



# Keeping Safe



COODES

SOLICITORS  
EST 1747

“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

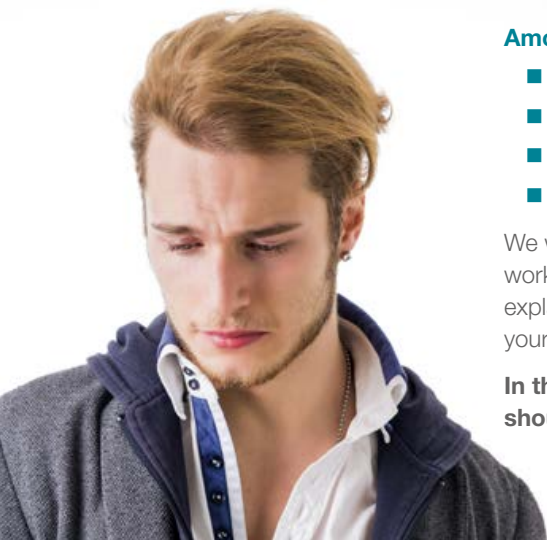
We are always here to advise, support and act on your behalf and with the largest number of family lawyers in the County and the most recognised specialists in domestic abuse work, there is always someone available who can help.

#### 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.**



## Our Offices

We are ideally placed with most of our offices conveniently located in town centres.

Elizabeth House  
Castle Street  
**Truro** TR1 3AP  
t 01872 246200

St Austell Business Park  
Carclaze  
**St Austell** PL25 4FD  
t 01726 874700

6B Falmouth Business Park  
Bickland Water Road  
**Falmouth** TR11 4SZ  
t 01326 318900

6 Cheltenham Place  
**Newquay** TR7 1DQ  
t 01637 878111

8 Race Hill  
**Launceston** PL15 9BA  
t 01566 770000

4 Bodmin Street  
**Holsworthy**  
Devon EX22 6BB  
t 01409 253425

10 Windsor Place  
**Liskeard** PL14 4BH  
t 01579 347600

The Guildhall  
Street-an-Pol  
**St Ives** TR26 2DS  
t 01736 339333

49 - 50 Morrab Road  
**Penzance** TR18 4EX  
t 01736 362294



## 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.



## Next steps

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

**0800 328 3282**