

Who Else Can Help?

National 24hr Domestic Violence Helpline	0808 2000 247
Victim Support	01380 738888
Family Information Service	01380 871200
Police Domestic Abuse Unit	01225 794766 01722 435390
Barnardo's	01225 751261
Action for Children	01722 411178
NSPCC	01249 813270
Samaritans	01722 323355

Useful Websites

www.rightsofwomen.org.uk
www.womensaid.org.uk
www.ncdv.org.uk
www.refuge.org.uk
www.respect.uk.net
www.resolution.org.uk
www.broken-rainbow.org.uk
www.onespace.org.uk
www.thehideout.org.uk
www.samaritans.org/swindon

Making a Referral

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.

Contact Us

Telephone: 01225 775276
Fax: 01225 774405
Email: splitz@splitz.org
Web: www.splitz.org

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

Registered charity: 1064764

Working together with
Wiltshire Community Safety
Partnership



LOTTERY FUNDED

Wiltshire Domestic Abuse Outreach Service

Supporting Victims of Domestic Violence and Abuse



Free and Confidential Service

01225 775276

SPLITZ
Support Service

Domestic Abuse, What Is It?

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

- Emotional
- Financial
- Physical
- Psychological
- 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

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

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

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.

01225 775276

"Hear to Help"

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.