

# AVENUES

**Do any of the actions below happen in your relationship?**

**Are you.....**

- \* Pushed?
- \* Kicked?
- \* Punched?
- \* Threatened with weapons?
- \* Told you will be killed if you leave?

**Does your partner.....**

- \* Control who you see?
- \* Control finances?
- \* Call you names?
- \* Make unfounded accusations?

**Does he say.....**

- \* Its your fault?
- \* He's sorry?
- \* Say he will seek help
- \* promise this will not happen again
- \* blame alcohol/Drugs, work or unemployment

**All of the above and much more are said by perpetrators of violence against women**

For support, advice or information on any issues, past or present, relating to domestic violence or further details of Avenues services, please call us on:-

**0191 2005887**

## USEFUL NUMBERS

Victim Support North Tyneside	-	<b>2579079</b>
Women's Aid	-	<b>2513305</b>
Reach	-	<b>2121551</b>
Tyneside Rape Crisis Centre	-	<b>2329858</b>
Domestic Violence helpline	-	<b>4151506</b>
Samaritans	-	<b>2327272</b>
Citizens Advice Bureau	-	<b>2007777</b>

**IN AN EMERGENCY CALL THE POLICE**

**999**

**Avenues are funded by:**



HEALTHY COMMUNITIES

Supported in kind by North Tyneside Council



**domestic violence support services...**

**run by women for women**

**For further information:-  
Tel/Fax /  
Minicom  
01912005887**

**e mail:  
support@avenueswomen.co.uk  
Website:  
www.avenueswomen.co.uk**

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## WELCOME TO AV -

Avenues is a women only project which offers support, advice, information and befriending to women who are experiencing or have experienced domestic violence. Avenues is committed to equal opportunities and towards this services are offered to all women regardless of age, race, religion, sexual orientation, class or status.

**Do you know your rights?**

**Do you need support?**

**Avenues can help with:-**

- \* **How do I leave?**
  - \* **Finding safe accommodation**
  - \* **Doctor/hospital visits**
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## DROP-IN GROUP

Avenues offers sessions where women can talk and share experiences in a safe environment.

### Drop-in times:-

- \* **NORTH SHIELDS**  
Monday 9.30 a.m. to 12 noon
- \* **MEADOWELL (Cedars)**  
Tuesday 9.30 - 11.30 am fortnightly

### Group Support sessions:-

- \* **DUDLEY (Daisy)**  
Monday 10 - 12noon
- \* **LongBENTON (Open Door Group)**  
Wednesday 10-12noon
- \* **WHITLEY BAY (Willows Group)**  
Wednesday 1-3pm
- \* **NORTH SHIELDS**  
Wednesday by appointment only  
Thursday 12 noon-3 p.m.
- \* **HOWDON (Hawthorns)**  
Friday 10-12noon
- \* **KILLINGWORTH (Sycamore)**  
Friday 9.30 - 12 noon

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## TRAINING

**Avenues offers training sessions to build confidence and self esteem to all women who access the project.**

