

Real Life Domestic Abuse Story

Emma Murphy

12 mins

Ted Talk

Health Warning

- The term Domestic Abuse covers a wide range of behaviours, this includes but is not limited to physical violence;
- Domestic Abuse can affect Men & Women;
- This presentation contains a real life video which some people may find upsetting;
- The contact details of agencies who provide advice, guidance and support for practitioners and service users are on the penultimate slide.
- If you are worried about a child a referral should be made to MASH **0345 8 503 503** or the **Police 999**.

Overview of session

- This speech is based on the Domestic Violence video that has been viewed over 50 million times and the aftermath of her assault.
- Emma is now focusing on the positive impact these developments have had in her life. Emma Murphy is a 28-year-old fitness blogger and single mother of two.
- In 2015, she faced repeated domestic battery from her ex-boyfriend and father of her children. After one such incident that left her with a black eye, she decided to take to social media, where she posted a vulnerable video of herself telling the world about the abuse, deceit, lies and betrayal she was going through.
- In doing so, she consciously turned the terror of being a victim into a positive situation, refusing to let domestic violence diminish or define her as a person.
- Emma is now a Domestic Violence Advocate, travelling the world to raise awareness for women and children who cannot speak for themselves.

**Copy & Paste the link below into
your browser to watch the video**

<https://www.youtube.com/watch?v=frFEEdN7aMh8>

Services who can give Advice Help & Support

Local Services Updated June 2019

- **Wakefield District Domestic Abuse Service** <http://www.wakefield.gov.uk/health-care-and-advice/adults-and-older-people-services/domestic-abuse> Call **0800 915 1561** . A comprehensive specialist service providing a range of advice and support for those experiencing domestic abuse. Men and women who use abusive behaviours and want to make changes can contact for information and signposting.
- **Rosalie Ryrie Foundation** www.rosalieryriefoundation.org.uk **01924 315 140** This voluntary sector service works with victims, children and perpetrators of domestic abuse. Appointments only, call to discuss options or view the website.
- **Well Women Centre** www.wellwomenwakefield.org.uk **01924 211114** This women's only service provides a wide range of support and advice. Counselling is available, as is a group work programme that is beneficial for women who are or have experienced domestic abuse (The Freedom Programme) a drop in service is available
- **Marie House** www.riverside.org.uk **07843 344457** Good quality local refuge accommodation for women and children who need to access safe, supported accommodation due to domestic abuse. You can call to see if bed space is available.
- **Penny Appeal** www.pennyappeal.org A free counselling service is offered through this charity for those women who have been affected by any form of domestic abuse. Call on **07480 970097** or email counselling@pennyappeal.org to find out more.
- **Turning Point Talking Therapies** <https://talking.turning-point.co.uk/wakefield/> A free service for 16yrs or over who are registered with a Wakefield District G.P. Provides a range of therapeutic interventions for stress, anxiety, low self-esteem, call **01924 234860**, there are bases in Wakefield and Castleford.
- **Kirklees Council** www.kirklees.gov.uk/domesticviolence For those who may live on or across the border – Kirklees, Calderdale, Pennine region, Kirklees council provide a range of support including counselling, legal advice and refuge accommodation. The comprehensive website will signpost you effectively to the most appropriate number.

Services who can give Advice Help & Support

Local services cont.

- **Sexual Assault Referral Centre SARC** www.westyorkshire.police.uk/staysafe The Police website gives comprehensive information about sexual assault and where to get help, for West Yorkshire call **0330 2233617** for the local SARC.
- **Samaritans** www.samaritans.org free phone **116 123** you can call the Samaritans about any issue, at any time, every day of the year. For the Wakefield base call **01924 377011**.
- **Children First Hubs** <http://bit.ly/WakefieldEarlyHelp> there are a number of bases across the district which offer early help to children and families. The support includes interventions around domestic abuse – The Freedom Programme is available for those women who are or have experienced domestic abuse.

National Services Updated March 2020

- **Refuge** www.refuge.org.uk this service runs the National Domestic Abuse Helpline on **0808 2000 247** – the 24/7 advice line can help you find refuge space, and provides information and support. The website is comprehensive and available in different community languages, Refuge provides a number of culturally specific services.
- **Women's Aid Federation England** <https://www.womensaid.org.uk/> provides frontline services across the country including refuge. An online chat service is provided Mon-Fri 10am-12pm and there is a moderated survivors forum available. **The Hideout** <http://thehideout.org.uk/> is designed for children who may be experiencing or worried about domestic abuse. The website is a good source of information and support.

Services who can give Advice Help & Support

National Services cont.

- **Mankind Initiative** www.mankind.org.uk **0182 333 4244** Weekdays 10 - 4pm Confidential helpline for men who are experiencing domestic violence and abuse from female or male partners - the website provides good support and information.
- **Men's Advice Line** provided by Respect www.mensadvice.org.uk **0808 801 0327** Weekdays 9-5pm with lines open until 8pm on Mondays and Wednesdays for all male victims of abuse. A comprehensive website for victims and professionals also enables e-mail contact and webchat with the service.
- **Karma Nirvana** www.karmanirvana.org.uk **0800 5999 247** Weekdays 9 - 5pm. This helpline is for all victims and survivors of forced marriage and 'honour' based abuse. The website is a good source of information for professionals and those seeking support.
- **Galop** www.galop.org.uk **0800 999 5428** This national helpline is for people identifying as LGBT+ who are experiencing domestic abuse. The website is very comprehensive, the opening times of the helpline are varied but are listed on the site and webchat is available.
- **National Centre for Domestic Violence** www.ncdv.org.uk **0800 970 2070** the service provides a free, emergency injunction service to help protect survivors of abuse. Professionals are also able to access this service for advice or to support a client.

Services who can give Advice Help & Support

National Services Cont.

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- **National Stalking Helpline** www.stalkinghelpline.org **0808 8020 300** the advice line is available for anyone who is, or has been affected by stalking or harassment. The website is comprehensive and user friendly. Helpline 9.30 - 4pm, weekdays, 1pm – 4pm Wednesdays
- **Victim Support** www.victimsupport.org.uk/homepage **0300 303 1971** for West Yorkshire and **0808 1689 111** for the national support line, which is open 24/7 every day of the year. You do not have to be referred by the Police or have a crime number; domestic abuse victims can call the helpline or use the website for support and information.
- **Respect** <http://respectphoneline.org.uk/> **0808 802 40 40** Weekdays 9-5pm. The helpline is for anyone who wants to make changes to their abusive behaviour. The website offers a great deal of information and support, and contact can be made by phone, e-mail and by webchat on Wednesdays, Thursdays and Fridays.
- **FGM Helpline NCPCC** www.nspcc.org.uk call **0800 028 3550** This is available 24/7. It is confidential for anyone affected by or worried about Female Genital Mutilation.
- **KOOTH** www.kooth.com Free online support for children and young people, online counselling, supported forums and advice, staffed weekdays 12-10pm Sat/Sun 6-10pm

Wakefield Safeguarding Children Partnership

Please email your Feedback or Comments to:

wscpevents@wakefield.gov.uk

or download our Feedback form from the website . Fill it in and return it to us by email if you prefer

