



a safe place

a breathing space

or the start of

a new life

The refuge is close to shops, doctors surgeries and health centres.

There are leisure centres and libraries close by.

Things to remember if you need to come and stay in the refuge

You do need clothes, food, money.

You don't need bedlinen, towels, pots, pans, cutlery, cleaning materials and equipment, - but you can bring your own if you want to. If possible, **try to bring** a spare set of keys to your house, benefit books or bank statements, identification (i.e. birth certificate, NHS card, National Insurance Card, driving licence, passport). If you haven't got any of these things - don't worry, come anyway rather than put yourself at risk. We'll help you sort things out once you are safe.

What is a

Man's Refuge?

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North Derbyshire Women's Aid
Derbyshire SAM project
Helpline ring
0800 0198 668

www.ndwa.org.uk
email: help@ndwa.org.uk
for non urgent help and advice

Who can use a

Man's Refuge?

A refuge is a house for men to live in if you are fleeing domestic abuse or domestic violence.

Does the refuge provide support for all men?

Derbyshire SAM welcomes all men who are 16 years old or over (older men are welcome too) - whether you are black, asian or white; from another country; middle class or working class; heterosexual, homosexual or bisexual; whether you have disabilities or are able bodied; whether you are working or are on benefits; whatever religion you practice; whether you are HIV positive or not.

Derbyshire SAM recognises that discrimination and prejudice severely disadvantages men from minority groups and we take steps to ensure that all men receive equal treatment and services from our organisation. Derbyshire SAM works to ensure that the refuges reflect the cultural needs of residents and are sensitive to the needs of individual men.

Does Derbyshire SAM admit men with mental health, drug or alcohol problems?

We recognise that pressure such as violence and abuse can leave men very vulnerable to mental health problems and drug or alcohol dependency. We do not automatically refuse admission to men with such problems, however, due to limitations on the level of support we can provide, we may refer men on to specialist agencies or refuse admission.

What is Domestic Abuse?

Domestic abuse can be physical - such as slapping, punching, kicking, pushing you around, pulling your hair. It can be sexual abuse - forcing you to have sex, abuse of your children. It can be emotional abuse - calling you names, putting you down, humiliating you in public, stopping you from going out or seeing your friends and family, turning your children against you, controlling your life. Derbyshire SAM does not define violence or harassment from neighbours as domestic abuse.

What is a men's refuge like?

How many men live in each refuge?

There are three men sharing a house.

Do men have to share rooms?

No, each man has their own bedroom and they each have their own set of keys to the room.

The bedrooms have single beds, TV, a chest of drawers and wardrobes.

What facilities do men have to share?

The communal areas are the kitchen and lounge. The bathroom is also communal. The kitchen has cookers, fridges, freezers, crockery, pans and cutlery for everyone to use. We can provide separate cooking utensils if your religion requires it. There is also an iron and ironing board, washing machine, tumble dryer. The lounge has comfortable sofas and a TV.

Anything else I need to know?

Men cook for themselves and buy their own food.

Everyone has to clean their own room and share the cleaning of the communal rooms.

The address of the refuge is kept confidential.

What help and support can you get in a refuge?

The refuge has a refuge worker. The refuge worker will support you in making benefit claims, looking at housing options and getting legal advice. If men request it we can attend solicitors appointments with you, attend court hearings, go with you to the Benefit's Agency or the Housing Department. We can go with you to get your important personal belongings from home - usually with a police escort. We can refer you to our counselling service or just be available to listen to your problems when you need to talk.

Who will know you are in the refuge?

Derbyshire SAM workers and any referral agency (police, housing, social services). These agencies are committed to strict confidentiality - they won't tell anyone where you are without your permission. Our licence agreement (like a tenancy) that all residents have to sign states that residents mustn't give any information out about other families in the refuge - if they do they will be asked to leave. All workers will treat anything you tell them as confidential although they may have to share information with other Derbyshire SAM staff. The only exception is if we are told something that makes us think the safety of other men in the refuge is at risk.

Do workers live at the refuge?

No, the workers are available 10.5 hours per week, although residents can always contact someone outside of these times in an emergency.

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