

**Do you feel
threatened
or at risk of
violence?**

**We can
support you.**

**the
Gaia
centre**

Run by Refuge

**Working in Lambeth
to end gender-based violence**

How can Refuge help you?

At Refuge we recognise that domestic violence can affect everyone and anyone. Nobody should have to live in fear.

We recognise that men can be victims of domestic violence – both in heterosexual and gay relationships. Refuge believes that everyone has the right to live in safety, free from fear – regardless of their gender.

Refuge runs a number of services for male victims of domestic violence across the country. These are primarily independent domestic violence advocacy and outreach services, which provide practical and emotional support for men who are experiencing domestic violence. We run one of these services in Lambeth.

The Gaia Centre

The Gaia centre provides confidential, non-judgemental and independent support services to heterosexual, gay, bisexual and transgender men who are experiencing gender-based violence in the London borough of Lambeth.

We will work with you to create a tailor-made safety and support plan which can include:

- Personal safety information
- Support if you need to contact the police
- Supporting you and keeping you updated and informed if you are going through a court case
- Support to secure an injunction
- Information around improving the safety of child contact
- Information around safe housing options
- Referrals to other services
- The opportunity to discuss the effects of gender-based violence with someone who understands

The Gaia centre provides support with a range of issues, including:

- Domestic violence (physical, sexual, financial, emotional or psychological abuse)
- Rape and sexual assault
- Stalking
- Prostitution
- Trafficking for sexual exploitation
- Forced marriage
- So-called 'honour'-based violence

Remember:

- The abuse is not your fault
- Domestic violence and other forms of gender-based violence are against the law
- Everyone has a right to live a life free from violence and abuse
- The frequency and severity of abuse is likely to increase over time
- Leaving an abuser can be the most dangerous time for a victim of violence
- You don't have to deal with this on your own – seeking support is a brave and positive step
- If you are experiencing violence and abuse, you are not alone
- **Refuge is here to support you**

Barriers to accessing support

Refuge understands that men may find it difficult to disclose that they have experienced violence or abuse. Some men report feeling embarrassed or ashamed, and may feel anxious when discussing their experiences. However, our professional staff are highly trained to work with all client groups, including heterosexual, gay, bisexual and transgender men.

The Gaia centre is here to support anyone who is experiencing abuse, and encourages everyone to contact the service, regardless of their gender, background, age, career, race or sexuality.

Access support

The Gaia centre can support male victims of gender-based violence with a variety of needs, for example; those with English as an additional language; with disabilities; with drug and alcohol issues, among many others.

Please call the **The Gaia Centre** to discuss, in confidence, any fears or concerns you may have. We can give you information about your options and we can help you keep safe.

- **Call the office** (Monday-Friday 8:00am-6:00pm)* on

020 7733 8724

*An 'out of hours' facility operates on this number. Urgent messages will be picked up and responded to regularly during evenings, weekends and bank holidays.

You can also call the **Men's Advice Line** (managed by Respect) for additional support on

0808 801 0327

If you are in immediate danger call 999.

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