

HELP

TIPS

ASSISTANCE

GUIDANCE

SUPPORT

ADVICE

MK:act

DOMESTIC ABUSE INTERVENTION SERVICES
acknowledge it's happening • call it by its name • tell someone

Support for Domestic Abuse BLMK Area

MK:Act

Helpline: 0344 375 4307 info@mk-act.org Monday – Friday 9am – 5pm

<http://www.mkact.com/> Live chat (Mon-Fri 10am -4pm)

Fresh Start (Perpetrator programme) 07718767974 FreshStart@mk-act.org

Monday – Friday 9am – 5pm

Bedfordshire Domestic Abuse Partnership

Directory of services www.bedsdv.org.uk

bdap@centralbedfordshire.gov.uk

Victim Support – (Bedfordshire) Independent Domestic Violence Advisory (IDVA)

Idva.bedfordshire@victimsupport.org.uk

provides domestic abuse and stalking support services across Bedfordshire. We have a team of Independent Domestic Violence Advocates (IDVA) based in Luton, Bedford and at Bedford Hospital. We also have an Independent Stalking Advocacy Caseworker (ISAC) who covers Bedfordshire.

contact via Luton: [01582 488777](tel:01582488777) (Mon to Fri: 8am to 5pm). Bedford: [01234 763785](tel:01234763785) (Mon to Fri: 8am to 5pm) or contacted via Idva.bedfordshire@victimsupport.org.uk

Sexual Assault and Support Services support; <https://avmksaass.org.uk> Helpline 01296 719 772 for Milton Keynes clients

Emerald Centre Sexual Assault Referral Centre Bedfordshire SARC [Emerald Centre – SARC](#)

HERTS SARC Sexual Assault Referral Centre [Herts – SARC](#)

[Help after rape and sexual assault – NHS](#)

Go to www.bedsdv.org.uk for guidance and details of local and national support services, advice and information about all forms of domestic abuse.

Hope After Harm Thames Valley Support adults and young people in their journey to recover from harm and trauma.

<https://hopeafterharm.org.uk/>

MK-ACT Intervention Services Overview



Emergency Refuge
28 self contained flats

Helpline & Crisis Intervention
03443754307,
info@mk-act.org
Mon-Fri 9-5pm
www.mkact.com
Professionals only
01908 295731

Fresh Start
(Perpetrator programme)
07718767974
FreshStart@mk-act.org

Outreach project

- Floating Support
- Resettlement

Risk & Needs Assessment

Safety Plan

Support Plan

Sign-posting

Partner support

Perpetrator programmes

MASH Support

Advice, Information & Options

Hospital Support

Group-work e.g Freedom Programme,

Peer Support

Volunteer Support

Crisis Intervention Service for Milton Keynes :

Helpline, information, advice and support

- ❖ MK ACT – Independent Domestic Violence Advisors (IDVA) / Community Support
(Housing, LGBTQ+, Complex, Elder – 55+, MASH, Young persons, Support & Specialists)
- ❖ IDVA outreach support at various sites when required
- ❖ IDVA court support and advice at during trials and hearings
- ❖ Health IDVA at MKUH
- ❖ EDIB Support (Equality, Diversity, Inclusion and Belonging)
- ❖ Signposting /referrals to programmes, partner agencies, organisations and support agencies
- ❖ Signposting Volunteer support, Peer Support, Women in Work' project

Partnership support appointments

- ❖ MK City Council – housing solutions advisors
- ❖ Additional Partnership support i.e. Police, drug and alcohol services , counsellors and more

Agency Referrals & Self Referrals via online forms, [Referrals | MK-ACT](#) telephone

Online Referral form:
[MK Act Referral Form 2025](#)



MK ACT Crisis Service Criteria

- Current D.A within past 2-3 months. High or medium risk
- No referrals if Freedom is just needed (this can be an email from the professional / client).
- We do not offer counselling but can signpost to appropriate channels.
- No neighbours (this is not D.A unless there has been an intimate relationship).
- As much info needed on referrals as possible; especially if there are SG concerns around children or adults, police call outs, hospital visits / injuries, client AP + children details needed, safe contact methods.
- Living in MK area
- Over 16yrs. (under 16 we can work alongside CSC and have MASH IDVA)

Hospital IDVA Support

How we work together to support patients experiencing domestic abuse.



