

Border Women's Aid

IT CAN HAPPEN TO ANYONE:
A Guide to Domestic Abuse



BWA

**‘There is one universal truth,
applicable to all countries,
cultures and communities:
violence against women
is never acceptable, never
excusable, never tolerable.’**

United Nations Secretary-General – Ban Ki-moon



CONTENTS

1	Look at what you made me do!: What is domestic abuse?	1
2	Raising the Red Flag: Recognising domestic abuse	3
3	We 're here to help you out: The work of Border Women's Aid	5
4	'Just leave!': A personal story of domestic abuse	7
5	He loves me, he loves me not: Young women and domestic abuse	9
6	Another closet: LGBTQ+ and domestic abuse	11
7	Black and blue: BME women and domestic abuse	13
8	'Useless cow!': Domestic abuse and learning disability	15
9	Grey matters: Older women and domestic abuse	17
10	Suffer the children: Children and domestic abuse	19
11	Why don't they just leave?: Blaming the victim	21
12	I never imagined...: A personal story of domestic abuse	23
13	Myths understood: Home truths about domestic abuse	25
14	#NoExcuseForAbuse: Calum's story	27
15	A skirt through history: A very short history of domestic abuse	29
16	Feel free: Take the Relationship Quiz	31

CHAPTER 1

Look at what you made me do!



What is domestic abuse?

In 2021, women are equal, that's the law. The UK has had two women Prime Ministers and Scotland's First Minister is female; there are more women at college and university than ever before. Indeed, over half of all medical students are now women, and there is a similar positive pattern for other professions. For some women, the glass ceiling has been well and truly broken. Yet movements like #TimesUp and #MeToo tell us another story about women's experiences, aspirations and expectations. Domestic abuse and hate crimes continue to rise. Rape convictions are at an all time low, whilst the number of female homicide victims is the highest since 2006. At least 2 women a week are murdered by their domestic partners. Assumptions of equality crumble in the face of such horrifying statistics. A toxic online landscape allows misogyny to flourish unchecked, and the inappropriate and offensive statements of some senior politicians serve to encourage and normalize such views. It is not a coincidence that, in the age of social media, rates of violence against women have risen.

This is the context in which the incidence of domestic violence continues to grow. One in five women in Scotland will experience domestic abuse in the course of her life, young women being the most vulnerable. The most recent Police Scotland report records 63,000 incidents of domestic abuse; four out of five of its victims are women. Worldwide, 30% of all women experience domestic abuse. Small wonder the World Health Organisation has described violence against women as a 'global health problem of epidemic proportions.' So, what is domestic abuse? As defined by Scottish Women's Aid, it is a pattern of controlling, coercive, threatening, degrading and/or violent behaviour, including sexual

violence, by a partner or ex-partner. Domestic abuse is overwhelmingly experienced by women and perpetrated by men. It doesn't matter how old someone is, what race or ethnicity or sexual identity they are, what class, whether or not they are disabled, or whether they have children – anyone can be a victim of abuse. Some commentators even go as far as to describe domestic abuse as a form of 'domestic terrorism' because of the fear and suffering it causes to those who experience it.

Reference to statistics about domestic abuse 'incidents' are only a small part of the full picture, because domestic abuse is not an individual 'fight' or a one-off act. **It is a pattern of abuse.** Most women who ask for help have been subjected to a pattern of domination designed by the perpetrator to isolate, degrade, exploit and control them. This is known as 'coercive control.' Often when people think of domestic abuse they think of physical violence, but domestic abuse can be much more than that. For many women who live with domestic abuse there may be no scars, bruises or broken bones, but instead, emotional and psychological wounds which can take a lifetime to heal.

In Scotland, ALL forms of domestic abuse are crimes.

Abusers will say and do anything to justify these crimes. 'Look at what you made me do' is the common refrain and excuse. Sometimes victims do not realise they are being abused. This may be because they've always been treated badly, and expect nothing else. Or when they're told it's all their fault, they believe that to be true. They may be told they've brought a punishment upon themselves because they are a bad person, wife, mother, etc. Women often hide the abuse

because they are frightened or feel degraded and ashamed. And abusers are very careful to hide what they are doing, too.

Below are some of the behaviours you may encounter if you are a victim of domestic abuse. If they seem familiar, you may be experiencing it. Some of the behaviours are physical, but many more involve emotional manipulation, 'messaging with your head' to the extent that you may doubt your own sanity.

Border Women's Aid is here to help and support you on your journey to a life free from domestic abuse.

The abuser may:

- Be jealous of your family, friends, or even their own children. Often imagines partner is having an affair.
- Be bad-tempered: either flares up over every little thing or lets anger build up and then explodes, and then often carries on as if it never happened.
- Tells their partner it's all their fault, or projects their own faults onto them ('if you didn't ... then I wouldn't...'). In effect, brainwashing you.
- Claim that no matter what their partner does, they are wrong.
- Manipulates facts, often called 'gaslighting', so that you question your reality, memory or perceptions.
- Have a Jekyll and Hyde personality, so that outsiders may not believe the woman when they tell them what's happening.
- Try to isolate their partner, discouraging them from seeing family and friends, from working or getting a better education. Control access to money.
- Use verbal assaults (insults, put-downs, slanderous names)
- Aggressively impose their strong beliefs in gender stereotypes (e.g. the man is the head of the house and the woman cooks, cleans and cares for the children).
- Will do whatever it takes to drive their partner away, then whatever it takes to get them back. (Apologises profusely, hugs the children, takes them out to dinner, cries and promises everything - knowing exactly what they wants to hear: 'I'll go to church/counselling/AA'; 'I'll never.....again'.)
- Use physical abuse that frequently follows a pattern, e.g. some men always hit the

woman in the face, others are careful to hurt her where the bruises won't show.

- Minimise the seriousness of the abuse or deny it completely. After an incident the abuser may feel better and cannot understand why their partner remains hurt, upset and angry. Whilst apologising for the abuse they may also subtly blame, the woman: 'You made me do it.'
- Use technology to intimidate and control. Trackers, smart locks, webcams and social media, or sharing revenge porn, are the latest weapons in the abuser's toolkit.
- Come from a family where abuse was used on the women and/or children, so the abuser's behaviour feels normal.
- Play with weapons such as knives or guns in a manner designed to intimidate.
- Have other problems with the law, or with alcohol or drugs, which can make the abuse worse, however alcohol or drugs do not cause or excuse abuse.

