

Domestic abuse isn't just about violence...

Domestic abuse doesn't just happen to women, and it's not just about physical abuse or violence.

Domestic abuse can happen to anyone and is described as:

'Controlling, coercive or threatening behaviour, violence or abuse between people aged 16 years or over. The people may be - or have been - intimate partners or family members, of either gender or sexuality.'

This can include, but isn't limited to, these types of abuse:

- psychological
- physical
- sexual
- financial
- emotional.

If you or someone you know is currently suffering or is at risk of domestic abuse, NIDAS can help.

Call 0191 214 6501

Contact us

To access our services, you can complete the form below or contact us at:

24 hour helpline: **0191 214 6501**

email: **Nidas.Team@thirteengroup.co.uk**

web: **www.newcastleidas.co.uk**

Please complete your details and if appropriate, we'll contact you as soon as possible.

Your name: _____

Address and postcode: _____

Please tell us the best way to contact you:

Call my mobile: _____

Text message: _____

Contact me on another phone number:

Email: _____

Other: _____

Please tell us about your issues:

Please return this form to:
NIDAS, PO Box 655, Newcastle NE5 9BW

thirteen

CHANGING
LIVES

NIDAS

Newcastle Integrated
Domestic Abuse Service



0191 214 6501
Nidas.Team@thirteengroup.co.uk

NIDAS support

NIDAS (Newcastle Integrated Domestic Abuse Service) provides specialist accommodation and support to anyone experiencing domestic abuse in Newcastle.

We work with women and men who are experiencing domestic abuse to provide support and safe accommodation.

Who are we

NIDAS will be jointly delivered by Thirteen Care and Support and Changing Lives.

Thirteen is an experienced provider of specialist accommodation and community-based support, including refuge and emergency accommodation for women escaping domestic abuse.

Changing Lives provide specialist support and accommodation services for women all over the country. This includes refuge provision for women escaping domestic violence, IDVA and ISVA services, and support to women involved in sex work or at risk of sexual exploitation.

Both organisations are registered charities with a strong track record in partnership working in Newcastle and providing high quality support to people experiencing domestic abuse.

They will work with partner agencies and use local connections, networks and relationships to help anyone at risk of abuse or violence in their relationships to access support and develop the emotional resilience to live safe and healthy lives.

Accessing our services

To access any of our services or to get more information, please contact us using the details on the last page of this leaflet.

Specialist support

We know that everybody's life is different so we listen to you, discuss your options and let you tell us what's important.

We want you to have choice and control about the type of support that you receive from us and which of our specialist services you think you would need:

Outreach

Our outreach team can work with you one-to-one to create safety and support plans specifically for you. The team helps anyone at risk of abuse, whether they want to leave their relationship or work to stay together safely. We will always meet people in a place where they feel the most safe.

Refuge

We have a purpose-built refuge in Newcastle for women and their children. The accommodation offers self-contained flats with up to three bedrooms. Staffed 24 hours a day, our refuge provides a safe place for women and their children who are moving from abusive relationships.

We help women to plan their futures and focus on developing their confidence and independence. We offer support to move onto alternative accommodation and specialist help for children and young people while their parent is supported through our service.



High risk victims

We run a specialist service providing independent advice about domestic and sexual violence for victims at high risk of harm. Our advisors help you to find the right support, make plans to keep yourself safe, and work with the police and courts to help you achieve long-term safety and gain access to justice.

Accommodation for men

Although we only offer refuge accommodation for women, we can help men who need alternative or emergency accommodation. Please contact us so we can discuss safe housing options.

Practical issues

Whatever your circumstances, we will work with you to reduce risks to your safety and wellbeing, as well as overcoming any practical concerns such as: housing and legal issues, access to benefits, training, employment, and finding schools and childcare.

We can help you to get specialist support if you are affected by drug or alcohol misuse. We can also access an interpreter if it's needed.