

*Relationships Later in Life*



Advice & Support suited to the over 50s

## Hello



This tool-kit has been developed because we recognise that people later in life who are not in a happy and/or supportive relationship find it more difficult to access support.

It may be that your partner or family member is controlling your life by making all the major decisions. It may be that they are harming you in some way, but it is never too late to seek support to be safe and happy. Hopefully you will find the resources included helpful and informative and recognise that you **always** have options and choices.

Over 15% of all referrals to Splitz Support Service from 1 April 2018 to 31 March 2019 were from people over the age of 50 (both male and female).

Statistically, people later in life have more health problems. This may include reduced mobility or other health issues which could make their situation more vulnerable to harm. Both men and women with a limiting illness or disability are more likely to experience intimate partner violence (Women's Aid 2007).

Whether you are caring for someone, being cared for or have an illness or disability yourself and are dependent on someone for your care, support is available. This tool-kit will help you to think this through and understand that there are always options available to improve your safety and wellbeing.

The need for this tool-kit was recognised by members of the South Devon Sexual Violence, Domestic Violence and Abuse (SVDVA) Forum, as an extension to Splitz Support Service's Talk tool-kits. Safer Devon Partnership have kindly funded this tool-kit to include Devon wide support services reaching out to all those later in life within the community.

Devon is one of the largest counties in the UK and many live in rurally isolated areas, but whatever is happening in your life right now, you never need to feel alone.

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Developed by **Splitz Support Service** in collaboration with **South Devon and Dartmoor Community Safety Partnership, Devon Carers, Adult Social Care** and **Age UK Devon**. Special thanks to **Jessica Branton** (Splitz) for sharing knowledge gained from the **SafeLives Older Person's IDVA** qualification and to **Mary Austin** (Devon Carers).

Thank you to Julie Greenaway and QuickPrint for the creativity in design and production of this tool-kit.

## My Bill of Rights

- You have the right to be you
- You have the right to put yourself first
- You have the right to be safe
- You have the right to love and be loved
- You have the right to be treated with respect
- You have the right to be human - NOT PERFECT
- You have the right to be angry and protest if you are treated unfairly or abusively by anyone
- You have the right to your own privacy
- You have the right to have your own opinions, to express them, and to be taken seriously
- You have the right to earn and control your own money
- You have the right to ask questions about anything that affects your life
- You have the right to make decisions that affect you
- You have the right to grow and change (and that includes changing your mind)
- You have the right to say NO
- You have the right to make mistakes
- You have the right not to be responsible for other adults' problems
- You have the right not to be liked by everyone
- You have the right to control your own life and change it if you are not happy with the way it is

## Are your relationships with your family/partner healthy?

Does someone here care for you?  
Does someone here depend on you?



Relationships are not always between couples. People can suffer from unhealthy relationships with different members of the family including: Adult children, grandchildren, great-grandchildren, extended family members, any of whom could also be your carer or someone you care for.

## Healthy Relationships

Everyone has the right to live free from abuse regardless of disability, gender assignment, marriage, civil partnership, pregnancy and maternity, race, religion or belief, sex or sexual orientation.



## What is Domestic Abuse?

Official definition of Domestic Violence and Abuse (Home Office 2015):

### **Domestic Violence and Abuse** v.

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 encompass but is not limited to the following types of abuse:

- Psychological
- Physical
- Sexual
- Financial
- Emotional

**Coercive behaviour** is an act or a pattern of acts of assault, threats, humiliation and intimidation or other abuse that is used to harm, punish, or frighten their victim.

**Controlling behaviour** is a range of acts designed to make a person subordinate and/or dependent by isolating them from sources of support, exploiting their resources and capacities for personal gain, depriving them of the means needed for independence, resistance and escape and regulating their everyday behaviour.

**Domestic abuse** can happen within any family dynamic, regardless of age, gender, sexuality, ethnicity, disability or religion. It also includes honour based violence, forced marriage and FGM (female genital mutilation). Splitz have a specialist tool-kit for Black Asian and Minority Ethnic communities, that includes support for travellers, and can be accessed by contacting Splitz or going on our website [www.splitz.org](http://www.splitz.org).