REMEMBER: Domestic abuse is a crime. If you believe someone is in immediate danger call 999 and ask for the police. If it's not safe to speak - use the Silent Solution system and call 999 and then press 55 when prompted. You can also use the police text service - text REGISTER to 999. Register your phone when it is safe so you can text when you are in danger.

Find out more

You can find out more by watching these real-life story videos produced by Scottish Women's Aid:

🎥 **AMIRA'S STORY**
<https://www.youtube.com/watch?v=JnJRIUA29jg>

🎥 **SHONA'S STORY**
<https://www.youtube.com/watch?v=NB40tcFvyts>

Raising the Red Flag

Recognising domestic abuse

Does your partner:

- 🚩 Belittle you, or put you down in front of friends and family
- 🚩 Verbally abuse you with insulting, demeaning and hurtful language
- 🚩 Isolate you from your family and friends, to 'keep you all to himself'
- 🚩 Accuse you of flirting or having affairs
- 🚩 Tell you what to wear, who to see, where to go, and what to think
- 🚩 Monitor your social media, read your emails or texts
- 🚩 Share photos or videos of you without your consent
- 🚩 Always want to know where you are, even using GPS to track you
- 🚩 Stop you going to college or work
- 🚩 Control how you spend your money
- 🚩 Blame you for the abuse or arguments
- 🚩 Deny the abuse is happening or downplay it
- 🚩 Threaten to kill themselves if you try to break up with them
- 🚩 Pressure you to have sex or make unwanted sexual demands
- 🚩 Pressure you to have unsafe sex, or hurt you during sex
- 🚩 Have sex with you when you do not want to - this is rape
- 🚩 Make you so afraid that you change your behaviour because you fear what your partner might do to you
- 🚩 Abuse you physically - slap, punch, kick, bite, burn, choke, pin you down
- 🚩 Threaten to hurt or kill those close to you, including your pets
- 🚩 Threaten to hurt or kill you

These are some of the warning signs that you, or a friend or relative, may be in an abusive relationship. Domestic abuse in all its forms is a crime.



We're here to help you out

The work of Border Women's Aid

Who we are

Border Women's Aid is the only domestic abuse service in the Scottish Borders run by women for women, and we work hard to support every woman, whatever her background, who reaches out to us.

We are women supporting women to regain control of their lives away from abusive relationships. Our person-centred approach enables us to treat all women as individuals with unique needs and dreams, and to empower them to decide what is best for them and their children.

We are not here to tell women what to do. We enable women to build on their strengths and to develop the information, skills and tools they need to determine their own futures.

Our mission is to provide a community where all women and children can be safe and strong and to end domestic abuse in all its forms.

What we do

BWA understands the dynamics of domestic abuse and how it affects women and children because it has helped hundreds of women throughout the Borders to leave abusive relationships and find a better life.

Leaving an abusive relationship is one of the hardest things for women to do even when their own lives and those of their children are at stake. Empowering women by helping them understand the dynamics of domestic abuse and its impact on their lives is central to how we work.

We provide safe accommodation and specialist support to women and their children who have left abusive homes. We continue to support them as they rebuild their lives in new communities by sourcing and accessing community activities, reducing isolation and enabling involvement and belonging.

We provide outreach support to women who are living with domestic abuse and support them to begin to plan ahead for a life that is free from the threat of domestic abuse.

We also provide support to family members who contact us concerned about someone whom they fear is at risk of domestic abuse.

We support each woman as an individual to set her own personal goals. We are not here to tell women what to do. We enable women to build on their strengths and to develop the skills and tools they need to determine their own futures.

Confidentiality is central to what we do, and we will provide support via telephone, email, text, face to face – whatever is best for each individual.

Why we do it

1 in 5 women in Scotland will experience domestic abuse in their adult lives; women who are our daughters, our sisters, our mothers, our grandmothers, our friends, our neighbours. Younger women in the 16-24 age group are the most vulnerable. Here in the Borders, there were over 1000 reported incidents of domestic abuse in 2019. This abuse is physical, psychological and emotional, mostly by a male

partner or ex-partner. It can range from physical and sexual attacks, to jealous and controlling behaviour such as being denied food, sleep, medical attention and contact with friends and family, to being put down or made to feel worthless. Recent changes in Scottish legislation mean that all such behaviours are a crime.

We believe that in a society where woman are truly equal, domestic abuse would stop.

What our service users say

'I will never forget my time in refuge for it was surely an education and a healing time too, since you all helped in such a positive way.'

'You're amazing and your support is what keeps me going. You have no idea what you've done for me and continue to do.'

'You helped me realise that I deserve better.'



'Just Leave!'

One woman's story of domestic abuse

Just leave!

Easy right? You are in an abusive relationship, you just leave, particularly if you have children. I used to think that too and I have said those exact words. Then it happened to me and I understood why you can't always just leave. When I met my ex-husband, I was a vibrant 25-year-old professional woman. Full of confidence and enthusiasm for life. I loved my job, my friends and family. I thought I had met the love of my life.

Just being a man?

It started slowly, the odd negative comment here and there. Later it would escalate to a constant stream of emotional abuse that slowly but steadily chipped away at my self-confidence until I was nothing like the woman I had been. By the time I left (2 children and 12 years later), I was depressed, constantly anxious, unable to work and told by my husband that I was mad, that I couldn't cope and if I left he would make sure everyone knew I was an unfit mother. I did talk to my friends about my 'difficult' husband but everyone else also seemed to have stories about unhelpful partners. He was just being a man, right?

So when he finally became physically abusive, I was almost glad. Now I could legitimately leave him. But I didn't. I tried, I really did. I told everyone I was leaving, started looking for a house to move the children and me into. But he manipulated me back. Because you see he was (still is) a very clever man. By this stage, he had me emotionally controlled. I had no belief in myself. He ensured I wasn't working and therefore financially I was entirely dependent on him. How could I look after

the children? It was them that made me stay, despite the fact that they had witnessed the abuse.

Same narcissist, different town

We made a fresh start and moved to a new area. Turned out same narcissist, different town. The abuse escalated. I won't outline the many episodes but during one memorable one he told the children he would kill me and had me pinned down with a mallet to my head. The kids ran outside screaming, banging on the window for him to stop and the little one vomited in distress. Finally, I contacted the police and a solicitor and we left. Thankfully, by now I was working 2 days per week and was in a better financial position than before and had the support of my amazing family who had slowly watched their daughter disappear in front of them. What followed in terms of police and courts is for a different time. Police were fantastic, Sheriff was appalling. Despite a guilty plea, the Sheriff allowed him an absolute discharge as he was such an upstanding member of the community and how this would otherwise negatively impact on his career. There was a local public backlash but it didn't change the judgement and now my husband had had his behaviour confirmed as being acceptable.

