

“ I loved her, and thought it was normal. I didn't realise it was abuse, I just thought she could be unreasonable at times, but because there were also good times, I wanted to stay with her ”

“ People feel stupid that they've stayed in such a terrible relationship and they are reluctant to expose their stupidity. It took a lot of courage for me to tell anyone ”

“ My biggest problem was thinking that no one will believe me and I felt that I may as well just keep going since we can hide behind a normal front ”

“ When you have left an abusive partner the feeling of loneliness is very strong and it's very easy to go back to that person just for companionship. You don't think straight when you come out of a relationship where you are so used to being told what to do ”

If you want to leave feedback on your experiences of domestic abuse to influence future support please visit our website www.domesticabuselincolnshire.com

Thank you

Help & Support

If you are experiencing domestic abuse in any form there is support for you locally.

You are **NOT** to blame for any of this behaviour and you **CAN** get emotional and practical support for yourself and any children you may have.

Specialist Domestic Abuse Agencies

These Lincolnshire agencies provide support for female and male victims over the age of 16 years and for children that may be affected by the domestic abuse they are witnessing.

Boston and South Holland:

Boston & South Holland Domestic Abuse Service

www.bostonmayflower.org.uk | 01205 318600

www.bostonwomensaid.org.uk | 01205 311272

East Lindsey:

East Lindsey Domestic Abuse Service

www.personalisedsupport.co.uk | 01507 609830

Lincoln, North Kesteven, South Kesteven & West Lindsey:

West Lincolnshire Domestic Abuse Service

www.wldas.org.uk

01522 510014 or 01427 616219

For general support and information regarding domestic abuse as either a victim, abuser, child experiencing the abuse or a family member who has concerns of an abusive relationship please visit www.domesticabuselincolnshire.com

You can contact Lincolnshire Police on 101 (non emergency number)

IN AN EMERGENCY CALL 999

Are YOU experiencing Domestic Abuse?

**DOMESTIC
ABUSE
TOGETHER WE CAN STOP IT
IN
LINCOLNSHIRE**

www.domesticabuselincolnshire.com

What is Domestic Abuse?

Domestic abuse can affect anyone, regardless of age, social background, gender, religion, sexual preference, or ethnicity.

Domestic abuse is any incident or pattern of incidents of controlling, coercive or threatening behaviour, violence or abuse between those aged 16 or over who are or have been intimate partners or family members regardless of gender or sexuality.

This can include but is not limited to the following types of abuse: Psychological, Emotional, Sexual, Physical and/or Financial.

And includes:

- Controlling and Coercive Behaviour, which is a range of acts designed to make a person feel inferior and/or dependant, humiliated and/or intimidated, and/or frightened of the person abusing. If your partner, ex-partner or a family member regularly tries to control you, makes you feel bad or you are constantly walking on eggshells you could be experiencing abuse.



All Lincolnshire Domestic Abuse services provide support to male and female victims

- Stalking or harassment - such as obsessively following a person, appearing at that person's home or workplace unwanted, repeatedly making unwanted phone calls, unwanted texts and emails.



“ My son takes my money and says I’m a burden ”



“ My daughter shouts at me, says I’m stupid and that I keep forgetting things ”

Types of Domestic Abuse

Psychological/Emotional

Intimidation, insults, isolating a person from friends and family, criticising, denying abuse, treating a person as inferior, threatening to harm children or take them away, forced marriage.

Swearing, undermining confidence, making racist remarks, making a person feel unattractive, calling them stupid or useless, eroding their independence, threatening suicide if the person leaves them.

Sexual

Rape, forced into prostitution, ignoring religious prohibitions about sex, refusal to practice safe sex, sexual insults, sexually transmitted infections,

preventing breastfeeding, forced to be filmed or photographed naked.

Physical

Shaking, smacking, punching, kicking, grabbing and biting, starving, tying up, stabbing, suffocation, throwing things, using objects as weapons, female genital mutilation, 'honour violence'.

Financial

Not letting a person work, undermining

their efforts to find work or study, refusing to give them money, asking for an explanation of how every penny is spent, making them beg for money, gambling, not paying bills.

If you feel you can't speak about it you probably should



If you are worried about the impact that domestic abuse is having on your child, there is support for them