

## Further help

### Army Welfare Service / SSAFA / Naval Service Families and People Support

Provide professional, confidential welfare support to Serving personnel (Army, RAF, Navy respectively) and their families. They work in support of the Chain of Command but remain independent from it

### Unit Welfare Officers

UWOs are part of the Chain of Command and work to the MoD code of confidentiality

### Chain of Command

Commanding Officers will fully support you in accessing help and to keep you safe

### Military Police

To report domestic abuse incidents and / or seek information and support

### Garrison HQ Support

Provides signposting and information

### Armed Forces Families Federations

Information, signposting and advice for families of serving personnel. AFF Foreign & Commonwealth team can support domestic abuse victims with immigration concerns

### Nepali Domestic Abuse Service

Support for non-English speaking Nepali victims of domestic and/or sexual abuse

### HIVE Information Centre

Research answers to enquiries from Service families

### Armed Forces Advocate

Aurora New Dawn have an independent domestic abuse advisor to help armed forces victims of domestic abuse and stalking

## Key contacts

Police emergency:	999
Police non-emergency:	101
RMP:	01252 787480
RAF Police:	01256 367296
RN Police:	02392 723966
MoD Police:	01371 854444
Army Welfare Service:	01904 882053
SSAFA:	0800 7314880
NS FPS:	02392 728777
Aldershot HIVE:	01252 347650

### Civilian Support

All soldiers and families can access civilian support services

Hampshire DA support:	0330 0165112
Nepali speaking Domestic Abuse support:	01252 333618
Armed Forces DA Advocate:	07496 333473

Homestart Rushmoor:	01252 398 530
Victim Support:	0808 1781 641
Citizens Advice:	03444 111 306

National Helplines:	
Women's Aid:	0808 2000247
Mankind Initiative:	01823 334244
Male Advice line:	0808 801 0327
National LGBT domestic abuse helpline:	0800 999 5428
Respect:	0808 802 4040

[www.gov.uk/mod/armed-forces-domestic-abuse-support-and-guidance](http://www.gov.uk/mod/armed-forces-domestic-abuse-support-and-guidance)

# Domestic Abuse Information Sheet

*“There is no justification, no place amongst our community and no defence for abuse”*

MOD Domestic Abuse Strategy

**ALDERSHOT GARRISON**  
is committed to support all those affected by Domestic Abuse



Produced in association with:



**citizens advice**

**Rushmoor**

## What is Domestic Abuse?

Domestic abuse is the pre-meditated, systematic and sustained abuse of an individual within an intimate or family relationship.

This abuse can take many forms but can include physical, emotional, sexual, economic, psychological as well as controlling and coercive behaviour.

## Who does it affect?

Domestic abuse can happen to anyone. It is indiscriminate of age, gender, race or social background and will affect one in four women and one in six men during their lifetime.

## What is coercive control?

This is an act or pattern of acts, assaults, threats, humiliation and intimidation or other abuse that is used to harm, punish or frighten.

## What is stalking or harassment?

This can include the following: sending unsolicited text messages or unwanted gifts; phone calls and/or turning up uninvited.

## What is sexual abuse?

This includes any sexual behaviour or activity which you find unacceptable, and can include rape; enforced sex or prostitution; or sexting.

## Armed Forces Commitment

Anyone disclosing domestic abuse as either a victim, perpetrator or concerned third party will be supported and provided with appropriate professional specialist interventions and advice.

Individuals will be treated in a professional and caring manner and domestic abuse is not tolerated in the armed forces.

## What support is available?

Army Welfare Service (AWS) provide confidential support, independent of the chain of command. Support includes safety planning, advice and information. You can also access support through welfare, police and civilian support services.

SSAFA Social Care provide confidential support for serving RAF personnel and their families.

Information about different options can be found at: [www.gov.uk/mod/domestic-abuse-support-and-guidance](http://www.gov.uk/mod/domestic-abuse-support-and-guidance).

Additional support is available for Foreign & Commonwealth families who need information linked to immigration status:

[www.aff.org.uk/advice/foreign-commonwealth/](http://www.aff.org.uk/advice/foreign-commonwealth/)

## Safety Plan

Arrange where you might go if you have to leave in an emergency.

Try to keep a phone with you so that you can call for help in an emergency. Get an extra set of keys for the house / car.

Keep the keys, money and anything else you may need in a safe place in case you need to leave quickly.

Try and seek professional advice or access information on a safe computer for more detailed safety planning information.

## Foreign and Commonwealth

Try to ensure that your important documents, such as passport, visa and birth certificates are in a safe location and take these with you if you need to leave.

## Domestic Abuse Disclosure Scheme ('Clare's Law')

Gives any member of the public the right to ask the police for information that could protect someone from being a victim of attack. See your local civilian police force website for details of how to apply.

# ***IN AN EMERGENCY CALL 999***