Back to the girl I once was

So where am I now? 5 years after leaving I am getting back to the girl I once was. I'm back working in the profession I love. I enjoy my work and have lovely colleagues and friends. I am in a new relationship with a fantastic man. My 2 kids are amazing and make me proud every day.

Sadly, my ex continues to try to control me in any way he can, through manipulating access to the children or avoiding maintenance payments. I still have a physical reaction when I receive an email from him but I am getting better at dealing with it. I worry about the effect he has on the children when they see him. He is emotionally abusive towards them and they are terrified of upsetting him. I worry about the effects on them of what they saw and continue to experience.

'My two kids are amazing and they make me proud every day.'

'I still have a physical reaction when I receive an email from him.'

'I worry about the effect he has on the children when they see him.'



He loves me, he loves me not

Young women and domestic abuse

So, are you his princess one minute, and a stupid bitch the next?

When you hear the term 'domestic abuse', what do you think of? A vulnerable older woman, trapped in a long-term relationship, being regularly beaten up by her male partner but so frightened of what he might do that she can't bring herself to leave?

It's not always like that. A shocking number of young women are in abusive relationships. That's a fact. Nearly half of all domestic abuse incidents reported to Police Scotland are experienced by girls and young women between 16 and 30. Over 20,000 at the last count (Police Scotland, 2019). But the sad truth is that even more young women often fail to recognise the signs that their relationships are not romantic, but toxic.

Relationships can be confusing, especially if you really like someone but they say and do things you're not comfortable with. It's important to think about what feels right for you.

'He gets mad over little things, he flies into a mad temper so quickly it scares me. It's just easier to do what he wants.'

Our culture often takes controlling behaviour as a sign of being loved and desired. It's quite the reverse. Controlling and coercive behaviour is the essence of domestic abuse. In a healthy relationship your partner won't try to control you. Controlling and coercive behaviour can be emotional and psychological, physical and sexual, emotional and financial.

- **Emotional abuse** includes someone wanting to know what you're doing all the time, checking your phone, stopping you from seeing friends and family, preventing you from studying or going to work, criticising how you look and what you wear, putting you down or humiliating you, saying that they will kill themselves if you break up with them, blackmailing you – like threatening to tell your family something you don't want them to know. Emotional abuse can hurt you just as much as physical or sexual abuse. They may say they love you and want you all to themselves, but emotional abuse like this is NOT a sign of love, but a means of controlling you that undermines your independence and self-worth. When someone really likes or loves you, they treat you with respect. Moreover, abusive behaviour could be a warning sign that the person could become physically violent in the future.
- **Physical abuse** is when someone is violent or threatens to hurt you (e.g. slaps or pushes you, smashes things, drives dangerously to scare you, etc.).
- **Sexual abuse** is when someone pressures or physically forces you into doing sexual things that you don't want to. Sexting can also be a form of sexual abuse.

- **Financial abuse** – not letting you work, refusing to give you money, having to account for everything you spend, not paying bills, gambling.

Abuse can happen in any relationship. Remember: domestic abuse in all its forms is a crime. It isn't your fault and you never have to deal with it on your own.

Younger women are most likely to experience domestic abuse but least likely to access vital support services. At **Border Women's Aid**, we are here to listen, and give you the support you need, if you're worried that your relationship, or that of a family member or friend, is abusive or unsafe.



Find out more

Border Women's Aid
T: 01450 218409
help@borderwomensaid.co.uk
www.borderwomensaid.co.uk

Childline
Helpline: 0800 1111
www.childline.org.uk/info-advice/friends-relationships-sex/sex-relationships/healthy-unhealthy-relationships/

■ **Childline video which explores how to know if you're in a good relationship**
<https://youtu.be/trcq9I0gtG8>

■ **Scottish Women's Aid video**
https://www.youtube.com/watch?v=neN_bdi89XM

■ **Glasgow Women's Aid video**
<https://www.youtube.com/watch?v=FvjmpiBscAw&feature=youtu.be>

■ **Barnet Council/Exposure film**
<https://www.youtube.com/watch?v=76YnazEIIYO>

Another closet

LGBTQ+ and domestic abuse

Domestic abuse is no respecter of persons. Victims and abusers come from all sexual orientations, gender identities, cultures, social classes, ages, religions, and political beliefs. LGBTQ+ relationships are no different. For example, just because there are two women in a relationship that does not automatically guarantee freedom from abuse. 1 in 4 lesbian, gay and bisexual people will experience domestic abuse in their lives. 80% of transgender people have experienced some form of abusive behaviour from a partner or ex-partner.

Domestic abuse stems from unequal power within a relationship – any relationship.

Domestic abuse may be experienced by anyone, but there are some specific issues that may feature in the experiences of LGBTQ+ people.

The abuser may:

- Undermine one's sense of gender or sexual identity.
- Threaten to disclose sexual orientation or gender identity to family, friends, or work colleagues.
- Limit or control access to spaces and networks relevant to coming out.
- Use society's heterosexist myths about gay people to manipulate and convince their partner that no one will believe the abuse is real.
- Manipulate their partner into believing that abuse is a 'normal' part of same-sex relationships.
- Threaten to call the police and claim they are the abused person.
- Pressure their partner to conceal or minimise abuse to protect the image of the LGBTQ+ community.

- If the abused partner is living in the UK on a spousal visa, the abuser might threaten to see them deported back to their country of origin, which might be unsafe due to e.g. anti-gay legislation.

With specific reference to trans persons, the abuser may:

- Withhold medication or interfere with treatment needed to express a victim's gender identity (e.g. hormones, surgery) or coerce them into not pursuing such treatment.
- Refuse to use correct pronouns and prevent the abused from telling other people about their trans background or identity.
- Use pejorative names and ridicule one's body image (body shaming), voice quality, dress, etc.
- Manipulate their partner into believing that nobody would believe them because they're transgender.

