

Domestic Violence

Unfortunately, women are more likely to be at risk in the home than outside it and statistics show that one in four women experiences domestic violence in their lifetime.

If you are experiencing domestic violence, you may feel like you have nowhere to go or no-one to turn to. This is not true. There are a lot of organisations that can help.

As a first step you could phone and talk to somebody who can listen and help you to clarify your situation and identify choices and options that you may not have thought about. The Women's Support Service works in Tonbridge and Malling and can help with safety planning and information. It can also support you through processes that may seem highly complex. You do not have to give your name if you do not want to. Contact them on 01622 761146.

It is not your fault and you do not deserve it. You (and your children) have the right to live free from fear and harm. This is true whether you are married or living with your partner.

Useful contact details

Tonbridge & Malling Borough Council
Community Safety Unit 01732 876132

Police – in an emergency 999

West Kent Police 01732 771055
(*non emergency*)

Police Domestic Violence Officer
01622 690690

Women's Support Service 01622 761146

Suzy Lamplugh trust 020 88760305
www.suzylamplugh.org

The Tonbridge & Malling Community Safety Partnership (CSP) comprises of a group of organisations who work together to reduce crime and disorder within the borough of Tonbridge and Malling.

For more information about the CSP visit
www.tmcommunitysafety.org.uk

Personal Safety



www.tmcommunitysafety.org.uk

Violent crimes in Tonbridge and Malling are low and attacks on women and men by strangers are rare.

As violent assaults are so rare they tend to feature prominently in the news and this can cause some people to worry about becoming a victim of violent crime.

However, there are a number of sensible precautions that you can take to ensure that you do not become a victim of crime. Many of these are common sense and may be things that you already do. Making yourself safe does not mean that you need to change your lifestyle, personality or wardrobe.

This leaflet is not intended to frighten or worry anyone – but to give advice and reassurance.

Everyone has the right to live free of unwanted attention, harassment and abuse. You have this right whoever you are, whatever your race, background, religion or sexuality and however you dress or act.

General advice

- You will be safest in bright, well lit and busy areas.
- Try to look and act confident – look like you know where you are going and walk tall.
- Try not to be conspicuous about the valuables you are carrying. Talking on your mobile phone, carrying a lap top, or showing your friend your new gold ring all show thieves that you are worth robbing.
- Shout ‘fire’ rather than ‘help’ – it can get more results.
- You can use reasonable force in self-defence. You are allowed to protect yourself with something you are carrying (for example, keys or a can of deodorant) but you may not carry a weapon.
- If you decide to defend yourself, be aware that your attacker may be stronger than you, or may take what you are using in self defence and use it against you. It is often better just to shout loudly and run away.

Out partying

- Getting drunk or taking drugs can dull your senses, which can be dangerous to your personal safety.
- Make sure you plan in advance how you are going to get home. The ideal plan is to book your cab in advance.
- Don’t leave your drink unattended – this means that no one can spike it or add extra alcohol to it.
- Always tell someone where you are going and when you expect to return.

Public transport

- Have your ticket, pass or change ready in your hand so that your wallet is out of sight.
- Always wait for the bus or train in a well lit place near other people if possible.
- If a bus is empty or it is after dark stay as near to the driver as possible.
- Only use taxis that you have pre-booked or that are operated by reputable firms. Avoid minicabs or private hire cars that tout for business and are unlicensed.