Splitz Support Service have specialist workers that support victims of domestic abuse, using a trauma informed approach. Splitz support victims to create an individual safety plan, to improve the safety and well-being of service users (and any children), whether they choose to remain or leave the relationship. Splitz will help develop a support plan tailored to the service user's specific support needs, liaising with other agencies and signposting as appropriate. Service users who are risk assessed as at high risk of harm or homicide are offered support from an Independent Domestic Violence Advisor (IDVA), who will advocate for the service user and provide practical and emotional support.



## Emotional Impacts of Domestic Abuse

Domestic abuse affects every individual in different ways.

If you are experiencing any of the following, it could be because of an abusive relationship you have with your partner or family member.

People have told us some of their symptoms:



Splitz have a self-care tool-kit called 'Rediscovering You' that can be accessed by contacting Splitz or going to our website [www.splitz.org](http://www.splitz.org). See contacts page for other specialist support services.

## The Statistics

DOMESTIC ABUSE AFFECTS

**1 in 4** WOMEN  
AND **1 in 6** MEN

PEOPLE OVER **61** YEARS OF AGE  
EXPERIENCE **abuse** FOR  
**double** THE AMOUNT OF **time**  
OF  
AS PEOPLE UNDER 61  
BEFORE SEEKING HELP

DEVON & CORNWALL POLICE  
FOUND THAT IN 2012-2013 **6%** OF  
DOMESTIC VIOLENCE AND **4.3%** OF  
SEXUAL VIOLENCE REPORTED TO  
THE POLICE INVOLVED A VICTIM  
OVER THE AGE OF **60**

THE 2016 CRIME SURVEY FOR ENGLAND AND WALES FOUND  
THAT WOMEN AND MEN  
WITH A LONG-TERM **illness** OR **disability**  
ARE MORE LIKELY TO **experience**  
**domestic abuse** THAN THOSE WITHOUT

# Law Through The Ages

## Previous Law

In 1857 the 'Rule of Thumb' stated it was legal (and therefore perfectly acceptable) for a man to beat his wife providing that the stick he used was no thicker than his thumb.

Before 1991 rape within marriage was not acknowledged as a crime.

Human Rights were not formally acknowledged in UK.

Before 1967 same sex relationships were illegal.

## Current Law

All forms of domestic abuse (including emotional, physical, sexual, financial and coercive controlling behaviour) are accepted in law as illegal.



In 1991 a law was introduced to include rape within a married couple as a crime.



The Human Rights Act was introduced in 1998, highlighting fairness, equality, dignity and respect.



In 1967 same sex relationships became legal. Now the Same Sex Couples Act 2013 allows same sex couples to marry in the UK.



## Key Facts

### AGE IS JUST A NUMBER

Domestic abuse and sexual violence can happen to anyone - any age, gender, sex or religion. In many ways people later in life can be more vulnerable, due to age related factors - particularly health and finances. Abuse is equally as serious whenever it is experienced in life.

### IT'S NEVER TOO LATE

No matter what your age, you have the right to live a life free from abuse. Generational attitudes can be a barrier for many people to make changes - marriage vows taken more seriously 'til death do us part' or 'in sickness and in health.' You have the rest of your life to live and deserve to be happy and safe.

### ANYONE CAN BE ABUSIVE

Older people can be just as abusive as younger people. Abuse can be equally as serious when perpetrated by an older person. There could be increased risk due to dementia, mental health issues and terminal illness. No matter what the cause of the behaviour, the result is the same. There is no excuse for abuse.

## Life's Journey

Our journey through life can bring with it many changes. Some may be seen as opportunities; others are not so welcome and can lessen our quality of life.

Maybe you recognise some changes below that have happened to you:

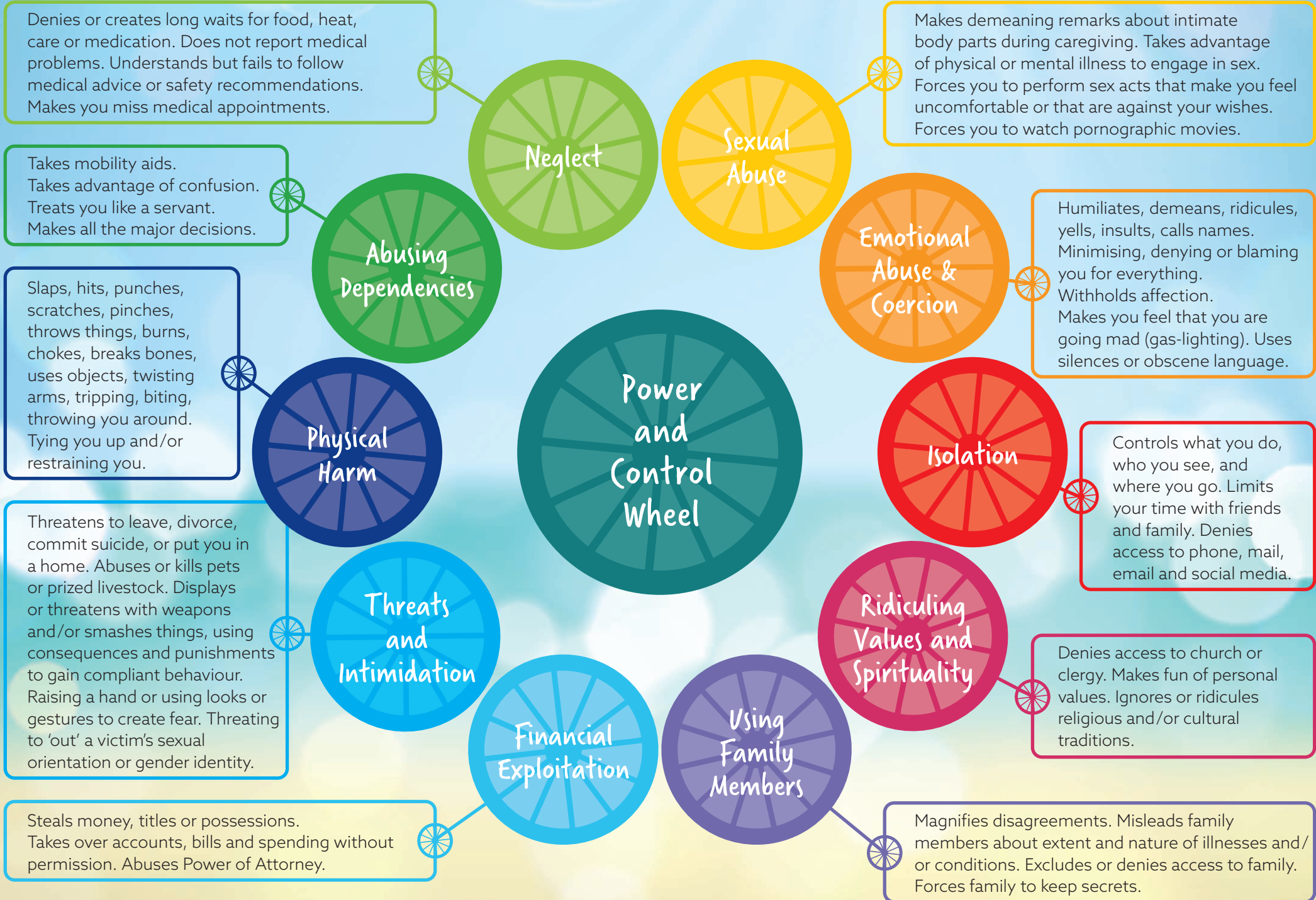
- ▶ Changes to your physical and/or mental health, such as being diagnosed with a long-term condition.
- ▶ Changes to your work and income.
- ▶ Changes to where you live: perhaps downsizing or close friends moving away. Or a change to your local community such as facilities closing or bus routes changing.
- ▶ Changes to your family or friends such as family moving away or moving back in with you; a finish or start to an intimate relationship; a family member needing your care.

People deal with change in different ways: what is trivial to one person may be far harder on another. It is important to acknowledge your feelings and not to trivialise them.

Looking after your health and social life, and thinking about how you can keep your independence, can help you to manage change, particularly where the change has not been chosen by you and may mean you have to rely on other people.

It is important that you feel comfortable with any help and support you are given and that you have agreed to it. No matter what your situation, if you feel at risk of harm or you are not comfortable with how you are being treated, advice and support are available to help you.

Remember you have the right to access support without anyone else's permission or knowledge: see contact pages for information on where to get advice.





# Taking the First Step



## Are you a Carer?

Becoming a carer can sneak up on you.

You may have a partner, a child (adult or young) or another relative or friend who has a long-term condition.

