

Happy Birthday  
Love John



24 HOUR EMERGENCY

**0844 8044 999**

IF YOU ARE IN IMMEDIATE DANGER  
PLEASE CALL THE POLICE ON 999

FOR HELP TEXT "NCDV" TO

**60777**

Website:

**[www.ncdv.org.uk](http://www.ncdv.org.uk)**

Email:

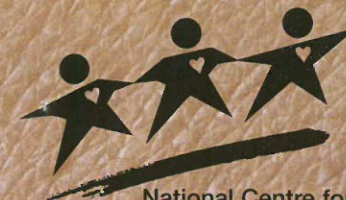
**[office@ncdv.org.uk](mailto:office@ncdv.org.uk)**

Online Referral:

**[www.referdirect.org.uk](http://www.referdirect.org.uk)**



Freephone: 0800 9 70 20 70



National Centre for  
**Domestic Violence**

Happy Birthday



How to get help  
with getting an  
injunction



**If you are reading this you are probably a victim of domestic violence or abuse. We want to say right now that we can help you. This leaflet tries to explain without using legal terminology and technical words exactly what we can do, but if you are in any doubt please give us a call, the number is on the back.**

**Let's see if we can answer some of your questions...**

### ***Who are The National Centre for Domestic Violence?***

We are an organisation that specialises in providing you with legal assistance to obtain injunctions to protect you from being further abused.

### ***How can you help me?***

We are experts on the Family Law Act 2006, so if you are a victim, tell us your story and we will help you obtain an injunction.

### ***What is an injunction?***

An injunction is a court order that prohibits an abuser from using or threatening violence against you, harassing, pestering or intimidating you and in some cases contacting you altogether. If the order is breached, the police can arrest the abuser immediately. If you are living or have lived with the abuser we may be able to prevent them from returning to your home or even have them removed.

### ***How does an injunction work?***

Injunctions work incredibly well, over 97% are never breached. They give you back the power

you need to break free from an abusive relationship. They allow you to stand up for yourself and say "NO" to being intimidated. If the order is breached the Police can arrest the perpetrator and they might be put in jail for up to 5 years.

***That's great but I don't want the abuser to get a criminal record.***

The injunction is a civil order which means that the Police have no involvement unless of course the terms of the order are breached. So there is no criminal offence unless you are threatened, abused or intimidated. The injunction will not show up on a CRB check.

### ***How long does an Injunction last?***

Usually they will last for a year but they can last anywhere from a few months to over two years.

### ***How do I get an Injunction?***

Firstly call us, your call will be answered by our emergency First Steps Team.

We will take brief details from you and assess your case very quickly. If you are eligible for an injunction you will be assigned a case worker.

The case worker will call you back and start to draft all the documents necessary to apply for your injunction. One document is your statement, this is your chance to tell your whole story and your case worker will write everything down. This call will probably take 30 to 40 minutes.

Your case worker will then hang up and finish off your documents, this may take them 2 to 3

hours but when they are finished they will call you back and read back all the details.

If you are happy with everything we will email all your documents to our legal panel and you will be assigned a legal representative. The legal representative may not be local to you but they will perform the fastest.

Your legal representative will call you back and arrange to meet you. You will then go to court together and obtain your injunction.

### ***How long will all this take?***

We have a target of 24 hours from the time you call, we try really hard to keep to this but sometimes it may take a little longer.

### ***Can you help me with housing and the stress I am under?***

Whilst we only specialise with injunctions we work very closely with other organisations that can help you with any emotional support or practical solutions you may need.

### ***How much will your help cost me?***

Our services are completely free of charge, and at no point will you be asked to pay us any money. Most people are covered by Legal Aid but please don't worry about that now, your safety is the most important thing and when you call we will explain all your options.

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