



Are your **Eyes Wide Open** to Domestic abuse?

What is domestic abuse? Domestic abuse is any form of abuse committed by intimate partners, former partners, or family members. People often think of domestic abuse affecting younger people, but any person, any age, any gender can experience domestic abuse.

Tell someone

Bolton Safeguarding Adults Team

01204 337000

National Domestic Abuse Helpline

0808 2000 247

Greater Manchester

Domestic Abuse Helpline

0800 254 0909

Bolton
Safeguarding Adults Board
Preventing abuse and neglect together

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What can I do if I feel unsafe or if I'm worried about someone else?

The best way to protect yourself or a loved one and stop abuse from happening is to tell someone about it. This may be difficult for you to do, especially if the person abusing you is a friend or a family member, but you need to understand that abuse is never acceptable. You can make the change and there is help and support for you to end it.

If the person who is causing the abuse is a paid or family carer, you may worry that telling someone will mean that you lose the care and support.

Please be assured that your care and support needs will continue to be met, and you do not need to worry about this.

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You can get support and advice from:

- Bolton Safeguarding Adults Team
01204 337000
- Your GP or other NHS health providers
- Bolton at Home **01204 329636**
- Fortalice **01204 365677**
- Endeavour **01204 394842**
- National Domestic Abuse Helpline
0808 2000 247
- Age UK Bolton **01204 382411**
- Age UK Advice Line **0800 678 1174**
- The Police - You can call the local police on the **101** non-emergency number or call **999** immediately in an emergency
- Greater Manchester Domestic Abuse Helpline **0800 254 0909**

What will happen when I report abuse?

If you are worried or frightened about the actions of a family member or partner towards you, then you can report your concerns to any of the local services above.

They will listen to the information you give them and discuss your options. You can also ask for someone that you trust to support you, or you can ask for an advocate.

Specialist staff will work with you to plan how you stay safe. You will be involved fully in determining what outcomes you want to achieve.

Thank you to Age UK for supporting the Bolton Safeguarding Adults Board to produce this flyer.