

What help is available in Buckinghamshire?

Telephone numbers & more information

Victim Support

3rd Party Reporting Centre for LGBT victims in Buckinghamshire

0808 168 9274

LAGLO Thames Valley Police

Lesbian and Gay Liaison Officers are available specifically to help LGBT victims in Buckinghamshire

Call 101 and request a "LAGLO"

Aylesbury Women's Aid

Provides support to victims of Domestic Abuse through outreach, programmes and dedicated workers. Support is also on offer for male victims.

01296 436827

Wycombe Women's Aid

Provides support to victims of Domestic Abuse through outreach, programmes and dedicated workers. Support is also on offer for male victims.

01494 461367

In an Emergency

If your partner (or ex-partner) has assaulted you or you are afraid for your own or others' safety you can call the Police in an emergency **always ring 999**

Police Domestic Abuse Investigation Unit

101 - the Police take reports from the Lesbian, Bisexual, Gay and Transgender community very seriously.

Broken Rainbow- Lesbian, Gay, Bisexual and Trans* Helpline

0300 999 5428

National 24 Domestic Violence Helpline

0808 2000 247

Shelter

A free, national telephone advice line staffed by trained housing advisers who can help

0808 800 4444

Gender Trust National Helpline

For more information on Trans* issues

01527 894838

Respect

For people who are abusive to their partners and want to stop

0808 802 4040

Smart

Substance misuse service for adults

Aylesbury: **01296 337717**

High Wycombe: **01494 474804**

Young Addaction

Substance misuse service for young people

01296 331933

For more information on LGBT

Domestic Abuse advice visit

www.reducingtherisk.org.uk

To watch a Buckinghamshire LAGLO speaking about LGBT DVA use the QR code



LGBT Domestic Violence & Abuse

Information for the Lesbian, Gay, Bisexual and Transgender Community in Buckinghamshire

There is no excuse for Domestic Abuse towards any person and in any relationship at any time.



How do I know I am in an abusive relationship?

You're in a relationship with someone who:

Using Isolation:

Isolates you from the LGBT community
Isolates you from family & friends
Constantly checks up on you
Is excessively jealous or controlling
Harasses you at work/college
Says no one will believe the abuse if you are Lesbian, Gay, Bisexual or Trans*

Using Emotional Abuse

Tells you that you are not a real Lesbian, Gay, Bisexual, Trans person
Withholds medication
Plays mind games
Puts you down & makes you feel bad about yourself
Blames alcohol & drugs for their behaviour
Manipulates you

Using Coercion and Threats

Threatens to "out you" to family, friends or work colleagues
Threatens to tell an ex that you are Lesbian, Gay, Bisexual or Trans*
Threatens to commit suicide if you leave
Threatens to tell social services you are a bad parent
Threatens you with weapons

Using Intimidation

Damages your property
Blames you for the abusive behaviour
Hits you, shoves you or punches you

Using Sexual Abuse

Forces you to have sex
Prevents you from practicing safe sex

Using Economic Abuse

Controls all the finances

Myths associated with LGBT Domestic Violence & Abuse:

- An abuser will often manipulate their victim so that they feel they are to blame for the abuse. An abusive partner may say "this is how it is in a Lesbian/Gay/Bisexual/Trans* relationship". There is nothing normal, appropriate or justifiable about LGBT Domestic Abuse
- An abuser may also play on myths about Domestic Abuse to prevent his/her victim from seeking help from the Police saying they are homophobic/transphobic. In reality, the police have dedicated LAGLOs (Lesbian & Gay Liaison Officers) who are on hand to help. More information is on the reverse of this leaflet
- Abusers may attempt to convince their partner that no one will help them and that they are not entitled to legal protection from abuse from a same sex partner. This is not true
- A common myth is that Domestic Abuse does not happen in LGBT relationships. Actually the reality is 1 in 4 LGBT people are abused by a partner at some point in their lives. Abuse is never OK and nobody deserves to be abused.

How do I safety plan?

- Have a secret code to signal for help with a friend/neighbour so they are aware of when you need assistance
- Have a small bag ready with essentials (medication, civil partnership/marriage/birth certificates, bank information, passport, money etc) you may need should you have to flee the property in an emergency. Alternatively, leave this bag with a neighbour or friend
- Have some money stored should you need to use public transport to leave the property
- Keep with you any important and emergency telephone numbers
- If you are thinking of leaving the property make sure it is the safest time to do so, for example, whilst your partner is away from the property
- Take special care if you are considering leaving the home. Risk for a victim is highest when leaving their partner or shortly after, so make sure arrangements are in place or you know where to go should there be an emergency situation.