Provide immediate support and advice to DA patients



Work in partnership with Staff



Accident & Emergency and Maternity departments (main focus)



Support staff to recognise DA and refer more quickly and effectively



Ongoing bitesize talks to staff - Domestic Abuse



Support training delivery



Support staff-Domestic Abuse – NHS



Visual presence

Emergency Refuge Accommodation

28 x self contained flats, 1 or 2 bedrooms

- **CONFIDENTIAL ADDRESSES** -

Self contained Accommodation and support for up to 28 families (for Women, Children and Young People)

- ❖ Family support work team for reducing risk and safety planning Weekly Key working sessions to cover safety planning ,risk assessments and support plans
- ❖ Shared spaces ,lounge ,IT suite , garden, carpark ,offices
- ❖ Housing Options /solutions support
- ❖ Additional programmes, activities and speakers i.e. Freedom Programme , yoga , journal making , sewing , cooking , fitness, health awareness . Weekly timetable including house meetings .
- ❖ Women in Work' project
- ❖ Donations (food available on weekly basis)
- ❖ Volunteer Support
- ❖ Counselling available from trained volunteer counsellors
- ❖ Housekeeper

❖ Support For Children And Young People Within The Refuge (Playroom)

Children & Young People's Support Worker - Play sessions , support plans, Key working, 1-2-1 sessions . Programmes, Play therapy, Contact support, school placement support, children's social care support , parenting support, homework club. Creche for women attending in-house programmes.



Agency Referrals & Self Referrals via initial contact with CIS team [Referrals | MK-ACT](#) www.mkact.com – to ensure immediate risk is addressed.



What is the Fresh Start Programme?

Respect
Accredited



- Provided by MK-Act and facilitated by specially trained professionals.
- Fresh Start is a specialist domestic abuse prevention programme, which works to address the cause of the problem, by engaging with individuals who have issues in relation to violent, abusive, intimidating or controlling behaviours in their intimate or family relationships.
- The service aims to increase the safety of both partners and children and prevent further incidents of abuse.
- In Milton Keynes, Fresh Start offers a structured group work programme, a tailored 1-2-1 service and parenting interventions.
- Fresh Start is accessible for all genders.
- Can self- refer or be referred by professionals and is free to all clients living in Milton Keynes.
- FreshStart@mk-act.org 07718767974

Support for Perpetrators in BLMK Area

Fresh Start a specialist domestic abuse prevention programme, (Milton Keynes referrals only)

Structured group work programme, a tailored 1-2-1 service and parenting interventions. All the interventions aim to change behaviour, promote responsibility and accountability, provide alternative behavioural strategies, improve communication skills, increase parenting capacity and promote respectful relationships and attitudes.

Accessible by both men, women and all gender identities and those in same sex relationships.

The **Chrysalis Centre** works with perpetrators of domestic abuse to help them recognise, acknowledge and change abusive, coercive, and controlling behaviours. Learn what healthy relationships look like and how best to achieve it. Respond to your emotions without causing harm or distress to others Hertfordshire or Bedfordshire.

The **Bridge Project**(Bedford & Central) provide one to one and group work for perpetrators of domestic abuse, who demonstrate a willingness to change their harmful behaviours.

Ebonista Project (based in Luton) provides Freedom Programme for Men a two-day workshop for men who want help to change their behaviours.

Respect (National) work with domestic abuse perpetrators, male victims and young people who use violence and abuse

The **Drive Project** aims to reduce the number of children and adults becoming victims of domestic abuse, by deterring and challenging abusive behaviour. This project focuses on high risk and serial perpetrators, in order to encourage more engagement with recovery programmes and tackle the greatest risk of harm. Referrals to the Drive programme either come from MARAC via partner agencies or directly from the police. In Berkshire, Buckinghamshire & Oxfordshire, Cranstoun delivers the DRIVE programme. The service tackles the root causes of abusive behaviours and challenges perpetrators.

Become A Domestic Abuse Champion in Milton-Keynes



Domestic Abuse Champion Person Profile

Who Can Sign Up?

