



## Keeping Safe



“Support is out there for you, but you need to make the call for help, no one should live in fear.”

## Your guide to ending domestic abuse

### What is domestic abuse?

Sadly domestic abuse is a common feature in many relationships and can come in many forms. Domestic abuse is often thought of as physical or sexual violence and harassment but it can also be emotional or psychological, for example bullying or controlling behaviour, which can be equally terrifying. It can even take the form of financial abuse.

The abuse may be actual or threatened and may vary in duration from a one off incident to situations where the abuse is a regular feature of the relationship.

It is not just couples, whether or not they are living together, who may experience domestic abuse but it can occur in any relationship where one person harms another, for example between a parent and adult child.

Whatever the nature of the abuse it will have a corrosive effect upon the relationship and the people involved, particularly children.

### How we can help

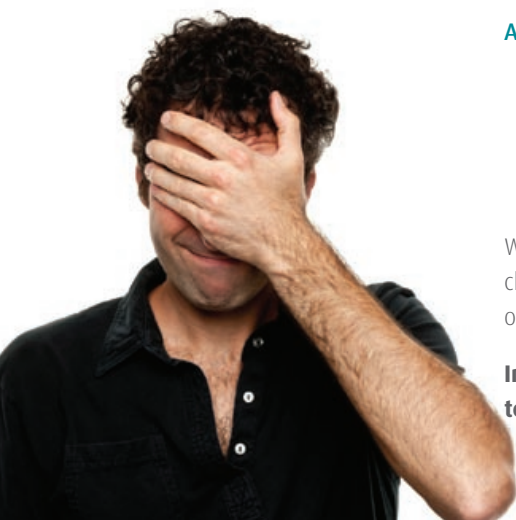
We are always here to advise, support and act on your behalf and with the largest number of family lawyers in the County and the most recognised specialists in domestic abuse work, there is always someone available who can help.

#### Amongst our lawyers we have

- Members of the Law Society Family Law Panel
- Advanced Members of the Law Society Family Law Panel specialising in domestic abuse
- Resolution members specialising in domestic abuse
- Members of the Law Society Children Panel

We will provide advice in an emergency on how to protect you and any children involved. We work closely with other agencies such as refuges, local authorities and the police and can explain the options available to you so you can make informed decisions to help keep you and your children safe.

**In the case of an emergency where you are in immediate danger or risk of harm you should telephone the police immediately for assistance.**



## The family team at Coodes



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Launceston: 01566 770000

Holsworthy: 01409 253425

Visit our website [coodes.co.uk](http://coodes.co.uk)

## What are my options?

The law provides many powerful and effective remedies against domestic abuse and we will advise you on the best way to protect yourself. This may be through obtaining an injunction order from the Court.

### Injunctions

We can apply to the Court to obtain an injunction to protect you from further abuse.

A **non molestation order** will require your partner to stop the abusive behaviour and is backed by criminal sanctions if they do not stop.

If you have been forced to leave your home and wish to return or you are living with your partner but it is not safe for you to remain under the same roof an **occupation order** may be needed, backed by a power of arrest, so that if it is breached the police will intervene.

If you are not ready to take this step or matters are not so serious as to require Court proceedings we can send a strongly worded **warning letter** which is often effective in stopping further abuse.

Anything you discuss with us is completely confidential and we understand that many people simply wish to take advice and consider all the options before deciding what they want to do and we will not take matters further unless that is what you want.

## What if my partner threatens to take the children?

We can ask the Court to make orders to protect the children and keep them with you. If your partner has snatched the children an emergency application can be made to have them returned to you.

### Practical Help

Ending an abusive relationship is not only about protection from abuse but also sorting out other things such as the arrangements for the children and what is to happen with the house and finances. We can advise you on all of these issues.



## FREE initial consultation

**We believe that everyone affected by domestic abuse should have access to sympathetic expert advice regardless of their means and so we offer a FREE 30 minute consultation. You may be entitled to free legal aid and we can assess your entitlement.**

For a more detailed look at your case and so that we can provide you with the information you need to decide on any action you want to take and the cost options we also offer a fixed price one hour interview £125 + vat.

You can meet in confidence with a member of the domestic abuse team who will give you advice in relation to the safety and security of you and your family. If appropriate, we will direct you to other agencies that will be able to assist you.

You can contact us at any time to arrange an appointment, and we will always try to ensure that somebody from our team is available to see you as soon as possible.

## Next steps

For more information contact any member of the Family Team or visit our website [coodes.co.uk](http://coodes.co.uk)

 Watch our video on Domestic Abuse at [www.youtube.com/coodessolicitors](http://www.youtube.com/coodessolicitors)

You can also visit any of our offices: **Truro, St. Austell, Newquay, Liskeard, Launceston, Penzance and Holsworthy**

**COODES**

SOLICITORS  
EST 1747