

## Who Else Can Help?

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National 24hr Domestic Violence Helpline	0808 2000 247
National Centre for Domestic Violence (24hr)	0844 8044 999
Victim Support	01380 738888
Swindon Women's Refuge (24hr)	01793 536447
Family Information Service	01793 445500
Police Domestic Abuse Unit	01793 507801
NSPCC	01793 431501
Samaritans	01793 537373
Barnardo's (for parents with young children)	01793 525830

## Useful Websites

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[www.rightsofwomen.org.uk](http://www.rightsofwomen.org.uk)  
[www.womensaid.org.uk](http://www.womensaid.org.uk)  
[www.ncdv.org.uk](http://www.ncdv.org.uk)  
[www.refuge.org.uk](http://www.refuge.org.uk)  
[www.respect.uk.net](http://www.respect.uk.net)  
[www.resolution.org.uk](http://www.resolution.org.uk)  
[www.broken-rainbow.org.uk](http://www.broken-rainbow.org.uk)  
[www.onespace.org.uk](http://www.onespace.org.uk)  
[www.thehideout.org.uk](http://www.thehideout.org.uk)  
[www.samaritans.org/swindon](http://www.samaritans.org/swindon)

## Making a Referral

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Voluntary agencies and statutory services who meet people who are experiencing domestic abuse can make a referral.

We particularly welcome self referrals directly from individuals.

A referral form is available on our web site. This can be completed online or downloaded, completed and posted or faxed to us. Referrals can also be made by phone.

Referrals are dealt with on a first-come first-served basis. We aim to see new referrals within 1-2 weeks, but may operate a waiting list if demand is high.

Need to Talk?  
We're "**Hear to Help**"

## Contact Us

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Telephone: 01793 642425  
Fax: 01225 774405  
Email: [splitz@splitz.org](mailto:splitz@splitz.org)  
Web: [www.splitz.org](http://www.splitz.org)

Splitz Support Service  
29 Duke Street, Trowbridge, BA14 8EA

Registered charity: 1064764

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# Swindon Domestic Violence Outreach Service

Supporting Victims of Domestic Violence and Abuse



Free and Confidential Service

**01793 642425**

**SPLITZ**  
Support Service

## Domestic Abuse, What Is It?

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It's about power and control and can include the following types of abuse:

- Emotional
- Psychological
- Physical
- Financial
- Sexual

Domestic violence and abuse usually occurs within the family and everyone can be affected. It causes misery and creates fear.

## One-to-one Support

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Are you...

- Being hurt in your own home?
- Threatened by your partner?
- Dreading your partner coming home?
- Walking on eggshells?

Adults who have experienced domestic abuse can receive one-to-one support from their own dedicated support worker.

## Workshops

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### **Making Changes**

A set of 12 workshops for women to identify, come to terms with and overcome their personal challenges. A different topic is explored each week, including:

- What Is Domestic Abuse
- Cycle of Violence
- Baggage and Triggers
- Thoughts, Feelings & Behaviours
- Impact on children
- Healthy Relationships

## "Hear to Help"

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Do these excuses sound familiar?

"He doesn't mean it... he always says sorry."

"It's my fault... I shouldn't upset him."

If you recognise that domestic abuse is part of your relationship we can:

- help you identify your options, and
- support you in your choices.

If you need someone to listen, help, advise or offer support please get in touch.

We are non-judgemental and listen without prejudice. Male and female victims are welcome to use this service.

All our services are Free and Confidential  
If you feel you or your family would benefit from these services  
or would like more information please contact us.

