access safety measures including safety planning
- Help with choices of legal options and support through the court system
- Working with other agencies such as housing, Crown Prosecution Service, police and solicitors on behalf of those we support



Photos posed by models

I thought it was my fault and I didn't want to upset my friends and family. I just kept believing they would change.



I'm really grateful for having the chance to move in here. I can start to build a new life for myself and my children.



Our refuge service is accessible to victims of domestic abuse and their children who are at high risk of harm, and for whom remaining in their current home is not a safe option.

We provide self contained accommodation for up to 12 families, for up to six months, giving abuse survivors a safe place where they can take some time to safely consider their options. We will work closely with residents to identify appropriate accommodation when they move on from Refuge.

The Sanctuary Scheme can help people take steps to ensure their safety within their own home. This can be small changes such as replacing locks to installing new doors and window grills.

The scheme aims to help reduce the disruption to people and their children by making it possible for them to remain safely in their own home.



Changing Lives showed me there is support available to people who have suffered domestic abuse. I've started to think about the future, rather than being consumed by the past.



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EQUALITY AND DIVERSITY

At Changing Lives, we believe in treating people fairly irrespective of their age, disability status, gender, pregnancy/maternity status, race, religion and belief, sexual orientation and transgender status.

We maintain an environment in which all staff and clients understand fairness, inclusive language, positive attitudes and the value of equality and diversity.

We always challenge negative or discriminatory comments and strive to promote an inclusive environment for all.