The abused may:

- Believe they 'deserve' the abuse because of internalised negative beliefs (homophobia/biphobia/transphobia) and stereotypes.
- Experience feelings of intense isolation where family support is lacking or reactions are hostile. 61% of LGBTQ+ young people have experienced some form of abuse in their families/home.
- Be made to feel ashamed of their sexuality and identity.
- Assume that no help is available due to experienced or assumed homo/bi/transphobia within support services and the criminal justice system.

Domestic abuse in a same-sex relationship can do this to a person:

'I became ashamed of being gay. It was like going back into the closet.'

Domestic violence and abuse check sheet:

Does your partner, former partner, or a family member:

- Hit, shove, grab, throw things, use other forms of physical violence against you, or damage your belongings?
- Threaten to harm you, others that you love, or your pets?
- Call you names, humiliate, criticise or belittle you?
- Use your gender/sexuality/identity as a basis for threats, intimidation or harm?
- Intentionally use the wrong gender pronouns to upset you?
- Monitor and limit your movements, including hindering you in your work, education, or medical treatment?
- Control or discourage your contact with friends, family, co-workers, or LGBTQ+ communities?
- Control your access to money and require detailed accounts of what you spend?
- Make unwanted advances or force you into unwanted sexual contact or practices?
- Blame you for their behaviour (including their drinking or drug use), emotionally blackmail you, or threaten to harm themselves if you leave or seek help?
- Use your race, ethnicity, immigration status, educational disadvantage or physical disability, against you?
- Pressure or force you into marriage without your consent?

If you answered **YES** to any of these questions, you may be experiencing domestic abuse. BWA supports women, whatever their gender identity or sexual orientation.

Find out more

Border Women's Aid
T: 01450 218409
help@borderwomensaid.co.uk
www.borderwomensaid.co.uk

Scottish Women's Aid
T: 0800 027 1234
helpline@sdfmh.org.uk
www.sdfmh.org.uk

GALOP
T: 0207 704 2040
info@galop.org.uk
www.galop.org.uk
One of the main organisations specifically supporting the LGBTQ+ Community. Galop runs National LGBTQ+ Domestic Violence Helpline.

National LGBT Domestic Violence Helpline:
T: 0800 999 5428
help@galop.org.uk

LGBT Helpline Scotland:
T: 0300 1232523
helpline@lgbthealth.org.uk

Fearfree Scotland
T: 0131 624 7270
FearFreeInfo@sacro.org.uk
www.fearfree.scot
Supports people in Scotland experiencing domestic abuse who identify as LGBTQ+.

LGBT Youth Scotland
T: 07984 356512
info@lgbtyouth.org.uk
www.lgbtyouth.org.uk

Stonewall Scotland
T: 0131 474 8019
info@stonewallscotland.org.uk
www.stonewallscotland.org.uk



Black and blue

BME women and domestic abuse

Domestic abuse can happen to anyone; it is no respecter of age, class, gender or race. Nevertheless, women from Black and Minority Ethnic (BME) communities face additional challenges and dangers. Internal religious and cultural dynamics combine with external barriers like racism, immigration/asylum laws, poverty, social and institutional bias, indifference and ignorance of different cultures, to further marginalise and disempower BME women. They may experience specific forms of domestic and sexual violence such as forced marriage, FGM, and honour- and dowry-related violence. Many BME women, especially older women, are further isolated in their homes and communities, due to cultural traditions and language barriers, which make it harder for them to seek help.

Very often, if their immigration status in the UK is unsettled (as in the case of migrant women

and those seeking asylum), they may well have no recourse to public funds. This means that, if they leave their abuser, they cannot pay for basic needs like housing and food for themselves and their children. They may also be detained in holding centres, which makes escape from the abuser impossible. A lack of clarity in statutory guidance with regard to immigration status can sometimes limit the ability of the police, social services and health services to protect and assist abuse victims and their children.

All women have the right to live without abuse. **Border Women's Aid**, working closely with other organisations and services, is here to help and empower **ALL** women in the Scottish Borders, whatever their background, by providing advice, a safe place to stay (if needed), and on-going support to help find a better life.



Find out more

Border Women's Aid

T: 01450 218409
help@borderwomensaid.co.uk
www.borderwomensaid.co.uk

Shakti Women's Aid

T: 0131 475 2399
<https://shaktiedinburgh.co.uk>

Amina: The Muslim Women Women's Support Centre

Helpline: 0808 801 0301
<https://mwrc.org.uk>

Hemat Gryffe Women's Aid

Help: 0141 353 0859
 or 07792 017442
www.hematgryffe.org.uk
Based in Glasgow.

Saheliya

T: 0131 556 9302
www.saheliya.co.uk
Saheliya is a specialist mental health and well-being support organisation for black, minority ethnic, asylum seeker, refugee and migrant women and girls (12+) in the Edinburgh and Glasgow area.

Southall Black Sisters

<https://southallblacksisters.org.uk>
Although based in London, their website offers good information on immigration, asylum, housing, the law, etc.

'Useless cow!'

Domestic abuse and learning disability

Twice as likely

Women with learning disabilities are twice as likely to experience domestic abuse, sexual assault and rape as non-disabled women. This is especially true when they are in relationships with men who don't have learning disabilities.

Disabled women experience the full range of mental, physical, sexual and financial abuse. Coercive and controlling behaviour is very common.

They also experience domestic abuse for longer periods of time, and more severe and frequent abuse than non-disabled people.

You're only good for sex

Learning disabled people also encounter differing dynamics of domestic abuse, as it may include more severe coercion, control or abuse not only from intimate partners, but also from family and carers. The disability may often be used as an emotional weapon, so that the abused person is made to feel ugly, stupid, humiliated, worthless and useless – 'Useless cow, the only thing you're good for is sex.' Abuse can also happen when someone withholds, destroys or manipulates medical equipment, limits access to communication, medication, personal care, meals and transportation.

Mate crime

There is a particularly horrible and insidious form of abuse called 'mate crime' when vulnerable people, such as those with autism or learning disabilities, are bullied, manipulated or exploited by people they consider to be friends.

Friendships and relationships are a rich and important part of everyone's life – and that includes people with a learning disability. Learning disabled people have the natural human desire for companionship and intimacy, but often fewer opportunities to meet people, because they may lack confidence, have low self-esteem, and be socially isolated. This makes them more vulnerable to entering into abusive relationships.

Social barriers

Society tends to avoid discussion of disabled people's relationships, particularly their sexual relationships, so not only do disabled people experience higher rates of domestic abuse, they also experience more barriers to accessing support, such as health and social care services and domestic abuse services.