Professionals who are passionate and proactive about raising domestic abuse awareness.



training@mk-act.org



<https://www.mkact.com/become-a-domestic-abuse-champion/>



Additional Domestic Abuse Training

- Domestic Abuse Awareness & Referral Pathways
 - Coercive & Controlling Behaviour
 - Domestic Abuse: Focus on The Child
 - Stalking & Harassment
 - Working with Perpetrators
 - DASH Risk Assessment & MARAC Referral
 - Honour-Based Abuse & Forced Marriage
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- Contact our training team directly by email to: training@mk-act.org
 - Website: <https://www.mkact.com/training/>



Specialist Services



Domestic Violence Assist The UK's only registered charity specialising in arranging Non-Molestation Orders, Prohibited Steps Orders & Occupation Orders [Domestic Violence Assist | DV ASSIST](#)

SAFE! an independent charity providing support to children and families around the Thames Valley who have been affected by crime or abuse through one-to-one and group sessions 0800 1337938 Email: safe@safeproject.org.uk



C2C Social Action <https://www.c2csocialaction.com/> Dedicated to empowering women across Milton-Keynes through a range of support designed to promote healing, independence and resilience.



Healthy Relationships Project MK City Council (HRP) aims to address the effects and impact of domestic abuse on children, young people, and adults and for them to gain a better understanding of what a healthy relationship is. HRP predominantly support families that are open to children's social care who have been affected by domestic abuse. Offering a range of courses to both adults and children <https://www.milton-keynes.gov.uk/supporting-families/healthy-relationships-project>



NSPCC UK Children's Charity 0808 800 500 <https://www.nspcc.org.uk>



National Centre for Domestic Violence (NCDV): www.ncdv.org.uk Tel. 0844 8044 999

NCDV provides a free, fast emergency service to survivors of domestic abuse. Working closely with partner agencies and support survivors to apply for an injunction quickly when legal aid is not applicable.



Specialist Services & National Helplines

National Domestic Violence , Freephone 24 hr Helpline: Tel. 0808 2000 247

<https://www.nationaldahelpline.org.uk>

Refuge: www.refuge.org.uk

Offer a range of services to support women and children experiencing domestic violence.

Men's Advice Line 0808 801 0327 www.mensadvice.org.uk

Gallop LGBTQ National Lesbian, Gay, Bisexual and Trans+

Domestic Abuse Helpline 0800 999 5428 <https://www.galop.org.uk>

Hourglass Support & helpline for Older Victims 080 8808 8141 [Domestic abuse | Hourglass \(weare\)](#)



For women and children.
Against domestic violence.



Specialist Services

Women's Aid www.womensaid.org.uk

Safelives <http://www.safelives.org.uk>

Refuge www.refuge.org.uk

Respect <http://respect.uk.net>

National Stalking Helpline: <http://www.stalkinghelpline.org> Tel. 0808 802 0300

Paladin-National Stalking Advocacy Service; <http://paladinservice.co.uk> Tel. 020 3866 4107

Sexual Assault and Support Services support; <https://avmksaass.org.uk> Helpline 01296 719 772

FLAG DV. www.flagdv.org.uk. free legal advice to anyone in the Thames Valley experiencing DA

Hope After Harm <https://hopeafterharm.org.uk/>

Support adults and young people in their journey to recover from harm and trauma.

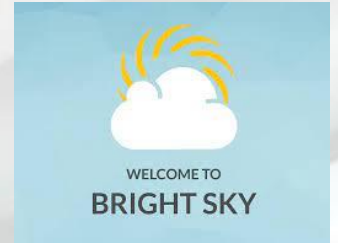


Respect



Support App - Bright Sky

Bright Sky Weather App or is it?



Download the **Bright Sky** app for free information and support about domestic abuse, sexual consent, harassment and stalking



Are you or a loved one experiencing **Domestic Abuse?**

Download the **Bright Sky** app to:

- Record evidence in your Private Journal
- Find and contact your nearest support service
- Understand the signs of abuse
- Complete the 'Am I at Risk?' questionnaire

Bright Sky is a free to download app providing information on domestic abuse, sexual violence and consent, stalking and harassment.

Hestia.org/BrightSky

<https://www.hestia.org/brightsky>

brightsky@hestia.org

<https://uk.bright-sky.org/en/home>

The app is available to use in Welsh, Polish, Punjabi and Urdu.