As the person's condition progresses, you may find yourself doing more and more caring. Maybe starting with taking on more household jobs such as doing all the cooking and cleaning and then possibly doing more care tasks, such as helping the person with their washing and dressing.

It isn't easy to hear, but carers may become abusive towards the person they are caring for. Perhaps because they feel resentful at the amount of time they are spending caring, or they don't understand how to manage the person's condition.

Some long-term conditions may change a person's behaviour. For example, dementia may damage the brain, so that the person may make what seem like irrational decisions, become suspicious, accusatory or acting in a way which hurts others physically or emotionally. Some dementias or mental health conditions can lead to a person's behaviour becoming erratic and seemingly unpredictable on a daily or even hourly basis: from loving to threatening and insulting.

It is important to consider the impact of a behaviour, not just the possible cause. Domestic abuse may seem a harsh description of what is happening. However, if the change in behaviour is not addressed, abuse and violence may escalate.

## Where to go for help

- ▶ **Tell someone you trust** as soon as possible (don't feel you are making a fuss) - this could be a professional, family member or friend.
- ▶ **Speak to your doctor** or other health and social care professional. Be as honest as you can about what is happening. There is evidence that professionals might treat the symptoms (headaches, depression, etc.), rather than looking at the bigger picture and identifying domestic abuse as a cause.
- ▶ Some people may be eligible for social care support with personal care and equipment. If you need help to live at home contact Care Direct on **0345 155 1007** or email [csc.caredirect@devon.gov.uk](mailto:csc.caredirect@devon.gov.uk).
- ▶ See **contacts page** for further support.
- ▶ Call the Police (**999**) if you are in imminent danger.

## Safe and Supportive Relationship Quiz

Take our quiz and see if you are in a safe and supportive relationship or if things need to change.

1. Does he/she check up on you and want to know where you are at all times, checking your phone/social media?  
 Often     Sometimes     Rarely     Never
2. Does he/she call you nasty/obscene names?  
 Often     Sometimes     Rarely     Never
3. Does he/she try to keep you from seeing family or friends or make them (or you) feel uncomfortable if they visit?  
 Often     Sometimes     Rarely     Never
4. Does he/she control your money so that you have to account for every penny and/or beg him/her for it, or ask for/take your money without permission?  
 Often     Sometimes     Rarely     Never
5. Does he/she have dramatic mood swings that put you on edge?  
 Often     Sometimes     Rarely     Never
6. Does he/she tell you that you are stupid, lazy, ugly, a bad cook, useless, unappreciative or use anything else to put you down?  
 Often     Sometimes     Rarely     Never



7. Does he/she try to make you have sex when you don't want to, and/or force or pressure you to commit sexual acts that you are not comfortable with or consider unnatural?

Often     Sometimes     Rarely     Never

8. Does he/she ever push you, shove you or restrain you in any way to prevent you from leaving a room and/or lock you in a room?

Often     Sometimes     Rarely     Never

9. Does he/she ever pull your hair, slap, punch, kick, bite, pinch, choke or burn you?

Often     Sometimes     Rarely     Never

10. Does he/she neglect you when you are sick or in need of medical attention, or force you to seek unwanted medical help?

Often     Sometimes     Rarely     Never

## Results:

### All Nevers

Good news - you appear to be in a healthy relationship. Equality and trust is strong in your relationship.

### Mostly Oftens

Seek help - this sounds a very unhealthy relationship and you may want support to end it. Please call the [Splitz Help Desk](tel:0345 155 1074) on **0345 155 1074** if you want to talk about it.

If you are in immediate danger **call 999**. If it is difficult to access support as you are rarely on your own to speak freely, tell your doctor and they can arrange for specialist support at the GP surgery.

### Combination of answers

If you are saying yes to lots of different options, you may feel that sometimes your relationship makes you feel sad or depressed because it is not quite right. If you want to talk about this to feel happier and safer in your home. Please call the [Splitz Help Desk](tel:0345 155 1074) on **0345 155 1074** if you want further support.

Splitz Support Service is here to support you to make informed choices and decisions to keep you and your family safe, whether you wish to stay together or apart.

## Case Study

86-year-old Pam has been married to 81-year-old Derek for 60 years and they lived together in a rural part of Devon. They have three grown up children, who have their own families.

Derek has deteriorating dementia, and his behaviour towards Pam had become more violent and aggressive. Pam always made excuses for Derek's behaviour - she worried about getting him into trouble and blamed herself for not being able to cope. Therefore, no-one knew how bad things had become in the home.

