



Your Victory home

About this leaflet

Please consider whether it's safe to take this leaflet home with you and, if so, where you will keep it.

Your safety - things to consider

There are a few actions you can take today that may help you in future, such as:

- **Your phone.** Keep it on you and make sure it's charged. Arrange a spare phone and store it safely in a bag, bathroom or other hidden place. Switch off location services if you're worried about being tracked.
- **Your details.** Record any contact, incidents, abusive behaviour or concerns. Be sure to save photos, texts, voicemails and screenshots. Consider changing your passwords, especially for your online banking and social media.
- **Your plans.** Let someone know if you leave the house and when you plan to be back, and stick to well-lit public places when you're away from home.
- **Your children.** Make sure any children in your home know how and when to call for help, and where to go in an emergency.
- **Your safety.** Use locks, chains or bolts on your windows, doors and gates. Add a lock to your bathroom or bedroom to use as a safe place to wait (let us know if you'd like us to fit one for you). Remove objects from outside your home which could be thrown at windows and consider installing CCTV or a video doorbell if you can.
- **People you know.** Consider telling your employer about your situation, maybe your neighbours, and any schools or nurseries as appropriate. Establish a code word with them which they understand.

What to do in an emergency

If something happens and you need to act quickly, remember:



Call 999 in an emergency and report non-emergencies to 101
Don't forget, your neighbours can make these calls for you



Seek medical attention if you're injured

Helpful organisations

There are lots of organisations that exist to help you and can provide different kinds of support. Some of these are best contacted by phone, but there are also some apps you can download and websites you can visit in private.

Leeway. 0300 561 0077 | Leewaysupport.org

Norfolk Integrated Domestic Abuse Service (NIDAS). nidasnorfolk.co.uk | 0300 561 0555

The Daisy Programme. 01953 880903 (Breckland only)

National Centre for Domestic Violence. 0800 970 2070 | ncdv.org.uk

They can help with a non-molestation order if you need one, and they have an app.

Hollie Guard. hollieguard.com

An app that allows you to tap or shake your phone to notify your chosen contacts in an emergency (you'll need to have location services on)

Freedom Programme. 0808 2000 247 (24/7) | freedomprogramme.co.uk

They run courses, offer in-person support and can connect you with legal support.

Speak to your DA Officer or head to our website for a longer list of resources.

If you need to flee

If the time comes when you need to leave the home, consider taking with you:

- A form of ID
- Bank cards or statement
- Proof of income or benefits
- Some money
- Primary and spare phone
- Some clothes
- Clothes and toys for any children
- Any medication



If you need to flee, here's the number for the local authority homelessness team:

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Your Domestic Abuse (DA) Officer at Victory Homes is:

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