Women with learning disabilities need accessible information and someone they trust to tell them directly that they do not need to put up with abuse. Advice on how safely to leave a violent relationship is essential. **Border Women's Aid** provides help and support to ANY woman who experiences domestic abuse. Help is just a phone call away.

'He used to take the piss out of me because of my learning disability. He'd say you're useless, you can't do nothing...'

(Cited by Professor Michelle McCarthy, Tizard Centre, University of Kent)

Find out more

Border Women's Aid

T: 01450 218409

help@borderwomensaid.co.uk

www.borderwomensaid.co.uk

People First Scotland

<https://peoplefirstscotland.org>

Scottish national organisation of adults with a learning disability.

Learning Disability Today

<https://www.learningdisabilitytoday.co.uk>

Choice Support

www.choicesupport.org.uk

Supporting people with learning disabilities, autism and mental health needs.

Safe Lives

<https://safelives.org.uk>

UK-wide charity dedicated to ending domestic abuse, for everyone and for good.

The Tizard Centre, University of Kent

www.kent.ac.uk/social-policy-sociology-social-research/tizard

The Tizard Centre is a leading UK academic centre working in autism, learning disability and community care.

Easyhealth

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

Easy Health has a number of excellent, easy-to-understand leaflets explaining domestic abuse and how to get help.

Grey matters

Older women and domestic abuse

Domestic abuse does not discriminate on the basis of age. Any older or elderly person can be abused, regardless of gender, disability, sexual orientation, ethnicity or background. Recent Scottish Government statistics have highlighted that nearly 1 in 10 victims of domestic abuse is over 51 years old – that's an awful lot of our mothers, grannies, aunts, friends and neighbours, not forgetting that dads and grandpas are also at risk simply because they're old. As people age they may become increasingly dependent on their abuser for housing, financial support and health care.

Elder abuse: the signs

Domestic violence can include physical, emotional, financial, psychological or sexual abuse. Most people are abused by someone they know and trust: a partner or ex-partner, a family member, a son or daughter, carers, people in positions of authority, neighbours. Older women are particularly vulnerable to abuse. The abuser may:

- Physically or mentally hurt you in any way
- Subject you to ongoing abuse or violence
- Constantly criticise your appearance, undermine your decisions and opinions
- Blame you for everything that goes wrong
- Leave you alone for long periods of time
- Exploit some vulnerability or illness from which you may be suffering, including dementia (projected to increase by 50% over the next 20 years)
- Deliberately withhold medication or medical treatment
- Constantly demand you to justify what you spend money on, or take your money
- Threaten to place you in a residential service against your will
- Try to isolate you from your friends, family

- and grandchildren
- Intimidate and threaten to harm you or those close to you
- Harm, or threaten to harm, your pet

Sexual violence and older people

Sexual violence/abuse refers to any sexual acts that a person does not consent to take part in.

It can include:

- Rape
- Unwanted touching or kissing
- Withholding care needs unless you have sex
- Coerced sexual activities, including those that involve violence and pain
- Using medication or alcohol to make you vulnerable in order to have sex with them
- Forcing you to watch or participate in pornography

BWA is here to help

Recognising what is happening to you, or has happened in the past, is the first step in escaping the pain and misery of domestic abuse. It can be hard to pick up the phone for the first time, especially if you have been suffering for a long time, and it feels somehow normal. We understand you may not know what to say or how to start. That you may be embarrassed, ashamed, or worried about damaging your relationships with other family members. Our trained workers will put you at ease, treat you seriously and with respect, and help you get the support you need to live a better life, free from fear.

It's never too late.

Find out more

Border Women's Aid

T: 01450 218409
help@borderwomensaid.co.uk
www.borderwomensaid.co.uk

Hourglass

Helpline: 0808 808 8141
<https://wearehourglass.org/domestic-abuse>
Hourglass's mission is to end the harm, abuse and exploitation of older people in the UK

Age Scotland

T: 0800 1244 222
www.ageuk.org.uk/scotland/

Suffer the children



Children and domestic abuse

Children never just 'witness' domestic abuse. It always hurts them, even when they themselves are not the direct object of abuse. Living in an abusive situation can seriously affect a young person's physical and mental well-being, and cause grave emotional and psychological problems that last well into adulthood. Entire lives can be ruined.

1 in 5 children in Scotland will experience domestic abuse before they reach the age of 18 in their families or in their own intimate relationships.

Some of the ways in which children experience domestic abuse:

- Being injured pre-birth or as a baby when abuser attacks mother
- Being abused directly (usually by the same abuser)
- Injury/threats if child tries to intervene to protect the abused parent
- Living in fear, in a situation of perpetual conflict, always trying to hide
- Having to leave the home to seek help
- Restricted access to food/health care/clothes if abuser controls money and movements
- Erratic school attendance (if mother can't take child, if child stays at home to try to look after parent, etc.)
- Unable or unwilling to bring friends home
- Developing a distorted perspective on relationships, rights and responsibilities
- Being forced to take part in abuse of mother (including sexual)

According to the NSPCC, it can be difficult to be sure that domestic abuse is happening. Abusers may act very differently when others are around. Children may feel frightened and confused, unable to talk to others, internalising their distress or blaming themselves.

Signs that children may have witnessed domestic abuse:

- attention seeking
- anger, aggression, tantrums, bullying
- anti-social behaviour, like vandalism
- anxiety, withdrawal, depression, suicidal thoughts
- feelings of low self-esteem, insecurity, isolation, guilt
- bed-wetting, nightmares, flashbacks or insomnia
- constant or frequent sickness, like colds, tummy ache, headaches and mouth ulcers
- self-harm, or running away to escape the abuse
- problems in school, trouble learning
- eating disorders
- drug or alcohol abuse

(Based on the Royal College of Psychiatrists Briefing, 2004)

Even when children leave the abused home for a place of safety, they can face many more challenges through being forced to move away from family and friends, with school and other activities disrupted. The family may have to cope with temporary accommodation before a new permanent home is found, and face serious financial worries.

Find out more

Border Women's Aid

T: 01450 218409
help@borderwomensaid.co.uk
www.borderwomensaid.co.uk

Children First

T: 0131 446 2300
<https://www.children1st.org.uk>
Scotland's national charity established to prevent abuse and neglect, to protect children and keep them safe from harm.