One evening, as a result of Derek's violence, Pam attended the hospital having suffered a head injury, due to Derek pushing her out of bed. Pam was admitted over-night, which allowed time for Pam to speak honestly and freely about what happened, without Derek being there. He had become so controlling, it was difficult for Pam to access support even if she wanted to.

The hospital safeguarding team were informed of Pam's disclosures, and Pam was offered help by a Splitz support worker in the hospital. After talking things through with the worker, Pam recognised she was no longer able to take care of Derek. Pam could see that the risks of further harm and risks to her life meant that she was not safe to return home to live with Derek.

With support, Pam chose to move into supported living accommodation, when discharged from hospital. Pam wished that she had told someone how bad things were long ago, because now she feels happy and safe.


Pam also feels reassured that Derek's care and support needs are being met and he continues to live in the family home.

## Safety Plan Checklist

Have you..?		Our Advice
Have you got a professional that you can trust to talk to if you are feeling unsafe at home?	<input type="checkbox"/> <b>Yes</b> <input type="checkbox"/> <b>No</b>	Tell your GP. Tell a professional if you are staying in hospital that you need help. Professional appointments may be the only times you can access support safely.
Have you contacted your local domestic abuse support service?	<input type="checkbox"/> <b>Yes</b> <input type="checkbox"/> <b>No</b>	Independent Domestic Violence Advisors (IDVAs) can provide confidential and trusted support whether you want to continue or leave your relationship. They can help you access other specialist support you may need to keep you and your family safe (see Splitz on pages 33-36).
Have you contacted a Solicitor to find out your rights?	<input type="checkbox"/> <b>Yes</b> <input type="checkbox"/> <b>No</b>	Many solicitors provide half an hour free legal advice - it may include advice regarding your rights to control your money, or advice to separate/divorce and obtain protective orders.
Have you got somewhere safe to go if you do not feel safe at home?	<input type="checkbox"/> <b>Yes</b> <input type="checkbox"/> <b>No</b>	Your Local Housing Authority can help you find somewhere safe to stay, or you may get respite by staying with a family member/friend until making a decision about your relationship.
Have you contacted the police if you are planning to leave your relationship?	<input type="checkbox"/> <b>Yes</b> <input type="checkbox"/> <b>No</b>	You may get reported missing by your partner/family member - the Police will not tell them where you are but will inform them that you are safe and well.

## Safety Plan

Take these steps to keep safe:

- ▶ **Call 999** in an emergency, if you are fearful of aggressive behaviour from your partner/family member
- ▶ If you call 999 and cannot speak - **press 55** when the call connects so the Police can hear what is going on (Silent Solutions)
- ▶ **Call 101** to report a non-urgent crime, for example, harassment or a history of abuse
- ▶ **Keep your mobile phone charged** and with you at all times
- ▶ **Keep important and emergency phone numbers** with you
- ▶ **Keep some money** on you at all times (you may need transport to somewhere safe)
- ▶ Think of **trusted neighbours or friends** who you could ask for help in an emergency, or tell them to call the Police if they hear raised voices
- ▶ If you think you are at risk of violence, **avoid the kitchen** where there are knives and other rooms where you might become trapped - try to stay near to the way out or the phone
- ▶ **Locate the safest room** in the house to call for help (often the bathroom as it has a lock on the door)
- ▶ Consider downloading the **Hollie Guard app** - provides emergency contacts in your area and can help to keep you safe if you are concerned about stalking. See [hollieguard.com](http://hollieguard.com) 
- ▶ If you have a **house/personal alarm** you can press this in an emergency
- ▶ Consider creating a '**code word**' you could say to professionals to alert them to you needing help. Discuss this with the person so they are aware
- ▶ Consider keeping a log or journal of incidents as you may need this later for evidence, reporting, or court. Ensure you keep this journal in a safe place that cannot be found by the person you are at risk from

## Emergency Bag Checklist

If you are able to gather and store important items here is a list of useful items to take with you.

- Passport or ID Card
- Birth Certificate
- Marriage Certificate
- Medication/prescriptions
- Any solicitors or legal letters - Power of Attorney
- Mobile phone and charger
- Proof of ownership/tenancy agreement
- Car keys/driving licence
- Clothes/toiletries
- Medical aids
- Bank statements
- House keys
- Any benefit letters

Add any valuables/items too precious to leave (e.g. photos/jewellery)

- .....
- .....
- .....

