

# COVID-19: DEALING WITH DOMESTIC ABUSE

## WHAT IS ABUSE?

Abuse is not confined to physical abuse; rather it includes, but is not limited to, any controlling, coercive or threatening behaviour, psychological abuse, physical abuse, sexual abuse, financial abuse and emotional abuse.

### HELP AND SUPPORT

If you are being abused or suspect others are victims of domestic abuse, help is available. We strongly advise that you familiarise yourself with the following support networks:-

- Call 999 if you are in immediate danger. If you are unable to talk, try to listen to the questions from the operator and respond by coughing or tapping, then follow the instructions. Please note, if you are calling from a mobile, you can also press 55 to *Make Yourself Heard*, which will transfer you to the police.
- Contact a domestic abuse helpline such as National Domestic Abuse Helpline, Women's Aid, Men's Advice Line and Galop (for LGBT+ community members). For further charities who can assist, the Government's advice page for victims of domestic abuse is especially helpful: <u>https://www.gov.uk/government/publications/coronavirus-covid-19-and-domestic-abuse/coronaviruscovid-19-support-for-victims-of-domestic-abuse.</u>
- Download the free app Bright Sky which provides support and information.
- If possible, do speak to friends or families and ask them to seek help on your behalf if you are not in a position to seek help.

### **LEGAL PROTECTION**

- 1. Non-molestation order; and
- 2. Occupation order.

When in place, both orders give rise to the power of immediate arrest in the event of breach. Caution: neither order is a permanent solution.

#### **CONSIDERING THE LONG TERM – NEXT STEPS**

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- Would separation or divorce be appropriate?
- How to protect your interest in the family home e.g. register your matrimonial home rights, remain in the family home, Schedule 1 relief under Children Act 1989 or establishing a beneficial interest under the Trusts of Land and Appointment of Trustees Act 1996.
- How will you agree your matrimonial finances?
- Agreement of long-term childcare arrangements.

We thank you for your attendance in today's webinar and hope it has been informative. Please do not hesitate to contact Muna Saleem or Claire Oldfield should you have any further questions as they would be pleased to assist.

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