

Useful Telephone Numbers

POLICE	101
24 HOUR HELPLINE	0808 800 0340
BROKEN RAINBOW (Support for lesbian, gay, bisexual and transgender people)	08452 60 44 60
MEN'S ADVICE LINE	0808 801 0327
NSPCC	0808 800 5000
CHILDLINE	0800 1111
SAMARITANS	08457 90 90 90

"I would still be living in an abusive environment if I had not found NIDAS"

For help and information, or to make a referral, please call

NIDAS

01623 683250

**We will be
happy to assist you**

www.nidas.org.uk

"I felt alone. I truly believed it was only me going through it. Safe at last"



**Protecting, supporting
and empowering people**

NIDAS is an independent charity offering safety, practical help and emotional support to victims of domestic abuse in the Mansfield & Ashfield area

We offer a range of services which give women; young people and children access to professional support, whatever their situation

"They gave me the information I needed to change our lives"

Children and Young People's Team

5- 25 years

We provide specialist **outreach support, group support and 1:1 support** for young people and children aged from 5 to 25 years who have experienced domestic abuse. This can either be historical or current. It might be within their family setting or teenagers in their own intimate relationships. Support may include:

Safety Planning **Healthy Relationships** **Feelings**
Bullying **Anger** **Worries**

We work closely with Schools, Social Care, Police and other key agencies to ensure a coordinated, multi-agency approach. We develop a support package appropriate to each child / young person's need

Our **Youth Justice Project** in partnership with the Mansfield Youth Justice team provides support to young offenders / those at risk of offending who have been identified as victims of domestic abuse and/or are displaying abusive behaviours. This service is available to both male and female clients

The **Teenage Relationship Abuse Project** (TRAP) focusses on taking a consultative approach with young people particularly males, to find out more about how we can support them with their own intimate relationships

Women's Safety Team Support

16 years and above

Appointments can be made at our Safety Centre or in a safe venue within the woman's local community. Our specialist team offers practical help and emotional support which includes:

Immediate telephone support and assistance for those in crisis

A planned programme of 1:1 support

A weekly support group including a planned programme of activities

Training opportunities through short courses

The Freedom Programme, a 12 week programme designed to help any woman who has been a victim of domestic abuse

We work with women to assess their situation, considering the risks to their safety and those of their children. We assist them to make plans to keep them safer. We offer practical advice on issues including the impact of DVA, housing, accessing benefits and understanding the legal options available to them

Court Support Team

16 years and above

The Court team provide **free specialist domestic abuse / legal support and advocacy** to victims of domestic abuse who are going through the court process. They advocate on behalf of the client throughout the entire process including pre-trial through to the trial conclusion. They help to dispel the jargon and relieve fears by explaining what will happen at each stage of the process

The Court team maintain strong links with the Police (Public Protection) to ensure each clients needs are considered and catered for.

The **Court IDVA** attends the Specialist Domestic Violence Court on a weekly basis, where multi criminal justice agencies work together to risk assess domestic violence cases, support victims and share information so that more offenders are brought to justice

They have the clients wishes at the centre of everything they do, for example obtaining restraining orders