Childline

Helpline: 0800 1111
<https://www.childline.org.uk>

NSPCC

Helpline: 0808 800 5000
<https://www.nspcc.org.uk>

The Hideout

<http://thehideout.org.uk>
Created by Women's Aid as a space to help children and young people understand abuse, and to learn how to take positive action.

Why don't they just leave?

Blaming the victim

At the last count, Police Scotland recorded 63,000 domestic abuse incidents, of which over 80% of the victims were women. The latest Crime Survey of England and Wales (CSEW) estimates that 1.6 million women aged 16 to 74 years experienced domestic abuse in the last year (ONS, 2019). It can take up to 35 violent attacks for a woman to seek help, so the chances are you know someone who is experiencing domestic abuse.

It could be your mum, sister, aunt, neighbour, or co-worker.

Often, domestic violence and abuse takes place behind closed doors with friends and colleagues unaware of what's happening or not knowing what to do. There are lots of ways in which we can help a person who is suffering from physical, psychological, or financial abuse or controlling behaviour.



Here are some of the signs to look out for:

- **Controlling behaviour:** they are told what they are allowed to do, what to wear and who they can see
- **Psychological abuse:** they are often insulted by their partner, put down or embarrassed in front of people, made to feel worthless and humiliated
- **Physical abuse:** they are physically hurt, have bruises, or appear scared, anxious or depressed
- **Isolation:** they are becoming increasingly withdrawn from their family and friends, or are prevented from contact with family and friends
- **Financial abuse:** they have little or no control over their finances

People can endure abusive situations for years, never able to speak out through fear, shame or embarrassment. Even though we see someone we love in pain, often our instinct is not to interfere in case you're mistaken or worry you might make things worse. It's important that if you do suspect domestic abuse, you do not ignore it. But, it can be hard to know what to do for the best.

Getting involved doesn't mean you have to solve the situation. If someone turns to you for help and support it means helping them find their own answers. You cannot 'save' them and it is important not to be disappointed if they don't do what you think they should. Leaving an abusive relationship is difficult, it can be dangerous and it may take time.

Why don't they just leave?

There are many puzzling and unsettling questions around domestic abuse. Possibly the most difficult of all the questions is, 'Well, why don't they just leave?'

Perhaps turning this question on its head might help and instead we should ask, 'Why does he abuse her?' It's easy to blame the victim; somehow they must have brought it on themselves. They should have done things differently in the relationship. However, domestic abuse is **NEVER** the victim's fault.

It can be incredibly hard to leave an abusive relationship, there are so many reasons why

a woman (especially if there are children) believes they can't leave. Social stigma and family pressure not to leave can be powerful deterrents. They may believe they have no options, as leaving might mean leaving their home, income, family and support network. It might mean taking children out of school, moving away and starting fresh with nothing. The things they may gain from leaving, like safety from abuse and more confidence, aren't instant, and they aren't guaranteed.

Leaving an abusive relationship is often the most dangerous time for women, as they take back control from their abusive partner. Some men become violent when women decide to leave, and if they are already violent it can get much worse, with threats to hurt or even kill her, her children or himself if she leaves.

How not to help

What is **NOT** helpful is telling them what to do, confronting the abusive partner, or trying to mediate between them. This can be dangerous for you and the abused person. What is **NOT** helpful, indeed can be counter-productive, is implying they are to blame for the abuse, or letting them know you are disappointed if they don't do what you have suggested or if they go back to their partner.

How to help

The best thing you can do to help is to listen to her, believe her, support her and not judge her if she isn't ready to leave. Above all, encourage her to seek professional help.

National Domestic Abuse Helpline (24 hours): 0800 027 1234



I never imagined...

One woman's story of domestic abuse

I never imagined I would be where I am right now. If someone had said that I would be the victim of domestic abuse, I would have asked if they had the right person.

And yet: my husband made me feel scared, ashamed, numb, invalid, worthless, unlovable, isolated, and alone. I thought that if I kept trying and kept loving him more, the red flags would turn to roses. It was never enough, and now I know it will never be enough. The abuse I suffered was psychological, emotional, and financial. My husband was controlling, jealous, manipulative, and lastly became threatening. He used my ignorance of what was normal in British society against me, and since I had no recourse to public funds that enabled his manipulation and control further.

Hard for me to say I was abused

It's really hard for me to say that I was abused – but I know now that everything abnormal that I experienced was a normal cycle for abuse. It wasn't until I contacted **Border Women's Aid** that I understood more about coercive control and gained a deeper understanding of just how damaging psychological abuse can be. He would charm the crowd, but behind doors he'd curse their presence. He was a perfect actor, and had an off-and-on switch that he blamed me for triggering.

He checked everything

Initially I excused his actions as one-offs, made excuses to justify his behaviour. I would say that he was just tired and stressed with supporting our household on one income. I tried to find a job to help more on income, to reduce financial concerns. Even though I was

already isolated, had no friends and was just trying to find employment, he began to feel jealous, and phoned to check where I was almost hourly.

Further control began when I wanted to start a family; he 'won the discussion' by withholding sex. He used insulting and demeaning language against me about my weight but taunted me if I worked out, or wanted to join a gym. If I'd buy attractive clothes or wear makeup for him he'd ask who was I dressing up for, and it was off-putting.

He'd try to frighten me

He would usually drive, but complain about driving or traffic. He would deliberately try to frighten me about making errors if I drove. When he was driving I felt afraid and trapped in the car because he was very unpredictable, and would get road rage or suddenly begin arguments in it where I couldn't escape.

My husband believed that housework was my job since I was the one home all day asleep, while he was away doing 'real work'. He expected me to use hardly any heating, and to dress in multiple layers of clothes while inside. He would check everything, the electricity usage, even my car mileage.

All of this left me sad, confused, angry, embarrassed and further isolated. We had separate bank accounts but my earnings, which were less than half his, still went to household expenses, food, fuel, etc. His salary was his. I only managed to save about £150, which is what I had when I left him.

My best friend shared similar experiences,

though her husband was physically abusive and had affairs. We knew we deserved and wanted better for ourselves, but we both felt we could out-love our partners' faults and support them through thick and thin. Our vows were supposed to last forever: how dare we be tired of their treatment towards us?

At least I don't hit you

Good times were there, but they rarely lasted long. He'd say, well, at least I don't hit you. After a bad night police officers arrived and asked me, 'Do you realise that what you have said of these experiences is domestic violence?' Even after being confronted head on with their statement, I still defended his actions and excused the behaviour as something else. But my eyes were opened, someone else had seen what I was ashamed to admit to myself. When it happened, he promised change, he went to counselling, he made an effort. Then it went back to 'my normal'. It didn't last, it never lasted.

