

What is an IDVA?

An IDVA (Independent Domestic Violence Advisor) is a trained specialist who provides a professional service to victims of domestic violence who are at high risk of serious harm.

We are not part of the police or courts which means we are totally independent. Our main aim is to help victims and their children improve their safety. We do this by offering advice and support and by helping you to think through your options and get the necessary help from other agencies.

We can inform you of your rights and options concerning the legal process and housing, explaining the effectiveness of criminal and civil remedies.



How can the IDVA service help you?

- Help you to see the risks from the domestic violence
- Explore and explain your rights and options
- Help you develop your own safety plan to reduce the risk of harm to you and your children
- Give advice on criminal and civil remedies available to you
- Support you through criminal prosecution keeping you up to date with court proceedings
- Attend court and solicitors appointments with you
- Explain some of the legal jargon and process
- Work with other agencies to help increase your safety
- Inform you of your options if a case does not proceed to court
- Ensure agencies work together to help to keep you safe
- Support you to make your own decisions that are right for you
- Support you through the MARAC process

What is a MARAC?

A MARAC is a multi-agency risk assessment conference. The MARAC is made up of local agencies including Children's Social Care, Health agencies, Housing, Probation, PDVS. It is chaired by the police.

The aim of the MARAC is to reduce the risk of serious harm and increase the safety, health and well-being of victims of domestic violence.

Everybody who is referred to the MARAC is automatically referred to the IDVA service for support.

“I found the service very helpful and without it would have continued living in that situation, whereas the help I received help me to move on.”

The IDVAs role in all multi-agency meetings is to present the victim's views and keep their safety at the centre of discussions.

The IDVA is there for you.



Abuse isn't just about physical violence. Domestic violence can be actual or threatened abuse by a partner, ex-partner or family member.

Abuse could include:

Physical Abuse

punching, kicking, slapping, pulling hair, biting, burning, hitting, choking

Emotional Abuse

being verbally abused and humiliated, being constantly blamed for things, being put down in front of others, being kept away from family or friends

Harassment

being watched, followed, pestered, unwanted letters or text messages, phone calls, messages sent through other people

Economic abuse

being kept without money, having wages/benefits/pension taken from you, having to account for everything you spend

Sexual abuse

rape/attempted rape, being forced to watch or act out pornography, being spoken to in sexually degrading ways, feeling you can't say no

Contact us

Please call **01772 201501** to speak to our Independent Domestic Violence Advisors.

We are open Monday to Friday 9am-5pm. Outside these hours call the 24 Hour Helpline.

Or email: idva@pdvs.org.uk

website: www.pdvs.org.uk

**24 hour Helpline
01772 201 601**

Anyone can be a victim of domestic violence. We support women and men, in heterosexual and same sex relationships.



Preston Independent Domestic Violence Advisory Service



Advice, support and options to increase safety for victims at high risk of harm from Domestic Violence



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