



Supporting and working with community groups and clubs to promote a deeper understanding of local health and care needs and experiences

Spotlight on Safe in Sussex

Safe in Sussex delivers a range of services throughout West Sussex for people who are experiencing or at risk of domestic abuse.



The charity provides the following services:

- Confidential refuge for women and their children
- Amber House Project an early intervention project supporting the whole family to end domestic abuse
- Community Support Groups for women
- Adverse Childhood Experiences Recovery Toolkit for men and women
- Healthy Relationships Educational Programmes for children and young people
- Helpline and online chat for men and women.

The pandemic has seen an increase in incidents of domestic abuse, with many people trapped at home with the perpetrator of abuse and abusers using the lockdown measures to assert coercive and controlling behaviours.

During the Covid-19 pandemic service delivery has altered with many services now operating remotely.

- The confidential refuge provision continues as usual, providing a place of safety and healing from domestic abuse.
- Amber House Project continues to provide respite from unhealthy relationship for women and children with remote behavioural change support to the abusive partner.
- The community support groups for women have moved online and are delivered at various times throughout the week including evenings.
- Our Children and Young Peoples' Workers are currently unable to deliver the healthy relationships educational programmes into schools but discussions with schools are taking place in preparation for the autumn term.
- The charity has recently received funding to develop a domestic abuse support service for males. Currently men can access support via the helpline and online chat.

The helpline is open Monday to Friday from 10am to 3pm with trained and experienced caseworkers providing advice and support to any male or female adult. There is also an online chat facility available on our website from 12.30pm to 2.30pm Monday to Friday.



Contact details:

Helpline: 01903 896202

Email: info@safeinsussex.org.uk

General enquiries: 0330 333 7416

Website: www.safeinsussex.org

Other useful contacts **If you are in immediate danger, please call the Police on 999**

- The national domestic abuse helpline available 24 hours a day 7 days a week 0808 2000 247
- The men's helpline which operates 10am to 4pm Monday to Friday 01823 3342244
- National Lesbian, Gay, Bisexual and Trans+ domestic abuse helpline 0800 999 5428 operates Monday, Tuesday, Friday 10am to 5pm and Wednesday and Thursday 10am to 8pm

All of the insight we collect from people across West Sussex is collated and anonymised and forms part of the evidence that Healthwatch gather to identify common themes around what works and what could be improved for local people. **This insight is used to influence service development and can feed into**

- West Sussex Health and Wellbeing Board
- HASC - Health and Adult Social Care Select Committee
- WSCC Joint Strategic Needs Assessment
- Safeguarding Adult Board
- Sussex Health and Care Partnership workstreams (the NHS Integrated Care System for Sussex).

Healthwatch West Sussex also share reports with the Care Quality Commission (who are responsible for the registration and inspection of services which deliver regulated activities) and to Healthwatch England to form part of the national picture used to influence national developments, such as the NHS Long Term forward plan.

Not only do we collect the experiences of local people, but we can also provide free information and guidance just call: **0300 012 0122**. Email helpdesk@healthwatchwestsussex.co.uk, Website www.healthwatchwestsussex.co.uk.



You can also follow our social media channels:

Facebook [@healthwatchwestsussex](https://www.facebook.com/healthwatchwestsussex) Twitter [@healthwatchws](https://twitter.com/healthwatchws)

If you are setting up or would like to share news of a similar project we would be interested to hear from you. Please contact Cheryl Berry, Community Partnership Lead, email: cheryl.berry@healthwatchwestsussex.co.uk