I became more and more afraid of his actions, and began preparing overnight bags and putting away personal items for a worst-case scenario. I called **Border Women's Aid** after an aggressive altercation. When lockdown occurred I was not only trapped in my thoughts of what to do, I was trapped in my home. So I couldn't begin doing what I had accepted needed to be done.

Walking on eggshells

The added stress of furlough, of lockdown, the uncertainty of everything made the tension and stress unbearable. He told me that I made him do it – it was always my fault, and I knew where the door was if I disliked his rules. I only became more certain I couldn't keep on living like this, always walking on eggshells.

Finally, I did it, I walked out of the door. I still struggle some days with anger and denial, but I'm learning to be independent and trust myself more. I'm slowly rebuilding the confidence that was questioned and destroyed, and becoming who I am and was meant to be.

I applied for a job that I wouldn't have been allowed to even aim for, and got it. I was recognised as 'employee of the month' my first month in the job. I have supportive co-workers and managers, and refuge staff

who encourage me. I've enrolled in university. Most importantly, I'm getting the life that I deserved. It wasn't easy leaving, but it was harder staying.

'I still struggle some days with anger and denial, but I'm learning to be independent and trust myself more.'

'It wasn't easy leaving, but it was harder staying.'

Myths understood



Home truths about domestic abuse

There are many widely believed myths and misconceptions surrounding domestic abuse and its causes. By believing them we allow the violence against women to continue.

Myth #1

It only happens to poor women on council estates

Domestic abuse happens to women of all ages regardless of race, religion, sexuality, education, how much money you have. It can happen to anyone. There are no exceptions.

Myth #2

If it was that bad, she'd leave

It can be very difficult for a woman to leave an abusive relationship – even if she wants to. There are many reasons why women don't leave including fear, shame, guilt, hope and love. Women in abusive relationships need support and understanding – not judgement.

Myth #3

If it's not physical, it's not domestic abuse

Domestic abuse does not always include physical violence. Domestic abuse is a pattern of behaviour which can be verbal, emotional, psychological, degrading, financial, sexual, threatening, coercive and controlling, as well as physically violent.

Myth #4

Alcohol and drugs cause domestic abuse

Many men are violent when they're stone-cold sober. Many men who drink never lay a finger on their partner. Perpetrators are the cause of domestic abuse; drugs and alcohol cannot be used to deny responsibility.

Myth #5

She made him do it

Women are too often blamed for their partner's abusive behaviour. She provoked him because she's too mouthy, always nagging him. She's as bad as him. It takes two to tango. No one deserves to be abused, no matter how they may have behaved.

The perpetrator is **ALWAYS** responsible for the abuse.

Myth #6

Just a 'domestic' because all couples argue

Abuse and disagreement are not the same things. Different opinions are normal and completely acceptable in healthy relationships. Abuse is not a disagreement – it is the use of physical, sexual, emotional or psychological violence or threats in order to control another person's thinking, opinions, emotions and behaviour.

Myth #7

Women are attracted to abusive men

To suggest that some women are particularly attracted to abusive men is victim-blaming. Most perpetrators can be charming so when he first meets a new partner, often no one, let alone the woman he has just met, would suspect he would ever be abusive.

Perpetrators are not easy to spot.

Myth #8

What goes on behind closed doors is none of our business

People think what goes on in the home is private, and not their problem. Domestic abuse costs society over £66bn a year (Home Office, 2019): hospital treatment, medication, court proceedings, lawyers' fees, imprisonment – not to mention the psychological and physical impact on those who experience it. Domestic abuse is a crime and people must speak out for it to stop.

Myth #9

Domestic abuse is a 'crime of passion', a momentary loss of control

Domestic abuse is not about losing control, but taking control. Perpetrators rarely act spontaneously when angry because abuse is about exerting control over whom he abuses.

Myth #10

Abusers grow up in violent homes

Growing up in an abusive home can be a risk factor, but many children grow up to be repelled by violence because they know first hand the damage it causes. Childhood experiences cannot be used as excuses by perpetrators. Abuse is a choice an abuser makes; he alone is responsible.

Myth #11

Children are not affected by domestic abuse

Children may not be the specific objects of domestic abuse but just witnessing abuse can cause long-term trauma. Even when they do not witness abuse, they may suffer because their mothers are unable to be the mothers they want to be.

Myth #12

Domestic abuse isn't very common

Domestic abuse is unfortunately very common, and the vast majority of victims are women. Domestic abuse happens every single day all over the world, and affects women of all ages, classes and backgrounds. It is a serious, widespread crime.

#NoExcuseForAbuse

Calum's story



The White Ribbon Campaign

I applied to join the **White Ribbon Campaign** as an Ambassador because I feel passionately about playing my part in creating an equal world in which everyone feels safe, in which people live in healthy loving relationships and where domestic abuse in all its forms becomes a thing of the past. Equality is one of the most fundamental human rights that we should all be striving to achieve, domestic abuse is one of the most clear examples of the unequal world in which we live.

I am a father of four daughters and also have a granddaughter. I want to know that they will now and in the future be in relationships in which they can flourish, be themselves and have the best and most rewarding lives possible. It isn't much to ask, and I'm sure all dads must feel the same. Sadly, for many women that is not possible due to domestic abuse, whether that be physical, mental, emotional ... or any other form that it may present in. As a society we can work together to eradicate domestic abuse.

The worst of both worlds

During the recent lockdown due to COVID-19, the issue of domestic abuse became a regular national issue, and I, like most people, was truly horrified at the levels of domestic abuse in the

UK. We all felt a great impact on our daily lives, but the one positive was that we were home, with our loved ones and safe. Sadly, home for many women and children going through this same social isolation was not the sanctuary that it should have been. Instead they were being cooped up with an abusive partner/father from whom there was no escape. The worst of both worlds! The statistics revealed through the media were horrifying and each of those was a woman or family in distress/danger.

Empowering men to call out domestic abuse

I know that most men and boys hold similar beliefs to me but that there are times when it may feel difficult for them to voice those beliefs, particularly within groups in certain social contexts. It is these social gatherings that are actually the best places to either effect changes in negative stereotypes and/or beliefs and also to condemn any abusive behaviours as a group. The White Ribbon Campaign aims to empower men to feel comfortable in condemning domestic abuse in all its forms.

