



Rising Sun
Domestic Violence
& Abuse Service

EASY READ

Oct 2017

Introduction

This booklet will tell you about the support you can get if bad things are happening to you by your partner or your family.



It is about an organisation called Rising Sun Domestic Violence & Abuse Service. They work with people who have been hurt by their partners or family. They have lots of experience that can help you if you need it.



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This easy read booklet will tell you how they can help you.

Sometimes it can be difficult to talk to big organisations and people you don't know very well.



Especially if it's things that are hard to talk about.

There are people who can help you with this. At the back of this book, there are details of who can help you speak to Rising Sun if you want more support with this.



About Rising Sun

Rising Sun helps women, children and young people who have been hurt by their partner or by family members.



Rising Sun help people in Ashford, Canterbury and Shepway districts.



Rising Sun help people if the abuse is happening now or if it happened In the past.



It can feel very frightening and difficult if bad things are happening to you by someone you know.



Rising Sun staff are trained to support you with this.

Rising Sun have a helpline you can call to talk about what's happening.



If you are worried about what is happening with your boyfriend, girlfriend or family, **Call Rising Sun on 01227 452852**



This helpline is answered by women who are trained to support you.



They will help you decide what you want to do and help you make safe choices.



If you want to stay in your relationship but are worried about how to keep safe, Rising Sun can help you think about this.



You might want to leave your partner but you may be frightened about what might happen and how you would keep yourself or children safe.



Whatever choice you make, to stay or to leave, Rising Sun can provide support and help you keep you safe.



You can stay in contact with Rising Sun by phone or you can see a support worker in a safe place.



If you are very scared and frightened about what your partner or family might do to you, you can get extra support from a special worker who will help you keep safe.



You can also call the helpline for general information and advice so you don't need to be in a crisis situation to call Rising Sun.



If you are in danger, Rising Sun can help you find a safe place to live. This is called a refuge.



A refuge is a secret place you can live safely. Usually you have to share the kitchen, lounge and bathrooms with the other women in the refuge.



There are staff that help people in the refuge, so you will get support with what you need.



Rising Sun can also help you get an appointment with a solicitor.



A solicitor is someone who can give advice that is to do with the law and your rights. They may help with things like child contact, divorce and injunctions.



Injunctions are rules set by the courts and the police which tell someone what they are allowed or not allowed to do.



It can be difficult if bad things have happened to you. This can make you feel upset and angry. Sometimes it can make you feel bad about yourself.



Rising Sun can help you to try and feel better and healthier. They can try and make you feel better about yourself.



Rising Sun can help you with what has been happening. A worker might help you with housing, work and other things. They will listen to you and take your worries seriously.



Rising Sun has a drop in group you can go to. This is a safe place with other women who have also been hurt.



You can get support and talk to others about what has happened.

You can go to the Drop-in groups whenever you want to.

You need to speak to the support worker at Rising Sun to find out more.



Rising Sun also have other types of groups and can help you find counselling.

Counselling is about talking to someone about how you feel.



Am I in an abusive relationship?

It might be confusing or difficult to know when someone is treating you badly.



Here is a list of questions that can help you work out if someone is treating you badly. You can ask someone to help you with this.



1. Has tried to stop you from seeing your friends or family?



Yes



No



2. Has..... tried to stop you from going to college, day centre or to work?



Yes



No



3. Does..... constantly check up on you or follow you?



Yes



No



4. Does..... blame you for flirting or having affairs with others?



Yes



No



5. Does..... tease you, make fun of you and tell you that you do the wrong things in front of other people?



Yes



No



6. Are you ever afraid of?



Yes



No



7. Have you ever changed your behaviour because you are afraid of what might do or say to you?



Yes



No



8. Has ever destroyed or broken any of your things on purpose?

Yes



No



9. Hasever hurt or threatened you or your children?

Yes



No



10. Has..... ever kept your money so you haven't been able to buy food and other things you need for yourself and your children?

Yes



No

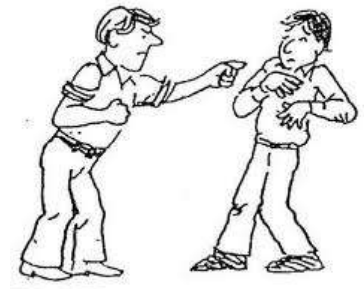


11. Has.....ever forced you to do something that you really did not want to do?

Yes



No



12. Has.....ever tried to stop you from taking your medication, or from going to any medical appointments?

Yes



No



13. Has..... ever tried to scare you by saying that you may have to go back to the country you came from because you aren't allowed to stay in this country?



Yes



No



14. Has.....ever threatened to take your children away, or said he / she would refuse to let you take them?



Yes



No



15. Has.....ever forced you to have sex with them or with other people? Has he/she made you do sexual things that you don't like?



Yes



No



16. Has..... ever tried to stop you from leaving the house?

Yes



No



17. Does.....blame alcohol or drugs for behaving badly?

Yes



No



18. Does.....control your use of alcohol or drugs?

Yes



No



19. Has..... forced you to marry someone you didn't want to marry?
Has this ever happened?



Yes



No



If you said yes to any of the questions, it is possible that you could be in an abusive relationship.

You are not on your own. Tell someone. Call Rising Sun on 01227 452852 to talk through your options.

Visit www.risingsunkent.com

People who can help you speak to Rising Sun

Your social worker
or support worker



Or you can speak to Rising Sun
yourself by calling them on 01227
452852



You can ask a friend or family member to help you



You can speak to your doctor or other health professional



You can speak to someone you trust and feel safe with

