



POLICE CONNECT
Keeping you informed, keeping your community safe

Norfolk Constabulary wants to reassure victims and survivors of domestic abuse that they do not need to suffer in silence during this challenging time as the county tackles coronavirus.

The force is aware that social isolation can have a serious impact on victims, including children, who could be locked in with an abuser. We want victims and survivors to know they are not alone and that we are here to help support you.

As pressures increase around finances, jobs, school closures and more people working from home, we know that stress can escalate. A lack of contact with family and friends outside the home can also cause tensions and add to the possibility of abuse within the home.

Temporary Detective Superintendent Andy Coller, head of safeguarding at Norfolk Constabulary, said: "We realise that the challenges we currently face mean those who are vulnerable, such as victims of domestic abuse, whether children or adults, are more likely to be at risk during self-isolation. Norfolk Constabulary wants to reassure those who are victims, that you should not suffer in silence and alone, we are here to help you.

"A home can be more like prison for those living or sharing one with an abuser. If you are in immediate danger, or you know someone else who is, you should still call 999 or call one of the organisations and charities we have listed on our website.

"This is a particularly stressful time for those locked into an abusive situation and stress levels can be high. Our message to abusers is that your behaviour will not be excused, we take domestic abuse very seriously and will be dealing with incidents robustly."

Norfolk's Police and Crime Commissioner (PCC), Lorne Green, said: "I would like to reassure victims and survivors of domestic abuse that my team has been, and continues to work tirelessly with our commissioned services to ensure the right help and support is out there.

"Supporting victims and reducing vulnerability is one of my absolute key priorities as Norfolk's Police and Crime Commissioner and now is a time more than ever when we must work together to continue to give a voice to the women, men and children in our county who have been or continue to be affected by this crime.

"My message to those who feel isolated and alone is simply, you are not. Whatever the situation, you do not need to live with the heartache, the pain or the trauma that you are suffering. Life can be better and there are people there to offer you support."

If you are in immediate danger you should still call 999. Police 101 is the non-emergency number. Some charities and organisations will also be offering support over the telephone or online, please see the list on our website if you need to contact someone for support or advice: <https://www.norfolk.police.uk/advice/assault-abuse-threats/domestic-abuse>

Silent Solution

The Silent Solution system helps filter out accidental or hoax 999 calls from those who need genuine police assistance.

If speaking or making an immediate sound would put you in danger and you need immediate help, call 999 and stay on the line, then press 55 when prompted and the call will be transferred to the police, who will know it is an emergency call.

Follow our Norfolk Constabulary account on Facebook and @NorfolkPolice for our domestic violence messages under #youarenotalone

Helpful contact details (please check websites for updates to services):

Norfolk services:

Leeway: 0300 561 0077 **Email:** referrals@leewaynwa.org.uk

Covers: Norwich, Broadland, Breckland, West Norfolk

<https://www.leewaysupport.org/>

Spurgeons (Norwich Connect): 01603 628122 **Email:** norwichconnect@spurgeons.org

Covers: Norwich

<https://www.spurgeons.org/what-we-do/norwich-connect>

Orwell (Haven Project): 0845 4674876/ 01508 533933

Covers: South Norfolk

<https://www.south-norfolk.gov.uk/residents/south-norfolk-help-hub>

Norfolk and Suffolk Victim Care: 0300 303 3706 Email: nsvictimcare@victimsupport.org.uk

Covers: Norfolk

<https://www.nsvictimcare.org/contact-us/>

SARC – Sexual Assault Referral Centre – The Harbour Centre: 01603 276381 (24/7)

Email: contact@theharbourcentre.co.uk

Covers: Norfolk

<https://www.theharbourcentre.co.uk/>

Daisy Programme: 01953880903 Email: help@daisyprogramme.org.uk

Covers: Breckland

Pandora: (contact online)

Covers: West Norfolk, North Norfolk

<https://www.pandoraproject.org.uk/>

Sue Lambert Trust: 01603 622406 **Email:** info@suelamberttrust.org

Covers: Norfolk

<https://www.suelambertrust.org/>

Norfolk Community Law Service: 01603 496623 Email: info@ncls.co.uk

Covers: Norfolk

<https://www.ncls.co.uk/>

4 Women's Centre: 0300 131 7983 Email: 4womenreception@homegroup.org.uk

Covers: Wensum, Coast and Boards

<https://www.homegroup.org.uk/4women>

Additional national helplines and services:

Women's Aid - 24hr National Domestic Abuse Helpline – **0808 2000 247** or www.nationaldahelpline.org.uk/Contact-us.

Website: <https://www.womensaid.org.uk/information-support/>

Refuge - National Domestic Abuse Helpline on **0808 2000 247** or contact the helpline via Refuge's contact form at www.nationaldahelpline.org.uk. Website: <https://www.refuge.org.uk/>

GALOP (LBGT): 0800 999 5428
<http://www.galop.org.uk/>

Mankind Initiative (Male Victims): 01823 334244
<https://www.mankind.org.uk/>

Respect (working with abusers to change their behaviour and male victims of domestic abuse):
020 3559 6650
<http://respect.uk.net/>