

What is domestic abuse?

Domestic abuse takes many forms and can happen to anyone of any gender and sexuality, often without them even realising it. It is never acceptable and includes psychological, emotional, physical, financial, sexual and verbal abuse. If you're suffering domestic abuse you're likely to feel isolated, hurt, upset, scared and sometimes confused and embarrassed.

Domestic abuse includes any incident or pattern of incidents of controlling, coercive or threatening behaviour, violence or abuse between those aged 16 or over, who are, or have been, intimate partners or family members, regardless of gender or sexuality.

Coercive control is now recognised as the behaviour that underpins domestic abuse. It is a pattern of behaviour which seeks to take away the victim's sense of self, minimising their freedom and violating their human rights. Here are some examples of how coercion works:

Creating isolation. Limiting your contact with friends and family;

Depriving you. Constantly and deliberately taking away food, medicines or restricting your basic needs somehow;

Managing your time. Controlling your movements – what you do, when you do it and for how long – and checking up on you excessively;

Restricting your everyday activities. This might include anything from hobbies, where you go, who you see, to what you wear and when you can sleep;

Degrading you. Repeatedly putting you down, using name-calling or bullying behaviour to make you feel worthless and humiliated, challenging your masculinity;

Restricting your ways of communication. Taking away your mobile phone, laptop or other devices, monitoring or restricting your social

media and other online activities, including the type of information and services you're allowed to access, using spyware, changing passwords or hiding things;

Controlling where you go. Restricting your movements so you're unable to leave the house or use a car or public transport to get to work, attend an appointment or visit family and friends;

Destroying your things. This could be something of sentimental or material value to you – big or small – or even deleting emails and text messages that were important to you;

Holding the purse strings. This can include constantly monitoring, commenting on and restricting your spending or giving you only a limited amount of money to spend (possibly from your own account);

Making unreasonable demands. Which may include making changes to your appearance, daily routine or sex life. Often followed up with threats or intimidation – involving you or sometimes your children – pressure or physical restraint if you don't comply, for which you're often left blaming yourself.

Abuse can also encompass stalking and harassment, both of which are criminal offences. If your partner's behaviour isolates you from friends, family or colleagues, then it's important to seek help.

Domestic abuse is a crime – if you are in any danger please call 999.

Support for male victims

New Era services are available to male victims of domestic abuse wherever they live in Staffordshire and Stoke-on-Trent, with safety and recovery prioritised;

Identifying and coming to terms with the effects of domestic abuse can often be a complex process. Support is provided for as long as it is needed.

Specially trained staff are able to help you, whether you've made a report to the police or not.

Services available to male victims

One-to-one support

New Era provides tailored individual support to male victims, which focuses on identifying and coping with the effects of domestic abuse and recovery from the harm caused. Male victims sometimes prefer to be supported by another man, so we have a dedicated Independent Domestic Abuse Advisor (IDVA) who works exclusively with male victims. He is part of our wider team of IDVAs and Domestic Abuse Practitioners (DAPs) who will jointly plan and coordinate your services. You will be involved in all decision making throughout, and support will be at your pace.

Our specially trained professionals will:

- Listen to you in a non-judgemental way, prioritising your safety and confidentiality;
- Provide emotional support, encourage you to feel comfortable talking about your experiences and help you to come to terms with what's happened;
- Support and communicate with you in the way that suits you best – text, email, phone or face-to-face;
- Provide information to help you and your family stay safe and practical advice on housing, benefits, legal and other matters;
- Help you to support any children who may have been involved;
- Signpost you to other suitable services and agencies that you may need.

Challenges

Coming to terms with being a victim of domestic abuse can be extremely distressing and challenging, but it's important you seek help as soon as you suspect you have a problem, for your own safety and wellbeing.



New Era services:

Visit our website www.new-era.uk

Support for victims

Helpline [0300 303 3778](tel:03003033778)

Web and Live Chat www.new-era.uk

Email new-era@victimsupport.org.uk

New Era support for victims provided by Victim Support.

Services for perpetrators

Helpline [01785 904770](tel:01785904770)

Email new-era@justice.gov.uk

New Era services for perpetrators provided by the Probation Service.

All services are free and confidential

We will only share information without permission if we are worried about a person's safety, someone else's safety, or have a safeguarding concern.



Support for male victims of domestic abuse

Consent and confidentiality

We work with you in a confidential way. We will only share information without your permission if we are worried about your safety, someone else's safety, or have a safeguarding concern.

If information is shared, we will always try and discuss with you why we are passing this on and what happens next.

Sometimes the best way to help might be to involve other agencies. In these cases, we will always ask your permission to share your information.



Website www.new-era.uk

New Era is delivered in partnership by Victim Support and the Probation Service



Across Staffordshire and Stoke-on-Trent