If you are in immediate danger, please call 999.

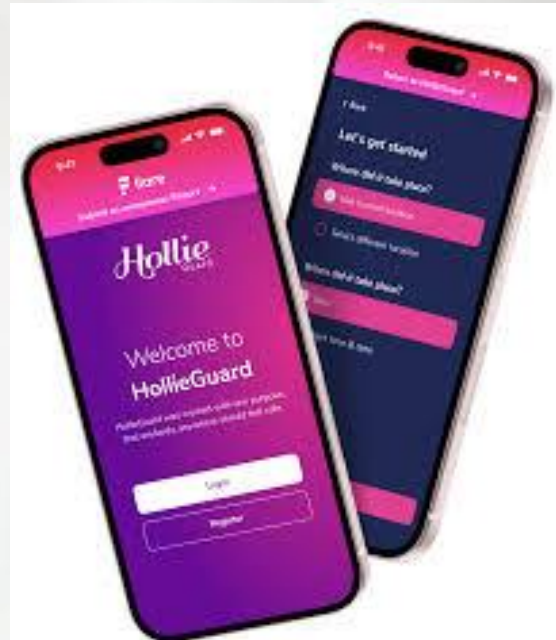
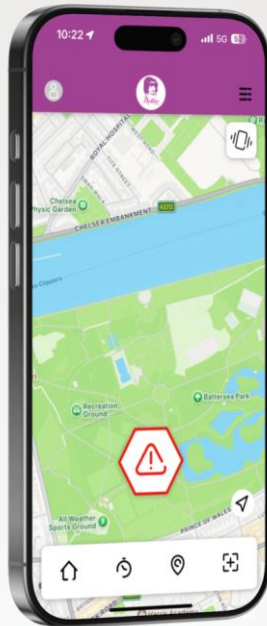
Personal Safety App – Hollie Guard



Hollie Gazzard was murdered by her ex-boyfriend in 2014. Her family developed this app to help keep others safe.

Hollie Guard is a next generation smartphone app that provides enhanced levels of protection.

<https://hollieguard.com>



Ask Joan - Innovative App

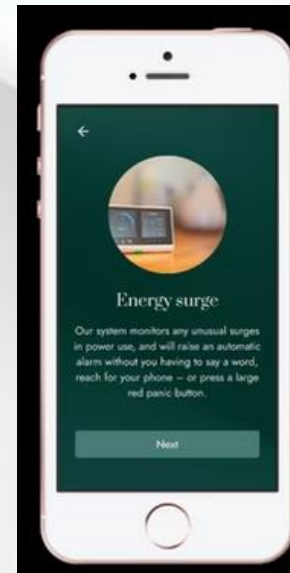
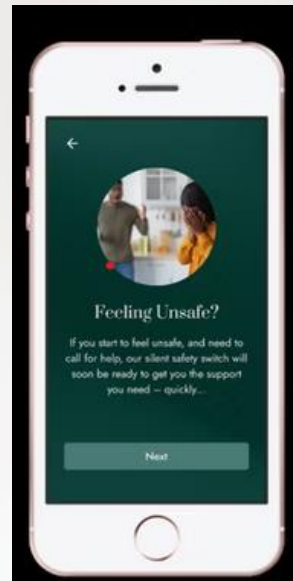
Ask Joan - Raise the alarm. Without making a sound.

[Ask Joan | Silent Panic Alarm](#)



Ask Joan, is an innovative app that **allows users to silently signal for help using everyday household appliances.**

By leveraging subtle technology, it provides a lifeline without alerting an abuser.



Demo: <https://www.viviplus.co.uk/how-it-works>

Safe Spaces Scheme



<https://uksaysnomore.org/safespaces/>

How to access a Safe Space

- Walk into any participating safe space in the UK
- Ask a member of staff at the counter to use their safe space
- You will be shown to the Safe Space which will be a private room
- Once inside you can use the safe space in whichever way works for you. They provide a safe and discreet way to reach out to friends and family, contact specialist support services and start your journey to recovery.

UK SAYS NO MORE is working with pharmacies, banks and selected job centres across the UK to provide Safe Spaces in their consultation rooms for people experiencing domestic abuse.

