**Information Sheet for the Domestic Abuse/Violence Resource Checklist**

For all information/links please visit:

[Domestic violence | The London Borough Of Havering](https://www.havering.gov.uk/info/20096/community/550/domestic_violence)

* **CADDA RIC Assessment – Blank Copy**



* **Safety planning guidance**



* **National Domestic Violence Helpline**

08082000247 - The free 24 hour service is run in partnership by Women's Aid and Refuge. For Women in need of an emergency refuge

* **Men’s Advice Line**

08088010327 or 1823334244 – for men experiencing Domestic Abuse

* **The London LGBT Domestic Abuse Partnership (DSP)**

03009995428 or 08009995428 – Open to all LGBTQ+ persons living in London who are experiencing domestic abuse or violence

**Havering Women's Aid - 01708 728759**

Havering Women's Aid are an organisation based in Havering that offer floating support to both men or women affected by domestic abuse and violence. Support is available to people aged 16 plus who are resident of Havering. Support includes safety planning with agreed outcomes, specialist information and advice, access to their one-to-one counselling, and group courses such as the Freedom Programme.

**Victim Support Pan London IDVA Service - 0808 168 9291**

Independent Domestic Violence Advocates (IDVA) at Victim Support offer support to men and women with advice, information, and advocacy. They also help with legal remedies, assistance with housing or finding refuge, and onward referral to other services. The PAN London IDVA’s are based at Romford Police Station and will be supporting the Borough Command Unit (BCU) with victim’s coming through the Criminal Justice System.

**MENDAS - 01708 397 974**

Men’s Domestic Abuse Service (MENDAS) are based in Havering and offer support to male victims of domestic abuse and violence. They assist by providing emotional and practical help, advice and information, advocacy support, help to access specialist support, and one-to-one counselling.

**East London Rape Crisis Centre (Nia) -  020 7683 1210 / 0800 160 1036**

If you are a victim of rape, sexual abuse or violence contact the East London Rape Crisis Centre for free, confidential advice, and support. They offer specialist help to women and girls over the age of 14, which includes emotional and practical support, one-to-one counselling, group support, and advocacy.

**Solace Women’s Aid - 0808 802 5565**

Solace Women’s Aid provide specialist domestic abuse and sexual abuse counselling services to women and children, which includes an assessment. They also provide Women’s Support Groups for women and girls from 16 years old, who are survivors of or are experiencing domestic abuse or sexual violence.

**Ashiana Network - 020 8539 0427**

Ashiana Network are a specialist organisation supporting Black and Ethnic Minority (BME) women, particularly from South Asian, Turkish, and Middle Eastern background who are experiencing domestic abuse and violence. They offer one-to-one counselling, education and prevention, support groups, advocacy, specialist and immigration advice, as well as refuge.

**Women’s Trust - 020 7034 0303**

Woman’s Trust is a specialist mental health charity, empowering women to overcome the psychological effects of domestic abuse, providing free counselling and therapy, including crisis counselling for those requiring immediate support. They also offer self-development workshops and support groups to build relationships and social circles.

**GALOP - 020 7704 2040**

LGBT+ victims of domestic abuse and violence can contact GALOP who provide confidential advice and support to members of the LGBT+ community who have experienced homophobia/biphobia/transphobia, sexual violence, or domestic abuse.

**Deaf Hope - 020 8772 3241**

Deaf victims of domestic abuse can receive advocacy and outreach support via an Independent domestic violence advocate who works with high risk clients. Outreach workers can meet victims in the community to offer on-going support. They also offer Survivor workshops as well as a Children and Families worker.

**Survivors UK - 020 3598 3898**

A sexual violence support service for those identifying as male, transgender, non-binary, has identified as male in the past, or anyone who feels that the service is a right fit for them.

**Respect - 0808 802 4040**

A confidential helpline for perpetrators of domestic abuse and violence looking for help to stop. They help male and female perpetrators, in heterosexual or same-sex relationships. They also support partners or ex-partners of perpetrators, as well as concerned friends and family members.

**Karma Nirvana – 0800 5999247**

National Helpline that provides advice and information to victims of honour based violence and forced marriage.

**London Violence Against Women and Girls (VAWG)**

The London Violence Against Women and Girls (VAWG) Consortium is made up of 29 organisations working in partnership to deliver comprehensive, cost effective, high quality services to all communities across London. This innovative partnership strengthens referral pathways across organisations and identifies trends and emerging needs.

You can also find local support to suit your circumstances through the [Domestic Abuse Champions Network](https://reducingtherisk.org.uk/)**.**

**MARAC**

The MARAC is a multi-agency meeting for professionals, where domestic abuse victims who have been identified as high risk of serious harm or homicide are referred to.

The MARAC is attended by representatives from a range of agencies including police, child protection, housing, Independent Domestic Violence Advisors (IDVAs), probation, mental health, North East London Foundation Trust (NELFT), substance misuse and many other specialists from the statutory and voluntary sectors.

[No RRC MARAC Referral - Referrer details - Section 1 - Havering Online Forms (achieveservice.com)](https://havering-self.achieveservice.com/service/No_RRC_MARAC_Referral?portal_prefillurl=https%3a%2f%2fmy.havering.gov.uk%2fFFPrepopulation.ashx%3fkey%3d557dd4be-63bb-4a15-ad3a-5dce4a7181a23b23aafa-d690-4b45-93a9-662c2becaacd#Referrer-details)