

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

### **Physical Abuse**

punching, kicking, slapping, hitting, pulling hair, biting, burning, 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 to act out pornography, being spoken to in sexually degrading ways, feeling you can't say no, unwanted touching

**Domestic Violence and Sexual Violence are unacceptable**

## Contact Us

Please call 01772 514 106 for more information or to access this service.

Or email: [polish@pdvs.org.uk](mailto:polish@pdvs.org.uk)

Website: [www.pdvs.org.uk](http://www.pdvs.org.uk)

If you are in immediate danger you should call 999

Preston police have a specialist domestic abuse team.

**24 Hour Helpline  
01772 201601**

Anyone can be a victim  
of domestic and/or sexual  
violence

Thank you to Preston City Council for helping to fund this service.



## Preston Domestic Violence Services



**Nadzieja**  
Specialist support  
for  
**Polish victims  
of Domestic  
Violence/Abuse**

Charity No. 1061953 - Company No. 3289949  
Registered Office: 10 Oakham Court, Preston PR1 3XP

## What is the Nadzieja Service?

The Nadzieja Service is a specialist service for Polish victims of domestic violence and sexual violence.

This service provides **outreach support** to help you with the effects of domestic violence.

Support will be given to you, even if you are still with the abuser.

We will listen to you; we will not judge you and we will not tell you what to do.

We will offer you emotional and practical support including information about housing, safety planning and welfare benefits

## This is a Confidential Service

**We will ensure your safety is our priority**

## How can we help you?

As well as offering you the outreach service we can also liaise with our other services within Preston Domestic Violence Services. We will ensure that you get the most appropriate help according to your situation.

*We will provide translation for our other services.*

**Butterfly Service** helps you to keep your home or to support you finding a new home.



**IDVA Service** provides advice, support and options to increase safety for victims at high risk of harm from domestic violence

It explores legal options and supports victims through the criminal justice system and/or through the civil legal process.

**ISVA Service** provides specialist support for victims of sexual violence.

**HOPE Centre** is a drop in centre for women in the St. John's Shopping Centre, Lancaster Way, Preston. The HOPE Centre is open on weekdays from 10am to 3pm and offers support and therapeutic activities.

Telephone: 01772 906667



**Refuge Service** provides safe, temporary and supportive accommodation for women and their children

**Sanctuary Scheme** helps make your home safer and more secure by adding additional safety measures such as better locks, security lighting.

24 hour domestic/sexual violence Helpline

**01772 201 601**

