

What is domestic abuse?

Domestic abuse is caused by an intimate partner, ex-partner or a family member trying to gain control over you.

Domestic abuse can be perpetrated in all sorts of relationships including marriages, partnerships and between close family members. It can also continue after a relationship has ended. So-called honour-based abuse, Female Genital Mutilation and forced marriage are also considered to be types of domestic abuse.

If your current, ex-partner or family member makes you feel afraid, humiliated, calls you names, takes control of your finances, stops you from seeing friends or is violent towards you, they may be abusing you and you could be a victim of domestic abuse.

Domestic abuse impacts people from all walks of life including men as well as women, people in same-sex relationships, trans and non-binary people, older people, and people with a disability.

You are not to blame for the abuser's behaviour. Help and support is available.



Useful contact information



In an emergency, always dial 999



National Domestic Abuse Helpline Number
0808 2000 247



Police non-emergency number 101



Sheffield City Council Housing
0114 273 4855



Children's Social Care
01142 734 855



Adult Social Care
01142 734 908



Visit the IDAS website for information and advice
www.idas.org.uk



IDAS domestic abuse helpline, open seven days a week
0808 808 2241

Sanctuary Scheme

Helping you to stay safe in your own home.

The Sanctuary Scheme is a free service for anyone in Sheffield who is afraid of a current/ex-partner or family member and at risk of domestic abuse.

Security devices and equipment can be provided to help keep your home safe.

To find out more information, you can ask support services to discuss this with you. You can also contact Independent Domestic Abuse Services (IDAS)

idas.org.uk
safe lives, free from abuse and violence
IDAS (Independent Domestic Abuse Services) is a registered charity in England and Wales Number: 1102337. Company Number: 4984337



Visit www.idas.org.uk
Call us on 0808 808 2241.
Email us on info@idas.org.uk

Sanctuary Scheme

Helping you to stay safe in your own home.

We believe you should have the choice to stay in your own home if you wish to and it is safe to do so.

The Sanctuary Scheme can provide devices and equipment that can be fitted in your home to improve safety and security. The equipment provided will depend on your situation and what your home is like.

Examples may include, extra locks, security lighting, and window or door alarms.

Get help now.

If you would like help from the Sanctuary Scheme, you can ask support services to discuss this with you. They can explain the types of device or equipment that may be available to help keep you safe at home.

You can also contact IDAS for information and advice by phone on 0808 808 2241.

You can also email info@idas.org.uk.

IDAS has a website with lots of information and advice. www.idas.org.uk



Will I have to pay for anything?

The Sanctuary Scheme is free for anyone who is at risk of domestic abuse, living in Sheffield.

What security equipment can the scheme provide?

A support worker can explain the different equipment and devices that are available. They can include, extra locks, security lighting, and window or door alarms. The equipment provided will depend on your situation and what your home is like.

What happens if my home can't be made safe?

You can talk about the options that are most likely to keep you and your family safe. If it is not possible to make your home safe and secure, and there is a risk of serious injury or harm, this will be discussed with you and your options will be explained.

Support available to help keep you safe.

If you are afraid of an intimate partner, ex-partner, or a family member it can be difficult to know what to do or to imagine a life without the abuse.

You may be afraid to talk to anyone or seek help. To get help from the Sanctuary Scheme, you do not need to accept any ongoing domestic abuse support.

If you are worried about your safety and would like some support, a trained worker from IDAS (Independent Domestic Abuse Services) can listen, help you to make sense of what is happening, and talk you through keeping you and your family as safe as possible.

IDAS workers won't tell you what to do, they will explain your options and support you in your decisions. [You can also visit the IDAS website to find out more about keeping safe.](#)

IDAS can also talk to you about emergency court orders that can help to keep you safe.

Visit www.idas.org.uk
Call us on 0808 808 2241.
Email us on info@idas.org.uk