

- Keep a record of any attempted contact by the perpetrator in order to show to the police.
- Try to alter your routines where possible to prevent any harassment. For example if you have a regular GP appointment, change the time so that the perpetrator cannot follow you.
- If you have children, ensure that their school/nursery/child minder is aware of who is supposed to collect them from school.
- Consider telling a trusted person at work in case the perpetrator tries to track you there.
- Use safe routes whilst travelling anywhere and where possible, try not to be alone. For example take a friend or family member shopping with you.
- If you've had to move because of the abuse, ensure that your new address is not added to any Court papers, school letters etc.

- Consider calling your local Fire Brigade who may be able to install smoke alarms and fire proof letter box covers in case there have been threats of arson.

Useful Contacts

- Womens Aid 0808 2000 247
- Men's Advice Line 0808 801 0327
- Police enquiries non-emergency number 101
- Broken Rainbow 0800 999 5428
- Victim Support Cumbria 0845 456 8800



SAFETY PLAN

North Cumbria 01228 633640

South Cumbria 01229 582386

West Cumbria 01900 842991

Lancashire - 01524 846058

In an emergency, please call 999



Why have a safety plan?

The abuse that you are suffering is by no means your fault, and it is difficult to predict when an incident of abuse will happen. However there are a number of things that you can do to help reduce the risk to yourself and your family when such an occasion occurs.

Having a safety plan means that you are prepared in an emergency and that if you have children, they are prepared as well.

Planning for an Emergency

- Have a bag of spare clothing, and toiletries stored safely with a family member or friend.
- If you have children, DO NOT tell them that you might have to leave. Children may tell your partner. If you do have to leave quickly, remain very calm and perhaps tell them you are going on an adventure or a sleepover so that they don't get frightened.

- There could be people in your community who are willing to keep you safe in an emergency. However, only confide in people that you can trust.
- A trusted neighbour may be able to report to police if they hear a disturbance at your property.
- Saving a small amount of money each week could help towards a taxi fare or a room should you need to vacate your home in an emergency.
- Important documents and information may be needed if you have to apply for alternative accommodation, benefits, or to open bank accounts. Leave this information in a safe place so that it can be collected in an emergency, such as with a friend or family member.
- Arrange a code word so that a family member or friend knows to call the police in an emergency.
- Plan somewhere you could stay in an emergency, either with family or friends, or if you have enough money set aside, a cheap hotel room. Plan how you would get there.

If an Incident Occurs

- Trust your instincts. Leave before an incident gets worse.
- If you are in the house, try to stay in a room with access to an exit and not in a locked bedroom/bathroom/upstairs room.
- Call 999 or use your code word with a friend or family member.
- Leave as soon as it is safe to do so.

If Perpetrator has already left the home

- Ensure that all windows and doors are locked to prevent access by the perpetrator.
- If in rented accommodation, contact landlord to see whether they can arrange for locks to be changed if perpetrator has a key.
- Keep mobile phones charged and topped up with credit in case you need to call the police in an emergency.