

**Domestic Violence is a crime
Do not accept it!**

KEEP SAFE

- 1: Plan **how** and **when** you can leave safely.
- 2: Save **money** for use in emergency.
- 3: Confide in a friend & arrange to stay with them if you need to leave in a hurry & leave a bag of **essential items** & **clothes** with them.
- 4: Take any **personal possessions** with sentimental value, any **medicines**, **financial/legal papers** (passport, income support book, child benefit, cheque book), your **address book** & **diary**.
- 5: Find somewhere that you can quickly & easily use a **phone**.
- 6: Always carry a **list of telephone numbers** you can call in an emergency.
- 7: Have an extra set of **keys** cut for the house and car and hide them.
- 8: Arrange a **code word** with a friend or relative to call police in an emergency.

Supported by Aylesbury Vale Domestic Violence Forum (October 2006)

**Who to turn to in Aylesbury Vale for support,
help & advice: Remember to dial 999 in an emergency**

Thames Valley Police (Domestic Violence Unit)	08458 505 505
Freedom Programme	07789 045 637
Women's Aid (Office Hours)	01296 436 827
Victim Support	01296 395 946
Aylesbury Vale Rape Crisis	01296 392 468
Samaritans	01494 432 000
Aylesbury Women's Project	01296 393 173
RELATE	01296 427 973
Buckinghamshire Social Services Department	01296 383 999
Devon MALE ((Men's Advice Line & Enquiries)	0845 064 6800
Freedom Programme (Details of courses)	01494 512 162
Turning Point (Self Referral Perpetrator Programme)	07765 801 700