## After Leaving

Do what is best for you to be safe and happy

1. Turn off the location settings on your phone
2. Do not use your bank card near where you are staying unless you are sure no-one else has access to your account
3. Change all of the passwords to your accounts - bank/ social media/email

## Feeling Safe

If you do not feel safe, options are available to you - regardless of your situation regarding finances/housing/wanting to remain or leave the relationship, or if there are any co-dependency care and support needs.

### Housing

Whether you jointly own your own home, have a shared tenancy or have a home adapted specifically to your needs (or the needs of your partner/ family member) - you will always have choices to ensure your safety and well-being. This could be accessing support to feel safer in your own home, or access to alternative safe accommodation.

### Leaving your home

You can call or visit your local district council and they may have a legal duty to provide you with alternative accommodation.

Options that may be available to you in an emergency are:

- ▶ **Temporary accommodation** - depending on the decision your Local Housing Authority come to they may offer you temporary accommodation which could be in a Bed & Breakfast.
- ▶ **Refuge** - there are safe houses all over the country providing temporary accommodation and support for males or females (and their children).
- ▶ **Places of safety** - temporary accommodation in the community ranging from flats to houses (all fully furnished with new bedding and towels) providing specialist support from Independent Domestic Violence Advisors (IDVAs) from Splitz.

Options that may be available to you for a planned move are:

- ▶ **Private rent** - depending on your financial situation Housing may be able to offer you rent/deposit in advance for a private rental property.
- ▶ **Registering for independent accommodation** through Devon Home Choice

Supported accommodation for elderly/those with care and support needs may be sought immediately or can be considered for a planned move.

**See our contacts on page 36 for your Local Housing Authority.**

## Feeling Safe

### Staying safe in your home

If you are feeling in immediate danger - call the Police on 999. They can arrest and remove the person who is putting you at risk. Depending on the circumstances they can release this person with bail conditions (with restrictions similar to a non-molestation order). Or, if considered that they will pose too much risk if released, they can apply to the Court to remand the abuser in custody until a Court hearing.

The Police can also prevent the person placing you at risk from returning home by:

- ▶ Issuing a **Domestic Violence Protection Notice** (DVPN) - this may be issued by an authorised Police Superintendent. This can prevent a suspected perpetrator of abuse from returning to a victim's home and/or contacting the victim for a limited time.
- ▶ Following the issue of the DVPN the Police apply to court for a **Domestic Violence Prevention Order** (DVPO). If the required conditions are met the DVPO will be granted. This will allow you the time to make choices and decisions about whether you want to stay together or separate from your abuser/s with the option of accessing specialist support available from Splitz and/or other specialist services.
- ▶ You may wish to seek **additional security** for your home - the Police and your housing provider may be able to help with this.

## Legal Advice

If you are feeling unsafe and want to prevent a partner/family member from treating you badly in any way, you can seek legal advice as you may be eligible to apply for protective orders.

Many solicitors will provide half an hour of free advice. You may also qualify for Legal Aid which will help to meet the costs of legal support, depending on your financial situation.

If you are not eligible for Legal Aid there is still free support available via Splitz or Support Through Court (see contacts page).

### Protective Orders Available:

#### Civil Court Orders:

##### Non-Molestation Order:

- ▶ Prevents the abusive person from contacting you directly or indirectly.
- ▶ Stops the abusive person 'associated' with the victim, from using or threatening violence against you, or intimidating, harassing or pestering you (to include your children).
- ▶ The duration of a Non-Molestation Order can vary, depending on the individual circumstances. Normally they last for 12 months, but can last for longer.

##### Occupation Order:

- ▶ Regulates who can live in the home or can enter the surrounding area.
- ▶ The person placing you at risk of harm can be forced to leave the home (often given some notice) and will then not be permitted to return.
- ▶ Obtained through the civil court.



## Criminal Court Orders:

### Restraining Order:

- ▶ Obtained through the criminal court if the person who has placed you at risk has been arrested, charged and found guilty of an offence against you. The Police would request this at the sentencing hearing and it is used in the same way as a Non-Molestation Order.

