



# West Sussex Domestic Abuse Services

---

Abuse: Don't expect it. Don't accept it. Don't ignore it.

# What is domestic abuse?

---

Domestic abuse is physical, sexual, psychological, emotional or financial abuse that takes place within an intimate or family-type relationship and that forms a pattern of coercive and controlling behaviour. This can include forced marriage, so-called 'honour' crimes and female genital mutilation. Domestic abuse may include a range of behaviours, not all of which are in themselves inherently 'violent'.

**On average 2 women a week are killed by a male partner or former partner: this constitutes around one-third of all female homicide victims. (Povey, (ed.), 2004, 2005; Department of Health, 2005.)**

**In West Sussex domestic violence accounts for nearly a quarter of all crime.**

## Comments and feedback

---

Your opinions are important to us. If you have feedback or comments on any aspect of Rise services please don't hesitate to contact us.

If you are dissatisfied with any part of the service you receive please ask for a copy of our Complaints Policy.

Rise is a registered charity founded in 1994. Rise was formerly known as the Women's Refuge Project.

If you think you may be, or have been, in an abusive relationship please call us.

Rise's expert staff will guide you through your options, making sure that the safety of you and your family is the main priority. They will work with you to help you understand the full range of options available to you. As well as practical and emotional support you may need help, information and advice on a number of matters including housing, children, finances or criminal and civil proceedings.

### Advice and Information

---

For help, advice and support in office hours please call Rise.

**Rise West Sussex Services:**

**Adur: 01273 263 414**

**North Sussex: 01403 750 499**

We can support you on the telephone, arrange to see you at an advice drop-in or at a safe venue local to you. If English is not your first language an interpreter can be arranged. Please contact us in advance and let us know.

Rise services are sensitive to all cultural and other differences.

## How do I get help?

---

If you think you may be in an abusive relationship, or you're confused or worried about your relationship or family situation, please call Rise. Your call will be answered by women trained to support you whatever your situation. They will guide you through your options and help you make safe choices.

Whether you are staying in your relationship, or thinking about leaving, you may be worried about keeping yourself and your family safe. Whatever your decision, we can provide support and help you increase your safety.

You can keep in contact with us by phone or in person at a safe location. You don't need to be in a crisis situation to call, we can also give general information and advice.

If you are concerned about someone you know you can call Rise. If you are a professional wanting to make a referral please call Rise.

## Refuge, re-settlement and floating housing support.

---

Rise provides safe refuge accommodation for women and children escaping domestic abuse. If you are in immediate danger you may be eligible for this. A refuge is a confidential address where you can be safe from one night up to 12 months. Rise's specialist workers will help you adjust to your situation, rebuild your future and move on into suitable accommodation. Rise can specially adapt living space for people with disabilities.

On leaving refuge you are entitled to resettlement support. Rise will continue to work with you to help you move back into the community.

If you are a woman living in the community, affected by domestic abuse and at risk of becoming homeless, Rise's floating housing support can help you to secure your tenancy to live safely. You can be living in any kind of tenancy situation to access this service.

## Children

---

Rise can offer support to children, young people and families affected by domestic abuse who may be staying in a refuge or living in the community. We also support mothers with parenting and child contact, and offer access to support groups for mothers and children.

## Counselling

---

Being in an abusive relationship affects people on many levels and the impact varies. Our counsellors are trained to deal with domestic abuse issues, providing one-to-one therapeutic support to help you recover from the emotional and psychological effects of abuse.

## Solicitors' appointments

---

Rise can offer access to legal advice, including injunctions, divorce proceedings and child contact, with specialist family law solicitors. A first advice session is offered, free of charge, at venues including Shoreham, Horsham and Burgess Hill.

**Abuse: Don't expect it. Don't accept it. Don't ignore it.**

**For advice and support in a safe place please come and speak to us at one of our regular advice drop-ins or groups.**

**Burgess Hill**                      2<sup>nd</sup> and 4<sup>th</sup> Wednesdays, 12.30-2.30pm  
Burgess Hill Health Centre, The Brow

---

**Crawley**                              Weekly, Mondays, 1.00-3.00pm  
Relate, 1-2 Gleneagles Ct, Brighton Rd

---

**East Grinstead**                      1<sup>st</sup> and 3<sup>rd</sup> Wednesdays, 9.30-11.30am  
East Grinstead Health Centre, St Michaels Rd

---

**Horsham**                              1<sup>st</sup> and 3<sup>rd</sup> Thursdays, 12-2pm  
Relate, Cemetery Lodge, Denne Rd

---

**Shoreham**                              Support Group, Tuesdays 10am-12noon  
Call 01273 263414 for details

---

**Steyping**                              4<sup>th</sup> Monday, 9.30-11.30am  
Steyping Health Centre, 1 Tanyard Lane

---

**Storrington**                              2<sup>nd</sup> Thursday 12.30-2.30pm  
The Forge House, 3 Church St

*Times and venues may change – call for details*

## **Confidentiality**

---

**We are required by law to share with other agencies any information regarding the risk of serious harm to a child or adult. We are committed to providing high quality support to enable you and your children to live safely. If we have to share information we will explain the reasons for this decision.**

# Contact Rise West Sussex:

**North Sussex: 01403 750 499**

**Adur: 01273 263 414**

**[www.riseuk.org.uk](http://www.riseuk.org.uk)**

**In an emergency call 999**

**You are not alone. There is help and support available**

## **Local Services**

### **Anti Victimisation Unit**

West Sussex: 01243 843 554

### **Citizens Advice Bureau**

West Sussex: 0844 4771171

### **Worthing Women's Aid**

01903 231 939

### **NSPCC**

01293 449 200

### **Victim Support**

West Sussex: 0845 3899528

### **Worth Project**

01283 600300

## **National**

### **Domestic Violence National Helpline (24 hour)**

0808 2000 247

Interpreters available.

### **Broken Rainbow LGBT Helpline**

0845 2604 460

### **Men's Advice Helpline**

0808 8010 327

### **Respect Phonenumber**

08451 228 609

Information for domestic violence perpetrators, partners and practitioners



**Horsham  
District  
Council**

# Freedom from domestic abuse – it's your call.

**Rise West Sussex**

North Sussex: 01403 750 499

Adur: 01273 263 414

[www.riseuk.org.uk](http://www.riseuk.org.uk)