I feel that parallels can be drawn with drink driving. It wasn't too many years ago that drink driving was almost socially acceptable with the general public turning a blind eye. However, over a few decades it has reached the point that the vast majority of the population feel totally comfortable condemning the actions of drink drivers. That was caused largely by peer pressure and the same instrument can be used to help rid our society of domestic abuse. Men can play their part in creating a virtuous cycle that will finally put an end to domestic abuse in all its forms. Not only will that free our mothers, sisters and daughters to lead happy and fulfilling lives, it will also help men to do the same.

Taking the pledge

I support the White Ribbon Campaign and will always call out any forms of domestic abuse whenever I encounter it. I would urge all men to make the pledge if they feel the same: 'I promise to never commit, excuse or remain silent about male violence against women.'
#NoExcuseForAbuse.

CALUM ROSS,
Hawick

Find out more:
<https://www.whiteribbonscotland.org.uk>

#NoExcuseForAbuse

'I promise to never commit, excuse or remain silent about male violence against women.'

A skirt through history

A very short history of domestic abuse

For most of history, domestic abuse was never an issue. Women, along with children and slaves, had few, if any, rights. Aristotle described women as 'deformed men', so naturally inferior. Women belonged to their fathers, and on marriage they became the property of their husbands. Men could pretty well do what they liked to women and it was taken as normal and acceptable behaviour.

Of course there were dissenters, but their voices are mostly lost to history. But a few still speak loud and clear down the ages. Here's what Christine de Pizan had to say in the 15th century: 'What are women? What are they? Are they serpents, wolves, lions, dragons, vipers or devouring beasts and enemies of the human race ... But by God! if they are your mothers, your sisters, your daughters, your wives and your companions; they are yourselves and you yourselves are them.'

Things began to change in the 18th century when revolutionary ideas were in the air. If all men were born equal, then philosophers like Mary Wollstonecraft raised the radical notion that perhaps, not only were all men equal, but that all women were equal to men. For the next 200 years, the battle raged to establish equal rights for women. Change came slowly and although the laws of the land may have changed, it proved harder for society to accept the changes. That is why domestic abuse continues to be a serious problem from John O'Groats to Land's End.

'Domestic violence and stray dogs... rubbish work for police officers.'

1984 - Sir Kenneth Newman
Metropolitan Police Officer

'If you are an abuser you will be punished for your behaviour. Your crime will be dealt with by Police Scotland. It will not be tolerated.'

2021 - Message to domestic abuse perpetrators from Police Scotland

Edited highlights from that journey through time

- The **rule of thumb** held that it was legal and acceptable for a man to beat his wife providing the stick he used was no thicker than his thumb (though it was never actually enshrined in law, the myth and practice endured for centuries).
- **The Law of Coverture:** Until the law changed in 1870, a woman was legally the property of her father, and on marriage, her legal status was subsumed under that of her husband. This entitled him to chastise her physically and verbally to control her (though, to be fair, the law in Scotland was a little less draconian and married women had a little more control over their own property).
- **1895 Curfew on wife beating:** A City of London byelaw prohibited wife beating between 10 pm and 7 am because the noise kept the neighbours awake.
- **1905 Report in the Manchester Evening News:** To a woman whose husband stood accused of assaulting her, the Magistrate said: *'This is the way with you women. You chatter, chatter, chatter until you irritate. You get the man mad, then you get struck and come here. Try to keep your mouth shut and you will get on better.'*
- **1960s Good House-keeping Magazine:** Before your husband comes home: brush your hair, put a ribbon in, tidy the home, have his tea ready and put on some lipstick, a smile and a clean pinny. Don't bother him with your day. He has had a busy day and his day is more important than yours. Don't ask questions if he is late or stays out all night.
- **1984 - Police Attitudes:** Sir Kenneth Newman, Metropolitan Police Commissioner, commented: 'Domestic violence and stray dogs ... rubbish work for police officers.'
- **1991 Marital Rape:** Historically, marriage was understood as a contract which implied consent for sexual intercourse. Since sex was a husband's legal right, it was not a crime to rape his wife. Marital rape was only made a criminal act in 1991 in England and Wales (1989 in Scotland).
- **2018:** Domestic Abuse in all its forms is now a criminal act.

You've come a long way, baby!

But there is still a mountain of work to be done to change social attitudes in order to make women and children safe from domestic abuse. Border Women's Aid is fighting to make domestic abuse history.

Feel free



Take the Relationship Quiz

My Partner:

- Seems to like me as a person.**
- Hates me talking to other guys/girls.
- Respects my feelings, opinions and beliefs.**
- Doesn't want me to spend time with my friends or family.
- Is OK if I say no to something (including sex).**
- Makes me feel like I need to watch what I do and say.
- Is happy for me to make my own decisions about my life.**
- Puts me down or humiliates me when we are alone or in public.
- Tries to work out arrangements by compromising or talking.**
- Tries to control my life, checking up where I am and who I'm with.
- Encourages me to pursue my own interests.**
- Sometimes scares or hurts me by being aggressive or violent.
- Is happy for me to see my own friends if I want to.**
- Might try to hurt me or him/herself if I wanted to break up.
- Makes me feel good about myself.**
- Makes me feel scared to disagree, or to say no to things.
- Lets me feel free to be myself.**
- Makes me feel scared or guilty if I try to end the relationship.

If you find yourself ticking the boxes for the sentences in BOLD, then the chances are you're in a healthy relationship. If you find yourself ticking the other boxes, then you might want to reflect on whether this relationship is the right one for you.

Border Women's Aid believes that all people deserve respect, and that all our intimate relationships should be founded on **RESPECT** because relationships can't work without it.

What does it mean to have a respectful relationship... with your friends, family, boyfriend or girlfriend?

Respect is about understanding that other people are different to you and accepting that others have the right to do and say what they want as long as nobody else is harmed. When there is respect in a relationship, both people feel free to be themselves.

RESPECT is a two-way street. In a healthy relationship, you feel respected, but you must also give respect. The feeling is mutual.

BORDER WOMEN'S AID

We've got your back





BWA

Women Who Support Women

Border Women's Aid

T: 01450 218409

help@borderwomensaid.co.uk

www.borderwomensaid.co.uk



DELIVERING
EQUALLY SAFE

INSPIRING SCOTLAND