

## What is domestic abuse?

### Domestic abuse is:

A pattern of intimidating behaviour. It is **about someone trying to control you**

The perpetrator can be a partner or ex-partner.

It does not have to include physical violence.

It can be psychological, emotional or sexual abuse.

- \* **Controlling behaviours such as:**
- \* **Isolating you from family and friends**
- \* **Causing you fear**
- \* **Hurting or threatening to hurt you and your children**
- \* **Constantly criticising you**
- \* **Constantly checking up on you**
- \* **Controlling what you do and where you go**
- \* **Keeping you short of money**
- \* **Humiliating you**
- \* **Demanding sex from you**

**Domestic abuse is a serious crime**

## Multi-Agency Risk Assessment Conference (MARAC)

### You have been referred to MARAC because:

People have serious concerns about your safety as a result of domestic abuse.

### What is MARAC?

**MARAC** is a meeting that brings together people from a variety of agencies to discuss the safety and well-being of people experiencing domestic abuse (& their children) and to draw up an action plan to make them safer.



**The aim of MARAC is to reduce risk and violence and increase safety.**

## How can the Independent Advocacy Co-ordinator help me?



I am **independent** and not connected in any way to the police, social work or the courts. I aim to help you through this difficult time by being **'on your side'**. I will not judge you or try to take the situation out of your hands.

**It is my role to ensure that your views are listened to during the MARAC process.**

I will go to the MARAC meeting on your behalf and let people know your views. I will tell you what is in the action plan drawn up at the meeting and how you can help keep yourself safe.

**I can also support you to access the help and support you feel you need.**

**My role is to:**

**Listen to you and make sure your voice is heard at MARAC meetings**

**Speak to other professionals on your behalf if you want me to**

**Explore and explain your rights and options**

**Attend appointments with you and help you liaise with others**

**Help you stay safe by developing a personal safety plan**

**Refer you for other support such as counselling**



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