

How can I contact Staying Put?



Telephone: 01274 667104
Monday—Thursday 9am—5pm
Friday—9am—4.30pm



Text
07500 885056



Write to: Staying Put,
PO Box 449, Bradford,
BD1 2XB

Staying Put is a registered charity no: 1116162

Thank you to Bradford People First's
Campaign Group members who helped put this
booklet together

This booklet and audio CD were made as part
of the Access to Information Project based
at Bradford Talking Media

The Project is funded by Healthy Communities
Funding and the Learning Development Fund
through the Strategic Disability Partnership
and the Learning Disability Partnership

Staying Put

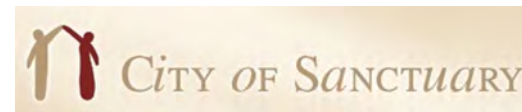


EasyRead
with Audio CD

Audio CD

Who do Staying Put work with?

Staying Put also works with the organisations below to help to keep you safe:



Domestic Violence
Services Keighley



Passionate about Equality, Empowerment and Enterprise



Bradford Women's
Aid



What is domestic abuse?

it can be:



someone hurting you by: hitting, kicking, pushing you, pulling your hair or spitting at you



being made to do something during sex or being touched when you do not want to be



making you think that everything is your fault

What if I have to leave home?

Staying Put will help you to:



find accommodation through another organisation

What about my children?



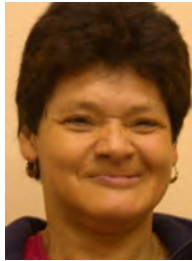
children can also be affected by domestic abuse



Staying Put can help your children by finding someone for them to talk to

People who could do this:

It could be your:



partner, they may be male or female



son, daughter, brother, sister, auntie, uncle or cousin



Parent or parent-in-law, grandparent, grandchild, nephew or niece

Who are Staying Put?

Staying Put is a charity that helps women who have been abused to stay at home. They can offer:



emotional support, this could be:



someone helps you by listening and talking to you



panic alarms



Lock changes to help you feel safe at home

Staying Put can also help you to:



protect yourself and
your children



make choices



remove the person who
is causing the abuse



speak to a solicitor
and have support in
court

Domestic abuse can also be:



someone using
your feelings
to control you



being shouted at



someone taking
your money
from you

What if I cannot speak English?

اگر مجھے انگریزی زبان نہیں آتی تو؟

Staying Put have staff that speak:

اسٹے ایٹنگ پٹ میں ایسے کارکن ہیں جو مندرجہ ذیل زبانیں بولتے ہیں:

urdu اُردو

punjabi پنجابی

mirpuri میرپوری

hindi ہندی

And if you speak a different language, we will pay someone to speak to you

What is domestic abuse?



domestic means:
your family or
someone you live
and have a
relationship with



abuse means:
to do something
horrible to another
person

domestic abuse means:
someone you live or are in a relationship with
does something horrible to you