### Bail Conditions:

When someone accused of a crime has been released, they are allowed to return home until the court hearing date. There will be bail conditions in place, such as not contacting the victim or attending certain addresses.

These orders are only effective if you report any breaches to the Police. Consequences can include a custodial sentence for the person who has breached them.

## Worried About Finances?

Having little or no control over finances or being forced to have total control of the finances can be unhealthy. Economic issues can create instability, fear, and loss of control.

### Economic issues can arise from:

- ▶ Joint home ownership
- ▶ Joint accounts/assets
- ▶ Joint benefit claims
- ▶ Workplace Pensions
- ▶ Partner or family member having sole control of all finances
- ▶ Separation of assets - legal advice/divorce/freezing assets/declaration of interest
- ▶ Regaining control of finances - having direct access to benefits/earnings/pensions

### Benefits you may be eligible for:

- ▶ Universal Credit - 6 benefits into 1 including: Job seekers allowance/tax credits/housing benefit/income support/child tax credits/employment and support allowance
- ▶ State Pension
- ▶ Pension Credit
- ▶ Carers Allowance
- ▶ Disability Allowance
- ▶ Personal Independence Plan (PIP)

### Debts:

Being in debt is not the black hole it can seem. There may be various options, including payment plans/debt management plan/debt relief order.

If you find yourself in debt seek advice immediately.



### Power of Attorney:

A legal document that allows someone to act or make decisions on your behalf, regarding your financial affairs and/or your health and care, if you no longer can.

If your partner/family member has Power of Attorney over you and is not acting in your best interests, make sure you tell someone - support is available from Adult Social Care.

### Wills:

Document outlining what will happen to your money/property/possessions/investments when you pass away.

Having a will is very important - it is also important that the decisions you make are not made under duress or forced by another.

Finances can seem like a minefield but they do not have to be.

Seek advice and support as soon as possible - the sooner the better. Support is always available - see contact list for further information.



## Who to Contact:

### Splitz Support Service

(Devon's commissioned Service for domestic violence and abuse):

Telephone: **0345 155 1074** email: [admin.devon@splitz.org](mailto:admin.devon@splitz.org)  
[www.splitz.org/devon](http://www.splitz.org/devon)

Support and advice for female and male victims of domestic abuse.

### Devon Care Direct (Adult Social Care):

Telephone: **0345 155 1007** email: [csc.caredirect@devon.gov.uk](mailto:csc.caredirect@devon.gov.uk)  
[www.devon.gov.uk/care-and-health/adults/help-to-stay-living-at-home](http://www.devon.gov.uk/care-and-health/adults/help-to-stay-living-at-home)

Social care support with personal care and equipment and concerns about yourself or someone else.

### Devon Carers:

Telephone: **03456 434 435** email: [info@devoncarers.org.uk](mailto:info@devoncarers.org.uk)  
[devoncarers.org.uk](http://devoncarers.org.uk)

Carry out an assessment of need for carers. Free service. Offering training/information/practical and emotional support/local groups and help you balance your own needs.

### Alzheimer's Society:

Telephone: **0330 333 0804**  
[www.alzheimers.org.uk](http://www.alzheimers.org.uk)

Support around daily living/legal issues/care/staying independent. Offering support face to face/phone/online. Group services also available. Find your local support.

### Age UK:

Telephone: **0800 678 1602** or **0800 169 6565**  
email: [contactageuk@ageuk.org.uk](mailto:contactageuk@ageuk.org.uk) [www.ageuk.org.uk/devon](http://www.ageuk.org.uk/devon)

Advice and support for anyone age 50+, including matters such as money/legal/care/health and well-being/travel and hobbies/work and learning.

### Together Drug & Alcohol Service:

Telephone: **0800 233 5444**

[www.edp.org.uk/together-drug-alcohol-service](http://www.edp.org.uk/together-drug-alcohol-service)

Support is available for anyone who recognises they have developed a dependency on drugs and/or alcohol.

### Mental Health Support:

- ▶ Contact your **local GP** who will put you in touch with specialist services.
- ▶ Contact the **Samaritans for free on 116 123** if you need to talk to someone urgently.

### Citizens Advice Bureau:

Telephone: **03444 111 444** [www.cabdevon.gov.uk](http://www.cabdevon.gov.uk)

Free advice and support regarding benefits/debts/housing/financial and legal issues. You can either drop in to your local office or call.

