

Getting Help and Advice

This is perhaps the most important thing that you can do.

In an emergency, call 999

Domestic violence is treated very seriously by the police, and they will take action to protect you.

There are many people and organisations you can turn to if you are suffering from domestic violence.

Your GP can direct you to groups that work with victims of abuse.

Essex Police

Domestic Violence Liaison Officer
(Caroline Cudby/ Nicky Pain)

Southend Police Station, Victoria Avenue.

Telephone: 01702 423151

Essex Police non emergency.
Telephone: 0300 333 4444

Local Authority

Domestic Abuse Reduction
Officer Tracey Schneider.
Rochford District Council

Telephone: 07920 264610

Housing Advice and Homelessness Department

Rochford District Council
Telephone: 01702 318158

Basildon Women's Aid

Basildon Women's Aid offers temporary accommodation for women of all ages, races and cultures, with or without children. The charity can also give advice on welfare, housing and women's rights and has 10 counselors and a designated homeless officer on hand to help.

Telephone: 01268 581591
(24-hour emergency line)

E-mail:

enquiries@basildonwa.org

Website: **www.basildonwa.org/**

Victim Support Essex

Helpline: 0845 456 5995
(open Monday – Friday 8am to 8pm)

E-mail:

Essex@victimsupport.org.uk

Relate

Offers advice, relationship counseling, sex therapy, workshops, mediation, consultations and support face-to-face, by phone and through their website.

Helpline: 0300 100 1234

Website:

www.relate.org.uk/

English National Domestic Violence

Helpline: 0808 2000 247

Men's advice and enquiry line:
0808 801 0327

Broken Rainbow

A helpline for lesbian, gay, bisexual and transgender people experiencing domestic violence.

Helpline: 08452 60 44 60 (Open Monday 2pm to 8pm, Wednesday 10am to 1pm and Thursday 2 to 8pm)

Telephone: 08452 60 55 60

E-mail:

mail@broken-rainbow.org.uk

Website:

www.broken-rainbow.org.uk/

Action on Elder Abuse

Charity giving help and information about the abuse of older people including abuse by family members and partners

Telephone: 0800 808 8141

E-mail:

enquiries@elderabuse.org.uk

Website:

www.elderabuse.org.uk/

Childline

A free, 24-hour helpline for children in distress or danger.

Helpline: 0800 1111

Website: www.childline.org.uk/

Connexions

Provides 13 to 19-year-olds with information, support and advice on domestic violence and relationships.

Helpline: 0808 0013219

Website:

www.estconnexions.co.uk/

Citizen Advice Bureau

Rayleigh

Civic Suite, Hockley Road,
Rayleigh SS6 8EB

Rochford

Back Lane, Rochford SS4 1AY

Telephone for both:

0844 477 5773

If you would like this information in large print, Braille or another language please contact 01702 546366 Ext 3517



Rochford District Council

Council Offices South Street
Rochford Essex SS4 1BW

Telephone: 01702 546366

Facsimile: 01702 545737

Website: <http://www.rochford.gov.uk>

Domestic Abuse Reduction Officer,
Community Safety Team

01702 546366 Ext 3517

07920 264610