

High Peak Women's Aid (HPWA) provides

- ◆ Refuge Accommodation
- ◆ Floating Support
- ◆ Outreach Support
- ◆ Counselling
- ◆ Children's support
- ◆ Telephone Helpline
- ◆ Freedom Programme
- ◆ Domestic abuse awareness training
- ◆ IDVA
- ◆ Schools Awareness Programme
- ◆ CAMEO Club
- ◆ Me 2

HPWA believes that women need to regain control of their own lives. At HPWA you will be able to talk to an experienced female worker who understands domestic abuse. This help and advice also includes support for children affected by domestic violence.

HPWA is committed to maintaining high standards of confidentiality in all aspects of its work to ensure everyone's safety and well being. We offer confidentiality within clearly defined limits.

Service Users and Stakeholders are encouraged to comment about the service they receive.

If you would like a copy of our Comments and Complaints Policy please contact us on the address shown overleaf.

## Useful Phone Numbers

Derbyshire Police (24 hour service)	0345 123 3333
In an emergency ring	999
National Domestic Violence Helpline (24 hour service)	0808 200 0247
Job Centre Plus/ Chesterfield DWP	0845 608 8521
New Claims Contact Centre	0800 055 6688
High Peak Citizen's Advice Bureau	0845 120 2979
High Peak Community Housing	0845 129 8075
Derby Rape Crisis	0133 237 2545
Samaritans local helpline	01298 26000
Samaritans national helpline	0845 7909090
Shelter	0844 515 1640
Victim Support	01629 825864

## Useful Websites

[www.womensaid.org.uk](http://www.womensaid.org.uk)

[www.highpeakwomensaid.org.uk](http://www.highpeakwomensaid.org.uk)

[www.thisisabuse.direct.gov.uk](http://www.thisisabuse.direct.gov.uk)



**High Peak  
Women's  
Aid**

**Formerly  
Glossop Women's Aid**

**Freephone  
0800 019 8668**

*(Free from BT land lines and  
payphones) 24 hour helpline via  
Derbyshire County Council*

**OR**

**Tel: 01457 856675  
9.00 am to 5.00 pm  
Monday to Thursday  
9.00 am to 4.30 pm  
Friday**

**A free, community based service in  
the High Peak for women and children  
experiencing domestic abuse.  
If you need information in other  
languages please contact High Peak  
Women's Aid**

## **What is High Peak Women's Aid (HPWA)**

HPWA is an independently run organisation formed in 1979 to support women and children experiencing domestic abuse.

We are affiliated to Women's Aid Federation England. We are a company limited by guarantee.

A team of paid staff and volunteers ensure the organisation provides a full range of quality services.

### **Who can contact HPWA?**

- ◆ We welcome phone calls from women experiencing domestic abuse to talk about their situation and seek advice and support.
- ◆ We also welcome phone calls from statutory agencies such as Police, Health Professionals, Housing, Social Care and voluntary agencies such as Citizen's Advice Bureau, Victim Support other Women's Aid Groups, and Employers

## **How do I know if I am experiencing domestic abuse?**

Does the person being abusive consistently do any of the following?

- ◆ ignore your feelings
- ◆ ridicule your feelings, criticise you
- ◆ humiliate you in public or private
- ◆ complain about you having your own friends or interests or going out
- ◆ turn your children against you
- ◆ insist you dress differently
- ◆ withhold money from you
- ◆ criticise you sexually
- ◆ force you to have sex
- ◆ throw things at you
- ◆ threaten to hurt you
- ◆ slap or kick you, push you around, pull your hair, hit or punch you

### **First Steps**

If you are experiencing any kind of abuse, you should take these three important steps:

- ◆ Recognise that it is happening to you
- ◆ Accept that you are not to blame
- ◆ Get the help and support you need, you do not have to deal with this on your own

## **How do I contact HPWA?**

**Phone  
01457 856675**

**In Writing  
High Peak Women's Aid  
P O Box 22  
Glossop  
Derbyshire  
SK13 8AE**

**Email  
gwa@f2s.com**

Women who disclose abuse should have equal access to support and services regardless of age, nationality, race, sexuality, disability, religion and the legal status of their relationship.

**HPWA is supported by  
Derbyshire Supporting People  
Derbyshire County Council Children and  
Younger Adults  
Derbyshire County Council Adult Social  
Care  
High Peak Borough Council  
Lloyds TSB Foundation  
Charity Registration Number: 1134679  
Company Limited by  
Guarantee No. 07164749**