

Relate and Domestic Violence and Abuse

Relate's Responsive Model

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the relationship people

Bridging to Safety: Bridging to Change: Prevention: Recovery

Relate is the UK's largest provider of relationship counselling and sex therapy. Violent and abusive behaviours such as **threats - violence - cruelty - fear** are issues for **30%** of the **150,000** people who contact us each year. These abusive behaviours are not acceptable within healthy couple and family relationships and where these behaviours are present, couple or family counselling is not safe or suitable. In these situations, Relate provides **one-to-one sessions** with an **experienced counsellor**, in order to:

- **increase the safety** of the vulnerable person and their children
- **help their partner face what they are doing and choose to change**
- **identify the need for additional support from other specialist agencies**



Bridging to Safety

Relate provides a place where someone who is in a dangerous relationship:

- can safely tell their counsellor what is really happening to them
- will be listened to, heard and believed
- be supported and helped to connect with the resources they need
- be helped to take action to increase their safety

Also, some people who experience threats, violence, cruelty and fear from their partner may think such behaviours are acceptable and have to be tolerated as part of a normal relationship. A Relate counsellor will enable clients to understand what is happening to them and that this is not ok.

In Relate we understand the interconnection between protecting and supporting children who witness domestic violence and the need to support and protect their vulnerable parent. We work with a multi-agency approach providing a model of empowerment so as to enable access to help needed.

Bridging to Change

People who have been abusive or violent to their partners ask Relate to help them stop. Relate helps them face what they have been doing, encourages their motivation to change and helps them to connect with a specialist agency through Respect - see contact number overleaf.

Prevention - early intervention

If there is no pattern of violence or abuse and no current abuse, coercion or threat, and each partner wants to have counselling together, then they may be offered a couple approach which is carefully structured and focused on safety.

Prevention - strengthening equality

Relationship work can strengthen equality and develop elements such as respect, trust, support, negotiation and fairness - conditions that counter those common to abusive relationships.

Recovery

Relate provides individual counselling and sex therapy for those who leave abusive or violent relationships to help them come to terms with:

- loss of years of investment in a relationship
- trauma of sexual assault
- loss of sexual relationship
- re-discovery of sexual identity

Relate provides individual and family counselling for children and young people who have witnessed domestic violence, to help them:

- deal with the loss of a parental relationship
- adjust to a new way of being a family

Relate helps many adults who witnessed domestic violence in their childhood cope with the impact it is having on their current relationship or sex life.

Contact details for Relate Derby and Southern Derbyshire

62 Friar Gate Derby, DE1 1DJ

Phone: **01332 349177**

Email: **info@relatederby.org.uk**

Website: **www.relatederby.org.uk**



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Other useful contact details

National Domestic Violence Helpline: 0808 2000 247

Freephone 24 hour helpline run by Women's Aid and Refuge provides support, help and information to women experiencing domestic violence wherever the caller might be in the country. It also provides help and advice to professionals assisting them. Translation facilities for callers whose first language is not English and a service for callers who are deaf or hard of hearing are available.

www.nationaldomesticviolencehelpline.org.uk

Respect: 0808 802 4040

Respect is the UK association for domestic violence perpetrator programmes and associated women's services. The phonenumber offers information and advice to people who are abusive towards their partners and want help to stop. They also offer information and advice to frontline workers in voluntary or statutory agencies who work with individuals or families where one partner is abusive to another.

Open Fri 10am-1pm and 2pm-5pm

Email info@respectphoneline.org.uk

www.respectphoneline.org.uk

Men's Advice Line: 0808 801 0327

Freephone providing confidential help for all men experiencing domestic violence by a current or ex-partner. This includes all men in heterosexual or same sex relationships.

Open Mon-Fri 10am-1pm and 2pm-5pm

Email info@mensadvice.org.uk

www.mensadvice.org.uk

Broken Rainbow Hotline: 0300 999 5428 & 0845 260 4460

UK-wide specialist confidential service offering advice, support and referral for lesbians, gay men, bisexual and transgender people experiencing homophobic or transphobic same sex violence.

Open Mon & Weds 9-1pm and 2-4pm & Fri 9am-1pm

www.broken-rainbow.org.uk

Shelter: 0808 800 4444

Helpline for emergency access to Refuge service for women. Calls are free from UK landlines.

Open 8am-8pm Mon-Fri & 8am-5pm Sat-Sun

www.shelter.org.uk

Victim Support: 0845 3030 900

Provides free and confidential, non-judgmental help to victims of crime, their family, friends and anyone else affected. They offer information, emotional support and practical help. You don't have to report a crime to the police to get their help and can get support at any time, whenever the crime happened.

www.victimsupport.org.uk

Samaritans: 08457 909 090

Samaritans provides 24 hour confidential, non-judgmental emotional support for people who are experiencing feelings of distress or despair, including those which could lead to suicide.

www.samaritans.org

National Child Protection Helpline (NSPCC): 0808 800 5000

Freephone 24hrs a day, seven days a week, 365 days a year. Provides confidential service for anyone concerned about children at risk including children themselves. They offer help, advice, guidance and support, or take action on your behalf if you have concerns about a child who is either being abused or at risk of abuse.

Email help@nspcc.org.uk

www.nspcc.org.uk