### Department for Work and Pensions (DWP):

Telephone: **0845 604 3719**

[www.gov.uk/government/organisations/department-for-work-pensions/about](http://www.gov.uk/government/organisations/department-for-work-pensions/about)

Responsible for State Pension and a range of working age, disability and ill health benefits.

### Support Through Court:

Telephone: **07542 856630** or **0139 241 5335**

email: [exeter@supportthroughcourt.org](mailto:exeter@supportthroughcourt.org)

[www.supportthroughcourt.org](http://www.supportthroughcourt.org)

Charity providing free support through the court process, including help completing forms, attending court with you, making notes and understanding the next steps. Assisting people to represent themselves at court.

### Devon Rape Crisis and Sexual Abuse Services

Telephone: **01392 204174** email: [support@devonrapecrisis.org.uk](mailto:support@devonrapecrisis.org.uk)

[www.devonrapecrisis.org.uk](http://www.devonrapecrisis.org.uk)

Support for survivors of sexual abuse/rape over age 13, as well as limited support for families/friends/partners of the survivors.

### Intercom Trust (LGBT+)

Telephone: **0800 612 3010** email: [helpline@intercomtrust.org.uk](mailto:helpline@intercomtrust.org.uk)

[www.intercomtrust.org.uk/help](http://www.intercomtrust.org.uk/help)

This is a lesbian, gay, bisexual and trans+ charity working across Cornwall, Devon, Dorset and the wider South West, providing support and advocacy for individuals and their families.

### Police:

- ▶ **Call 999** if in immediate danger or an emergency. Press 55 when the call connects if unable to speak.
- ▶ **Call 101** in a non-emergency or to report an incident that has already happened - you can also report on-line by going to: [www.devon-cornwall.police.uk/contact](http://www.devon-cornwall.police.uk/contact)



## If You Need Housing Advice

### Local District Councils (Local Housing Authorities):

Housing options support, including temporary accommodation/Devon Home Choice bidding/alternative options (depending on eligibility). Councils also provide support around Housing Benefit.

Find your local council by entering your post code into this website:

[www.gov.uk/find-local-council](http://www.gov.uk/find-local-council)

#### Exeter Council:

Telephone: **01392 265726**

email: [housing.advice@exeter.gov.uk](mailto:housing.advice@exeter.gov.uk)

#### East Devon District Council:

Telephone: **01404 515616**

email: [csc@eastdevon.gov.uk](mailto:csc@eastdevon.gov.uk)

#### Mid Devon District Council:

Telephone: **01884 255255**

email: [homeless@middevon.gov.uk](mailto:homeless@middevon.gov.uk)

#### South Hams and West Devon Councils:

Telephone: **01803 861234**

email: [sw-housing.advice@swdevon.gov.uk](mailto:sw-housing.advice@swdevon.gov.uk)

#### Teignbridge District Council:

Telephone: **01626 361101**

email: [housingoptions@teignbridge.gov.uk](mailto:housingoptions@teignbridge.gov.uk)

#### North Devon District Council:

Telephone: **01271 327711**

email: [customerservices@northdevon.gov.uk](mailto:customerservices@northdevon.gov.uk)

#### Torrige District Council:

Telephone: **01237 428700**

email: [housing.options@torridge.gov.uk](mailto:housing.options@torridge.gov.uk)

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Notes:

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South Devon and Dartmoor Community Safety Partnership





## Splitz Support Service

### Registered Office:

Oak House, Epsom Square,  
White Horse Business Park, Trowbridge  
Wiltshire BA14 0XG

Tel: 01225 777724

### Local Office:

1st Floor, Buckland House, Pavilion 3  
Park 5 Business Centre, Harrier Way, Exeter  
Devon EX2 7HU

Tel: 0345 155 1074 | Fax: 01392 368071

Enquiries: [admin.devon@splitz.org](mailto:admin.devon@splitz.org) | Referrals: [referrals.devon@splitz.org.cjsm.net](mailto:referrals.devon@splitz.org.cjsm.net)

[www.splitz.org](http://www.splitz.org)

Charity number: 1064764



Splitz Support Service does its utmost to ensure that all information is based upon accurate research and our wealth of experience.

We urge users to determine the suitability of the information for individual requirements.

Please feel free to contact our fully trained and experienced staff, who are able to advise you. Splitz Support Service 2018©